

Maternal HEALTH

website & more services



CASANDRA STOUDER

Indigenous Wellness Consultant and Community Empowerment Specialist

HER NEW COMMUNITY ROLES:

- CHAIRWOMAN - Rural & Indigenous Community Committee, AZ ACEs Consortium

First meeting: October 1, 1:00 PM MST

Monthly work addressing childhood trauma through Indigenous perspectives

Ensuring our voices shape policies that affect our families

Bringing community concerns directly to decision-makers

Join the conversation: <https://azaces.org/membership/groups/>

- INDIGENOUS TECHNOLOGY TRANSFER SPECIALIST - Opioid Response Network

Supporting Tribal communities across the Southwest with substance use resources

Connecting traditional practices with evidence-based approaches

Free technical assistance for programs serving Indigenous mothers

Direct access to transfer services or to request Casandra's support: www.OpioidResponseNetwork.org

THE 4 SACRED TEACHINGS PROGRAM

A program that delivers practical healing for today's challenges

EAST: Fire Medicine - October 26

Clear thinking when everything feels overwhelming. Practical tools for mental wellness that connect with our traditional understanding of clarity and purpose. Especially helpful for mothers dealing with postpartum depression and anxiety.

SOUTH: Earth Medicine - November 30

Getting back into your body when stress takes over. Simple grounding techniques that help manage pregnancy complications, chronic conditions, and the physical demands of motherhood.

WEST: Water Medicine - December 28

Moving through grief and trauma that affects our birth experiences. Creating space to process historical and personal losses that impact maternal health outcomes in our communities.

NORTH: Air Medicine - January 25

Finding direction when you're lost. Reconnecting with purpose through accessible practices that support decision-making during pregnancy, birth, and parenting.

PROGRAM INFO

When: Last Sunday monthly, Oct-Jan (9:00 AM-11:30 AM Phx. AZ. Time)

Format: Virtual sessions with practical tools you can use immediately

Cost: Full program \$240 | Single sessions \$80 | Tribal community rate \$100/person (5+ participants)

Financial assistance available - just ask

Registration Or Questions: casandrastouder@gmail.com

WHY THIS MATTERS NOW

The statistics are clear: Indigenous women in Arizona face maternal health complications at 3.5 times the rate of white women. Behind these numbers are real mothers, families, and communities. This program addresses the specific challenges we face today while honoring the knowledge that has always been ours. These sessions combine traditional wisdom with practical solutions for the issues affecting our communities right now - from limited healthcare access to historical trauma that impacts birth outcomes. These sessions blend traditional wisdom with practical solutions to address urgent community issues, aiming to close the gaps in maternal health outcomes for Tribal communities.