

# FREE SERVICES

for all Native Americans and  
their families in Lake County

*Programs at LCTH Clinic*

## **MEN'S WELLNESS GROUP**

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**Every Tues., 5:30 to 7:00 p.m.**

GROUP LEADERS: Sheeyay Duncan &  
Tony Robichaud

CONTACT: (707) 263-8382 x 1305

## **PRE-NATAL SUPPORT & COUNSELING**

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**Every Wednesday, 11:00 a.m. to 1:00 p.m.**

LCTHC Human Services Department

CONTACT: Pat Hubbard, (707) 263-8382 x1303

## **WOMEN'S WELLNESS CLASS**

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**Every Thursday, 5:30 p.m. to 8:30 p.m.**

*All beading and weaving supplies are FREE.*

GROUP LEADER: Donna Gitchell

(707) 263-8382 x1303

## **TRIBAL HOME VISITING PROGRAM**

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*Home Visiting Services for parents/caregivers  
with children 0-5 years old.*

CONTACT: Daphne Colacion

(707) 263-8382 x1302

**We're here to help you  
and your family.**

For more information, please call  
(707) 263-8382 x1311

*- More on the other side -*



**Lake County Tribal Health**

Modern Medicine  Personalized Care

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