

**INDIAN CHILD WELFARE PROGRAM:** Contact Kim Johnson, [kjohnson@difrc.org](mailto:kjohnson@difrc.org) (303) 871-8035 x 232

- **Intensive Case Management:** Supportive wrap-around services for families at risk of, or currently involved with the child welfare system. Case managers are provided to increase motivation to change, improve communication skills, and manage challenging behaviors. Families are also linked to resources to help meet basic needs and support stabilization. ICWA advocacy.

**HEALTHY LIVING PROGRAMS:** Contact Terra Her Many Horses, [thermanyhorses@difrc.org](mailto:thermanyhorses@difrc.org) (303) 871-8035 x 241

- **Health Coverage:** Application assistance for individuals and families in applying for Medicaid, CHP+, and Adults without Dependent Children (AwDC). **Call to set up an appointment, bus tokens available.**
- **Cooking Matters Eating Right:** Healthy cooking classes offered through six week cycles of two hour weekly sessions. Each class offers hands-on cooking using a healthy recipe and affordable ingredients with nutrition education. All participants earn incentives throughout the course! Pre-registration required. **Classes are free, childcare and bus tokens available. Call to see when the next session starts!**
- **ZUMBA Classes:** Offered three times a week for hour sessions in nine-week cycles aimed at increasing healthy lifestyles and physical health. Work with our instructor to track your progress. **Classes offered Monday, Wednesday, & Friday, Noon-1pm. Classes are free to all ages and bus tokens are provided, participants earn incentives based on attendance.**
- **Community Garden:** offers access to locally grown fruits and vegetables through the planning, maintenance, and harvesting of a shared community garden. Learn gardening techniques from various tribes. **Classes are held two times/month from April-October. Bus tokens are available. Call for more information.**
- **Let's Move in Indian Country:** Youth summer program for ages 6-18 including physical activities & nutrition education (including a daily snack). **Classes held Tuesdays, Wednesdays, and Thursdays from 10am-noon in the DIC gymnasium. Bus tokens available.**
- **Nurturing Skills for Families:** Evidenced based Nurturing Parenting Program for families with children birth to 12 years, offered in an 8 week cycle. Parents and children attend groups designed to promote healthy physical and emotional development, and teach appropriate role and developmental expectations. **The next session will begin June 27, 2013 (day classes: 10:30am-1pm, or evening classes: 4:30-7pm). You must attend BOTH Tuesdays AND Thursdays! Classes are free, childcare, bus tokens, and a meal are provided.**

**BEHAVIORAL HEALTH PROGRAMS:** Contact John Jewett, [jjewett@difrc.org](mailto:jjewett@difrc.org) (303) 871-3035 x 235

- **Healthy Families Group:** Motivational Interviewing based group designed to increase parents' internal commitment to make positive changes in their lives. Group is offered through an 8-week cycle of one and a half hour sessions. **Group meets on Wednesdays, 4:00pm-6:00pm. Childcare, bus tokens, and a meal are provided.**
- **Dream Catcher Group:** This group is designed to help American Indian families succeed in an urban environment by focusing on skills needed in four main domains: work, practical living, personal growth, and social. **Classes are offered Tuesdays, 11:30am-1pm. Childcare, bus tokens, and a meal are provided.**