

Virtual workshop

Indigenous Mental Wellness Foundations

WHEN FIRE MEETS
MIND

Feb 1
2026
9 AM
MST



Facilitator:
Casandra Stouder,
Diné & Seminole.
Salt clan from
Teéstó AZ.
Indigenous Wellness
Consultant &
ACEs Trainer

This workshop includes:

- ✓ Combining ACEs science with Medicine Wheel teachings and IKS language revitalization frameworks
- ✓ Addresses historical trauma at DNA level (epigenetics) while honoring ancestral resilience
- ✓ Provides immediate nervous system regulation tools rooted in Indigenous practices

Ideal For:

- Tribal behavioral health staff
- Educators working with Indigenous youth experiencing mental health challenges
- ICWA workers, family support specialists, and child welfare professionals
- Indigenous individuals seeking mental wellness rooted in tradition

Cost:

\$45/person

Tribal Group/Program Rates:

\$165/5 people

\$300/ 10 people

Limited Scholarships Available

Email to Register

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