***Lower Elwha Family Advocacy Program***

***Present***

***“Strong mind - ʔiyə́m̕ x̣čŋín!”***

**Free Virtual Training on Friday, March 26, 2021**

**10:00 am to 3:30 pm**

**Zoom Link:** https://us02web.zoom.us/j/88034152154?pwd=WnhZOW1RdFhFWFVqRVlIMS9KT0thQT09 Meeting ID: 880 3415 2154; Passcode: 966630; One tap mobile: +12532158782, 88034152154# US (Tacoma); +13462487799, 88034152154# US (Houston)

***Presenters:***

1. Birdie K. Wermy, MPH (Southern Cheyenne), Behavioral Health Project Manager NW Tribal Epidemiology Center, NW Portland Area Indian Health Board in Portland, Oregon.
2. Jan Olsmtead, MPA, Chumash descendant of the Santa Ynez and Barbareño, California Mission Indians. She has 40 years of experience in health policy, public administration, and Tribal and Intergovernmental affairs. Certified master trainer in Neuroscience, Epigenetics, Adverse Childhood Experience, and Resilience or NEAR Science.

 

**10:00 am-12:00**, we hope the “***Strong mind - ʔiyə́m̕ x̣čŋín”*** training will give participants an opportunity to listen and learn the outcome of a community survey. Participants will be encouraged to Q/A plus discussion to better support the needs of our community and those who are experiences violence.

**Noon -1:00 break** (optional educational video show)

**1:00 pm-3:30 pm**, an interactive “***Strong mind - ʔiyə́m̕ x̣čŋín”*** workshop will provide participants an opportunity to develop an understanding of how historical experience of American Indians and Alaskan Natives connects to Intergenerational Trauma, ongoing discrimination, racism, lateral violence, and adverse childhood experiences.  Participants will engage in an interactive understanding of creating trusting environments and trauma-informed systems and approaches to support community and self-care, by Jan Olsmtead.

**Contact:** Beatriz B. Arakawa, LEFA Program Manager and Victim Advocate at 360-565-7257 ext. 7453 or 360-460-1745 or Beatriz.Arakawa@elwha.org.

***Note****: Participants at afternoon workshop are eligible for continuing Education Credits (CEU) through the Northwest Indian College. Zoom access is also available at Elwha Heritage Center. HC will accept 17 participants but with compliance of COVID-19 prevention. Contact Beatriz if interested to go to HC.*