

# WE ARE LIVING OUR ANCESTORS' PRAYERS



Caring for  
ourselves and  
our families is  
a sacred act.

If you are concerned about yourself or a loved one's use of alcohol or drugs, consider talking with a health professional who can connect you with treatments and support. An Elder, trusted family member, or friend can be a supportive partner on the path to recovery.

To learn more visit: [indiancountryecho.org/family-care-plans-toolkit](https://indiancountryecho.org/family-care-plans-toolkit)



**NPAIHB**  
Indian Leadership for Indian Health

**Family Care**  
**PLANS**