



Body - Mind - Spirit

Follow us on:



Join us each week for Free online/virtual programs:

Cooking Matters: Tuesdays 3 :00 -3:30 pm Healthy Eating cooking show (weekly)

Elders Corner: Wednesdays (weekly) Community members interviews

Soaring Eagles: Thursdays 5:30 -7pm (bi-weekly) (please contact for link: melisa.aleman@sdaihc.org)

Culture Advisor Richard DeCrane : Tuesdays 4:00 -5:00pm (weekly)

Cultural Crafting with David Castleberry: Friday 1:00pm (monthly)

Coming soon to our Face Book page: Chair Yoga, Painting with Larry, Youth Center crafting with Larry and Cari, and other special events

Free Virtual Open Community Groups:

For more information on these groups: <https://sdaihc.org/services/event-calendar/>

Or email: info@sdaihc.org

Follow us on : @ sdaihc1



Relapse Prevention Through Cultural Awareness: Mondays 10:00 - 11:30am

Facilitators: Margie Anderson Link: <https://global.gotomeeting.com/join/166223029>

VGRR Youth Talking Circle: Thursdays 4:00- 5:00pm (twice a month)

Facilitator: Margie Anderson & Youth Center Staff (please contact for link: melisa.aleman@sdaihc.org)

Red Road Recover Group: Wednesdays 12:30 pm -2pm

Facilitator: Margie Anderson Link: <https://global.gotomeeting.com/join/806477845>

Spiritual Solutions Talking Circle: Wednesdays 7:00 - 9:00pm

Facilitators: Rob & Margie Anderson Link: <https://sdaihc.health.vidyoconnect.com/join/LxUt7NPlER>

Living Well Talking Circle: Wednesday 2:00 - 3:00pm (twice a month)

Facilitator: Ronnie Whitehorse, RN Link: <https://us02web.zoom.us/j/83807020469>

Gentle Stretching Class: Monday 3:00pm - 4:00pm and Wednesday 9:00 am & 10:00 am

Facilitator: Ethan Landry (please contact for link: Ethan.Landry@sdaihc.org)

Healing with Cultural Crafts: Fridays 5:00 - 6: 30pm

Facilitator: David Castelberry <https://global.gotomeeting.com/join/905346285>

Wellbriety Workshop: Fridays 6:30 pm- 8:00 pm

Facilitators: Rob & Margie Anderson <https://sdaihc.health.vidyoconnect.com/join/DrV7EkyTJO>

Coming soon to SDAIHC Zoom: Tonkawa (elders group), LGBT Talking Circle and Wisdom Keepers

For more information you can email us: info@sdaihc.org