






Native American
Resource Center

January 2021

Daughters of Tradition
A culturally based program promoting wellness and balance.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 <i>Daughters of Tradition 4-6pm PST</i> 	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <i>Daughters of Tradition 4-6pm PST</i> 	29	30
31						

Activities include:

- Talking circles -providing girls the opportunity to establish trust, feel a sense of security, create supportive relationships
- Create mind maps/vision boards
- Watch & Discuss Native American videos
- Special craft projects
- **All materials will be provided****

Winter Count Craft Activity

