

TEXAS NATIVE HEALTH
NEWSLETTER

April Edition

1ST ANNUAL TNH ART MARKET

OPEN TO PUBLIC

APRIL 18, 2026

11AM-3PM



Texas Native Health
Community Cultural Center (C3)

1269 Record Crossing Rd,

Dallas, TX 75235

TNH's 1st Art Market is an opportunity for local Native artists to showcase their art, and a chance for DFW residents to purchase authentic Native American-made art, just in time for Mothers Day!

AUTHENTIC NATIVE ART VENDORS

DOOR PRIZES + RAFFLES

FREE HEALTHY SNACKS &

FREE DRINKS PROVIDED BY TRIBAL ALL DAY

[REGISTER AS A VENDOR](#)

We are just 2 weeks away from Texas Native Health's First Art Market. With over 30 Native American artists, you're sure to find something you'll love! Here's a sneak peak of a few items available to purchase at the art market

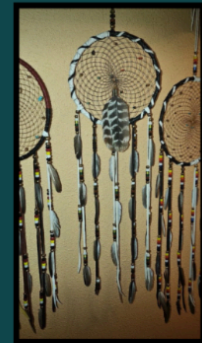
M. DEAN SADONGEI



ONE HEARTBEAT DRUMZ



NIZHONI DREAMCATCHERS & BEADWORK



REBECCA BARNARD
VISION ARTS



KARA WARD



BRIAN WALLACE

TEXAS NATIVE HEALTH IS HIRING

Join Our Team

OPEN POSITIONS

Medical Office Receptionist
Revenue Cycle Specialist
Phlebotomist
Medical Laboratory Technician (MLT)
Family Dentist



[Apply Now](#)

Community Events & Activities



April Cooking Class

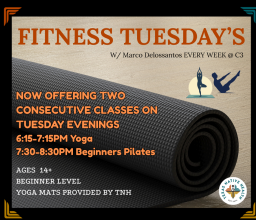
Wednesday, April 8th
10:30AM-12:00PM

Join this month's cooking class with Amber White, where we will be making Quiche and Fresh Milled Crepes!

***Attend All 3 Cooking Classes for April, May & June = Be entered to win a prize!
Spots are limited! Please only register if you are likely to attend***

*Registration is required.

Register For
Cooking
Class



Yoga & Pilates Class

Every Tuesday | Hosted by Marco Delossantos
Yoga: 6:15 PM-7:15PM
Beginner Pilates: 7:30-8:30PM

Yoga mats will be provided by TNH. This is a beginner level class for ages 14+. Classes held at C3.

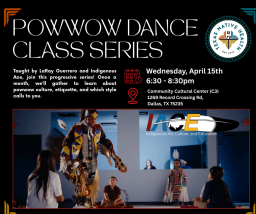
Registration is not necessary if you have registered to a previous class

Register
Here



All Levels Fitness Cancelled

This program has been replaced with a beginner's Pilates class- taking place on Tuesday evenings 7:30pm-8:30pm following yoga class



April Powwow Dance Class

Wednesday, 04/15/2026
6:30 - 8:30pm
Hosted by LaRay Guerrero

All Ages Welcome, *Minors must be accompanied by an adult*

Registration is not necessary if you have registered to a previous fitness class

Register
Here

Elder Program Activities



Native Connections @ C3

OPEN DAILY | 9:00AM-2:00PM
w/ Stephanie Villanueva
Free Lunch with Registration -->

A safe space for older adults to enjoy free time, socializing, board and card games, puzzles, arts & crafts, lite exercises, painting, and group activities with others at our Community Cultural Center (C3).

Adults only.

View
Calendar of
Activities

Register for
Free Lunch



Native Connections @ C3 Chair Exercises w/ Marco

Every Tuesday
10:00am-11:00am

Adults only.



Native Connections @ C3 Arts & Crafts W/ Priscilla & Terry

Wednesday, April 8th
10am - 12pm

Adults only.



Native Connections Sock-Hop

Saturday, April 25th
2pm-6pm @ C3

Fun, Food, Music, & Dancing!

Adults only.

This Month's Movie is Rated PG13

RSVP



Elder's Matinee Monday

Monday, April 27th
12pm-2pm @ C3

Elder's Matinee Monday is a new initiative for Native Connections @ C3. On the last Monday of each month, a movie will be screened and refreshments will be provided for participants.

Adults only.

