Miwumati provides cultural programs and counseling centered on Native American values and practices.

# MIWUMATI HEALING CENTER

HARMONY & RESILIENCE





#### Contact us

4629 Hwy 49 S P.O. Box 186 Mariposa, CA 95338 (209) 966-3245 www.miwumatihealingcenter.com

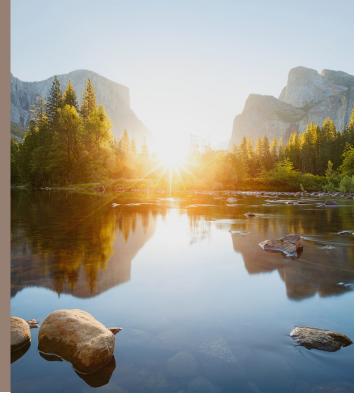
Monday - Thursday 8:00am - 4:30pm

Culture as Prevention

### **PROGRAMS**

At Miwumati, we integrate professional clinical counseling services with traditional Native American values and practices. Advocates onsite work closely with self-identified tribal members to meet needs through navigating local resources, and providing referrals to supporting agencies.

We also believe in practicing Culture as Prevention. When we practice our traditions and ceremonies, we reduce engagement in non-healthy choices. In practicing culture we also heal ourselves and become good teachers for all the generations of elders in training.





### Mental Health Services

- One-on-One Counseling
- Drug & Alcohol Support Counseling
- Grief Counseling
- Family Support (Adults & Youth)
- Couples Counseling

## **Emergency Pantry**

- Food Boxes
- Baby Clothes

WALK - IN SERVICE

#### **Cultural Activities**

- Elders Luncheons
- Sweat Lodge
- Talking Circles
- Miwuk Language Classes
- Traditional Arts & Crafts

