

# Tribal N.E.A.R. Science & Community Wisdom Project



## MOVING UPSTREAM TOWARD PREVENTION

A grassroots movement designed to build awareness and understanding regarding the root causes of the contemporary issues our tribal communities face today, and to honor and uplift stories of indigenous resilience.

Remembering Resilience is developed through a Health POWER project at FamilyWise Services, with support from the Center for Prevention at BlueCross and BlueShield of Minnesota & the University of Minnesota Extension.

**QUESTIONS? CONTACT LINSEY MCMURRIN**

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**INTERESTED IN JOINING THE MOVEMENT? THERE ARE MANY OPPORTUNITIES TO BE INVOLVED:**

### LISTEN TO OUR REMEMBERING RESILIENCE PODCAST SERIES

This series highlights Native American resilience through and beyond trauma... exploring concepts, science, history, culture, stories and practices that we are working with as we seek to shape a future for our children and our grandchildren that is defined not by what we have suffered, but what we have overcome.

### ATTEND OR HOST REMEMBERING RESILIENCE PODCAST CONVERSATIONS

Conversations include discussions that focus on wellness, healing, and the resilience of tribal communities.

### FOLLOW OUR REMEMBERING RESILIENCE SOCIAL MEDIA CAMPAIGN

Join our Facebook page, Facebook group, or follow us on Instagram to learn more about this movement, and gain access to giveaways.

### VISIT OUR REMEMBERING RESILIENCE WEBPAGE

Find additional resources, such as our tip sheets/newsletters, recipes, trainings and events here!

