



**ONLINE AND IN PERSON EVENT**

# Shi Dóó Shimá

(Me & Mom)

## A Navajo Tea Party

A conversation on safety

**May 22, 2024 / 5 PM-7 PM (MST)**

### “10 Signs of a Healthy & Unhealthy Relationship”

Keynote Speaker: Sandra Brandenburg  
Indigenous Community Coordinator, Seekhaven

Discover how to spot the difference and learn why healthy relationships aren't about perfection, but about bringing out the best in each other. Get ready to feel empowered as we equip you with essential tools to recognize and tackle relationship abuse head-on! Don't miss out – let's build healthier connections together!

#### **MUST REGISTER TO ATTEND**

**In person:** Aneth Chapter, Aneth, UT

**Online:** Scan QR for Zoom link.

Tea and cake will be served in person.  
Door prizes.



**NTV HEAL HELPLINE | 1-833-NTV-HEAL (1-833-688-4325)**



To register scan the QR code or Email [nicoletta@restoringawcoalition.org](mailto:nicoletta@restoringawcoalition.org) with the Subject-“Shi Doo Shima Registration.” Please include your full name, cell number, the city you reside, and whether you are participating in person or online.

Sponsored by: Restoring Ancestral Winds Inc. in partnership with the Aneth Utah Chapter



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