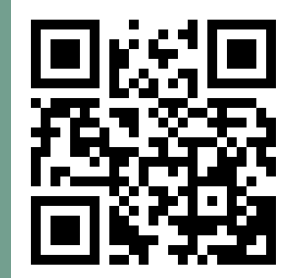


2024 March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Register for our weekly Family, Friends, and Neighbors group starting soon!</p>		<p>Interested in an elderly care package?</p> <p>Contact Shayla at 520-610-3445 or snarcisco@grhc.org</p>		<p>1</p> <p>Self-Care & Mindful Breathing District 3 New Beginnings Building 5pm - 7pm</p>	<p>2</p>
<p>4</p>	<p>5</p> <p>Stress & Self-Care District 3 New Beginnings Building 1pm - 2pm</p> <p>*Yes to Life! & Narcan Education Booth D6 Gas Station 4pm - 8pm</p>	<p>6</p> <p>Yes to Life! & Narcan Education Booth District 2 Service Center 11am - 1pm</p> <p>Tobacco & Vaping 12pm - 1pm</p>	<p>7</p> <p>Empowering Mental Wellness "The Mind's Starting Line" 6pm - 7:30pm</p>	<p>8</p> <p>Equine Assisted Learning District 3 Rodeo Grounds 5pm - 8pm</p>	<p>9</p>  <p>GOVERNOR'S EDUCATION SUMMIT</p> <p>Come visit us!</p>
<p>11</p> <p>Active Parenting of Teens 9am - 12pm</p> <p>Healthy Relationships Family Zumba District 6 Service Center 5pm - 7pm</p>	<p>12</p> <p>Active Parenting of Teens 9am - 12pm</p> <p>Mental Health Slime Activity District 3 South Housing 12pm - 1:30pm</p> <p>Mental Health Awareness 12pm - 1pm</p>	<p>13</p> <p>Narcan Education Booth District 3 Service Center 10am - 12pm</p> <p>Alcohol Awareness District 5 Service Center 5:30pm - 6:30pm</p>	<p>14</p> <p>Lunch & Learn Mental Health Awareness District 4 Service Center 12pm - 1pm</p> <p>Empowering Mental Wellness "Self-Awareness" 6pm - 7:30pm</p>	<p>15</p> <p>Gila River Prevention Coalition District 3 Service Center 10am - 12pm</p> <p>Narcan Education Booth District 7 Service Center 10am - 12pm</p>	<p>16</p>  <p>MUL-CHU-THA 60 YEARS</p>
<p>18</p> <p>Yes to Life! & Narcan Education Booth District 1 Service Center 2pm - 4pm</p>	<p>19</p> <p>Healthy Relationships District 5 Service Center 2pm - 3pm</p>	<p>20</p> <p>Adult Mental Health First Aid District 3 New Beginnings Building 8am - 4:30pm</p> <p>Digital Wellness District 2 Service Center 11am - 12pm</p>	<p>21</p> <p>Empowering Mental Wellness "Power in Affirmations" 6pm - 7:30pm</p>	<p>22</p> <p>Lunch & Learn Mental Health Awareness 12pm - 1pm</p> <p>Self-Care Awareness Youth Bubble Run Sacaton Fairgrounds 5pm - 7pm</p>	<p>23</p> <p>Equine Assisted Learning District 3 Rodeo Grounds 10am - 1pm</p>
<p>25</p> <p>Active Parenting District 3 New Beginnings Building 9am - 12pm</p> <p>Current Drug Trends District 3 New Beginnings Building 11am - 12pm</p>	<p>26</p> <p>Active Parenting District 3 New Beginnings Building 9am - 12pm</p> <p>*Yes to Life! & Narcan Education Booth Sacaton Gas Station 4pm - 8pm</p>	<p>27</p> <p>SafeTALK Suicide Prevention District 3 New Beginnings Building 9am - 1pm</p> <p>Domestic Violence Awareness 2pm - 3pm</p>	<p>28</p> <p>QPR Suicide Prevention 12pm - 1pm</p> <p>Empowering Mental Wellness "Pacing the Process" 6pm - 7:30pm</p>	<p>29</p>  <p>GOOD FRIDAY</p>	<p>30</p> 

Behavioral Health Services
GILA RIVER HEALTH CARE

Access our monthly calendar at
www.GRHC.org/BHS
(520) 610-3445
BHSprevention@GRHC.ORG



Scan this QR Code to see up-to-date events/activities!

-  = In-person
-  = Online
-  = Mobile RV

CALL OR TEXT 988 FOR THE SUICIDE & CRISIS LIFELINE
Gila River Indian Community

CRISIS HOTLINE:
1 (800) 259-3449

