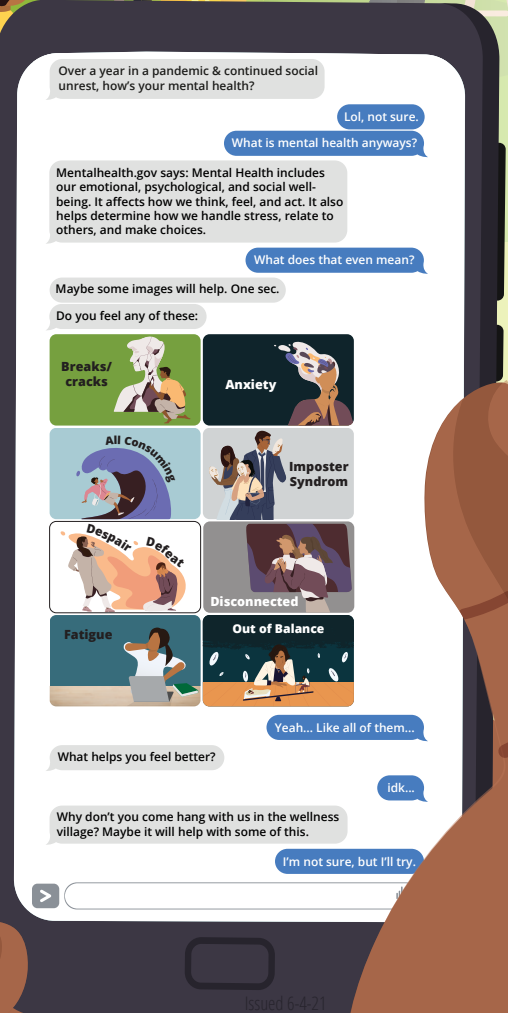


Summer of Radical Healing for Community Care

This CAM Series is Brought to you by the HIR Wellness Institute

An Empowering Self-Guided Journey from June 14 to August 14, 2021



Monday

Reflection & Resilience
8 AM Facebook LIVE
[Click here to join >>](#)

Tuesday

Reflection & Resilience
8 AM Facebook LIVE
[Click here to join >>](#)

Wednesday

Reflection & Resilience
8 AM Facebook LIVE
[Click here to join >>](#)

Thursday

Reflection & Resilience
8 AM Facebook LIVE
[Click here to join >>](#)

Youth OT Adventures
1 PM Facebook LIVE
[Click here to join >>](#)

LOSS Group
Layers of Suicide Support
5-6 PM Private Zoom
[Click here to join >>](#)

Friday

Reflection & Resilience
8 AM Facebook LIVE
[Click here to join >>](#)

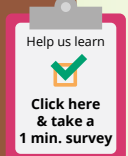
Elder Social Hour
Onsite at HIR Wellness
9 AM to 12 PM
[Click here to sign up >>](#)

Healing with Radical Joy
1 PM Facebook LIVE
[Click here to join >>](#)

Silent Grief Vigil
1-3 PM Private Zoom
[Click here to join >>](#)

Elder OT Adventures
1 PM Facebook LIVE
[Click here to sign up >>](#)

Healing Talking Circle
1 PM Private Zoom
[Click here to join >>](#)



HIR Wellness Institute embodies Community Activated Medicine™ (CAM™) and we have put together this interactive guide to help support you in building your therapeutic web. We encourage you to tap & click, to explore more through the hyperlinks to find resources of information related to these topics. All of our services and programming are free and readily available for Indigenous and underserved relatives, including victims of crime.



Summer of Radical Healing Weekend Guide

Spend the Weekend Exploring & Healing with our Virtual Library

Children's Fire Book Club

Join our HIR Wellness Institute interns as we read a book, learn, and move together!

[Click here to explore >>](#)

Sensory Fitness & OT

Join us as we discover how sensory fitness will provide some tools on how to regulate our brains so that we have the focus, alertness and connection to be in a just right ready to respond place during our daily activities.

[Click here to explore >>](#)

Emotional Sobriety

Here our team shares their gifts of voice through prayer, reflections, and conversations around healthy coping and recovery for our relatives walking their healing journey.

[Click here to explore >>](#)

Elder Creative Connections

This series is to engage our Elders at home and ignite the creativity for all of our relatives.

[Click here to explore >>](#)

Culture and 'Aina (Land)

Here we share about Hawaiian culture, Indigenous ways, and warm up our relatives through connection. Will walk through stretching, share chants, oral knowledge, and hula dance.

[Click here to explore >>](#)

Culture as Medicine

View our cross-programming playlist filled with art, movement, and dance.

[Click here to explore >>](#)

Reflection & Resilience

Here we talk about culture, shared Indigenous ways, and warm up our relatives through connection. We will walk you through stretching, oral knowledge, dance, and support your relational healing.

[Click here to explore >>](#)

TCTSY

Here we to walk you through movement with **Trauma Center Trauma-Sensitive Yoga** (TCTSY) and support your relational healing.

[Click here to explore >>](#)

Wellness Weekends

Our team shares their gift of voice and offers dedications to our relatives for healing and walking the Red Road of sober living.

[Click here to explore >>](#)

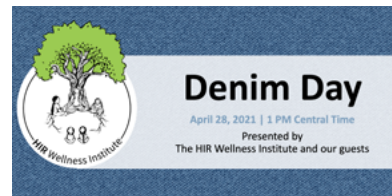
Social Justice Healing & Liberation



Healers and Helpers
Support (H&H)
[Click to learn more >>](#)



Support Women Artists
Now Panel Discussion
[Click here to watch >>](#)



Denim Day
Panel Discussion
[Click here to watch >>](#)



Healing Dojo Podcast
[Click here to listen >>](#)



Self care if community care and at HIR Wellness Institute we have put together ways for you to experience both.

Questions? Please feel free to contact
Jamie Kellicut at JKellicut@HIRWellness.org