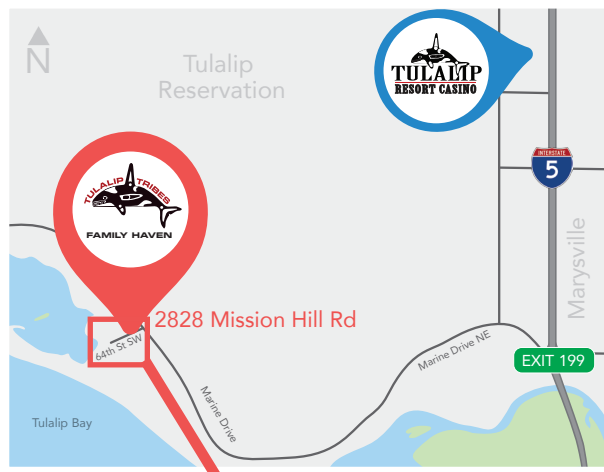


# DRIVING DIRECTIONS

Take Exit 199 from Interstate 5. Turn WEST onto WA-528 W/4th St. Continue straight onto Marine Dr NE/Tulalip Rd. Turn left onto 64th St SW. Turn left onto Mission Hill Rd.

2828 Mission Hill Rd, Tulalip, WA 98271



For more information, contact:  
**Dakotah "Cody" Monger**  
Outreach Worker  
P: 360-716-4935 | C: 425-772-4669

**Family Advocacy  
Family Haven**  
2828 Mission Hill Rd  
Tulalip, WA 98271  
360-716-3284

FAMILY ADVOCACY  
FAMILY HAVEN

TEAM  
OUTREACH

TDS-25316



## WHO CAN PARTICIPATE?

- Tulalip boys and young men ages 13–22.

## HEALTH AND FITNESS

- Get help setting goals for the long or short term.
- Learn about healthy eating habits, how to work out and different techniques to lift weights.

## SUPPORT GROUP

Support groups help young men encourage one another. We find young men that might be dealing with similar problems or issues and put them together so they can relate to one another. If they have any problems, they can talk to each other and find solutions together.

We can help you get a mentor or support group to help get you pointed in the right direction.

## WHAT ARE THE SERVICES PROVIDED?

- Help getting back in school.
- Help with mental health.
- Help getting to a doctor or dentist appointment.
- Help with alcohol or drug abuse.
- Help to get along with family and friends.
- Help with anger issues.
- Help learning about culture.
- Help with dealing with emotions.
- Help engaging in tribal services support.

