

WELCOMES 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**

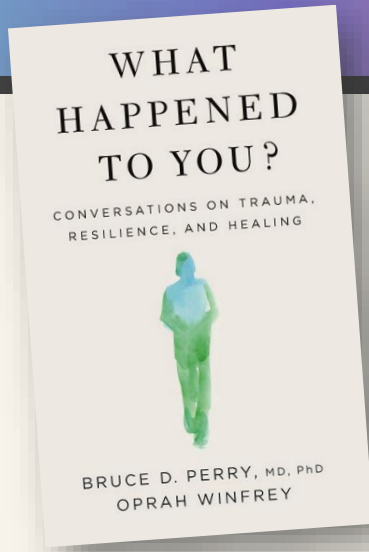
The **Kahtishraam Wellness Center** welcomes anyone to this Thursday evening Book Club who wants to learn more about Indigenous peoples of Northern California and how they are working to strengthen and renew their culture for the health and continuance of the peoples and planet. They are currently reading and discussing *Salmon & Acorns Feed Our People: Colonialism, Nature and Social Action* by **Kari Marie Norgaard**. This book draws upon nearly two decades of examples and insight from Karuk experiences on the Klamath River to illustrate how the ecological dynamics of settler-colonialism are essential for theorizing gender, race and social power today. With passion and commitment, Kari Norgaard demonstrates the interconnectedness of all systems (environment, health, gender, race, emotions, and political power)

Ongoing now!

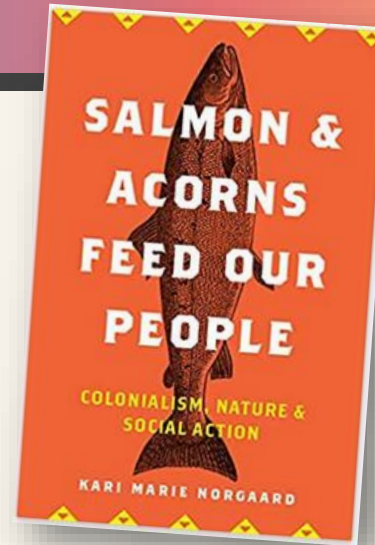
Tuesdays

12:00–1:00pm

Sign-up by calling
530.918.7222



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.