

# The Indigenous Approach to Mental Wellness workshop



with **Monica Castro**  
Founder and CEO of the  
Indigenous Circle of Wellness

**M**onique Castro is a citizen of the Diné (Navajo) Nation and Xicana. She is the co-founder of the California Native Vote Project and the So'oh-Shinálí Sister Project, and the founder and CEO of the Indigenous Circle of Wellness.

The Indigenous Approach to Mental Wellness workshop will include a deeper understanding of Indigenous core values, balance, and sustainability. We will uplift the importance of cultural and community teachings that inform everyday actions and support a strength-based approach to holistic wellness.

**Thursday, November 16th, 2 - 3:30pm**  
**Located in the Conference Center**

Sponsored by:



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