

WELCOME YOU TO JOIN THESE ONLINE BOOK CLUBS!

First 5 Siskiyou invites you to join Tuesday Book Club at noon for personal and professional growth in a fun and relaxed environment. Our time together will foster relationships, a better understanding of diverse perspectives, and expand our horizons.

Our first selection, *What Happened to You?...* by **Bruce Perry** and **Oprah Winfrey** takes an inspired approach to childhood trauma and reframes the traditional question the children we serve hear all too frequently, "what's wrong with you?" into a more productive approach of, "what happened to you?" This book provides powerful scientific and emotional insights into the behavioral patterns many of us struggle to understand. This book may change the way you see your life and give a broader understanding of the families you serve.

We invite you
to join us online for
Book Club

The **Kahtishraam Wellness Center** welcomes anyone to this Thursday evening Book Club who wants to learn more about Indigenous peoples of Northern California and how they are working to strengthen and renew their culture for the health and continuance of the peoples and planet. They are currently reading and discussing *K'am-t'em: A Journey toward Healing*, co-edited by Dr. Kishan Lara-Cooper and Walter Lara Sr. This book presents powerful testimonials of resilience from 26 California Indigenous leaders of all ages and backgrounds. It is inspiring and thought-provoking.

K'am-t'em translates in the Yurok language as *a basket that holds the treasures of Indigenous people*. This book shares precious knowledge about the historical and contemporary experience of northern coastal California's Indigenous peoples.

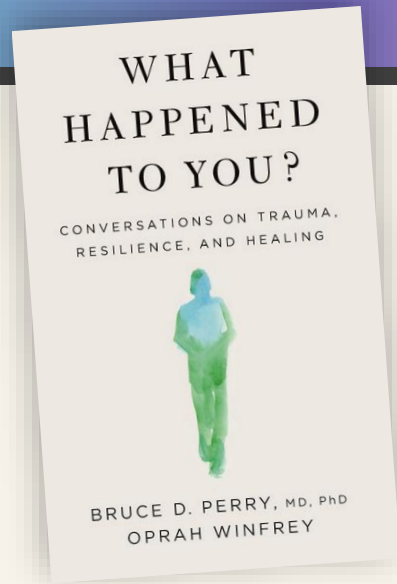
Beginning May 31st!

Tuesdays

12:00–1:00pm

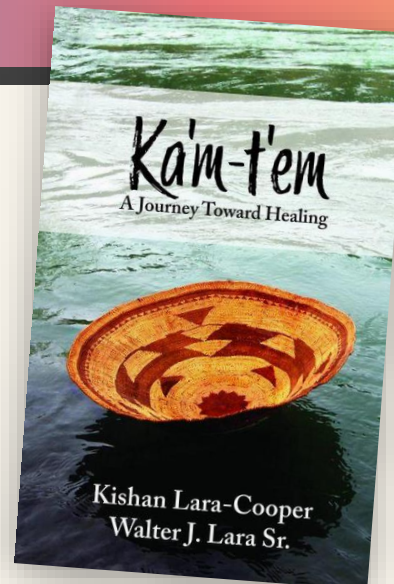
Sign-up by calling
530.918.7222

A copy of this book is available to check out at our local library, and it's also available as an audio recording and at bookstores.



Facilitated by

Katie Eastman



Facilitated by

Florraine Super

Ongoing now!

Thursdays

6:30–7:30pm

Sign-up by calling
530.598.0768

A copy of the featured book for this Book Club will be provided to participants at no cost while supplies last.