This Month's Movie is Smoke Signals, Rated PG13



Digital Literacy Open Hour

A Drop In Program for Elder's
Every 3rd Wednesday of the Month
10AM - 11:00AM

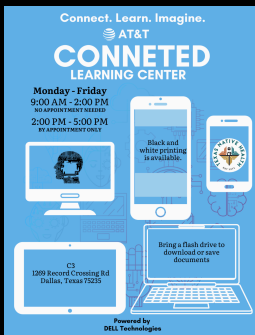


Elder's Circle Trip to Irving Archives for American Indian Veteran's Exhibit

Wednesday, April 22nd
12:00PM

More Details & Registration Coming Soon

Native Pathways Program Activities



AT&T Connected Learning Center

Open Daily M-F

9:00am-2:00pm - No Appointment Needed
2:00-5:00 - By Appointment Only



NPP Student Trip to Children's Aquarium Dallas

Saturday April 25, 2026
9:30AM - Student Drop Off
1:30PM - Student Pick Up

For NPP Students 1st-7th Grade

Register Student



Reading Buddies Summer Program

Tuesdays
10:00AM-11:00AM
June 2 - July 21

For NPP Students K-4th Grade

Register Student



2026 Upcoming Activities

The Native Pathways program gives students more than just activities. It builds confidence, strengthens cultural identity, and creates a sense of belonging. By participating, students gain academic support, exposure to new experiences, and valuable life skills that help them succeed in school and beyond. This program encourages curiosity, leadership, and pride in who they are, while connecting students to positive mentors, resources, and opportunities that support their growth at every stage.

Register New Student for Program

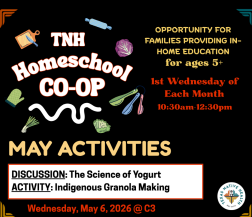


SAVE THE DATE!

Bigfoot Mini-Festival

09/19/2026

Coming Up in May



TNH Homeschool Co-Op

Wednesday, May 6th
10:30am-12:30pm

Ages 5+

Register Student for Co-Op

(Registration is for entire series, not individual classes)



First Friday Films - May 1st

RSVP

Friday, May 1st
7:00pm-8:30pm

NOW SHOWING: **THE CHEROKEE WORD FOR WATER**

A feature-length motion picture that tells the story of the work that led Wilma Mankiller to become the first modern female Chief of the Cherokee Nation.

Directed and Produced by Charlie Soap

Rated PG for thematic elements and some language

TNH exclusively screens films that center Native and Indigenous peoples - and are written, directed, and/or produced by Native and Indigenous creators.

Opportunities from Community Organizations



SCHOOL OF HEALTH SCIENCES

SECOND ANNUAL COMMUNITY HEALTH & WELLNESS FAIR



**April 17, 2026
10 AM to 2 PM**



**DALLAS COLLEGE
WEST DALLAS CENTER
3330 N HAMPTON RD.
DALLAS, TEXAS 75212**



FREE EVENT – NO REGISTRATION REQUIRED!

EXPLORE A VARIETY OF HEALTH & WELLNESS SERVICES

**Join Dallas College School of Health Sciences
community for a fun and informative event
featuring wellness tips, preventive care, free
health screenings, and live fitness demos!**



Questions? CCarter@DallasCollege.edu

EQUAL OPPORTUNITY EDUCATIONAL INSTITUTION

CEDAR HEALTH RESEARCH

New clinical research studies coming to your community!

Be the first to hear about new studies coming to Texas Native Health—click the link below to learn more and stay updated!

Weight Loss

Be part of research studies exploring different approaches to weight management and healthy living.

Cardiovascular Health

Participate in research studies exploring heart health. This study aims to better understand cardiovascular wellness, including Lipoprotein(a) levels.



[Learn More](#)

WATER COLOR PAINTING CLASS

Free and Open to All!
Materials Provided



JUST IN TIME FOR

Mothers

DAY GIFTS!



Sunday, April 19
12-3pm

West Dallas Multipurpose Center
2828 Fish Trap Road, Dallas, TX

THIS EVENT IS SUPPORTED IN
PART BY THE CITY OF DALLAS
OFFICE OF CULTURAL AFFAIRS.



**Office of
Arts &
Culture**

**FOR MORE INFORMATION
CONTACT:**

community@intertribaltexas.org
214-506-8875



YOUR HEALTH IS ALWAYS OUR TOP PRIORITY!



NATIONAL
CHILD
ABUSE
PREVENTION
MONTH
APRIL

Child Abuse Prevention Month is a time to protect, uplift, and advocate for our youth. Experiences of abuse and neglect can have lasting impacts on mental health, increasing the risk of depression, anxiety, and even suicide. Every child deserves to feel safe, supported, and heard. If you or someone you know is struggling, help is available. Texas Native Health offers youth counseling and behavioral health services in a safe, supportive environment.



WORLD HEALTH DAY

04/07

Did You Know?

This World Health Day, small facts can lead to big awareness. Did you know that high blood pressure and diabetes can develop with little to no symptoms, making regular checkups essential? Depression doesn't always look like sadness. It can show up as fatigue, irritability, or loss of interest in things you once loved. Early cancer screenings can detect issues before symptoms even begin, increasing the chances of successful treatment. Childhood immunizations not only protect your child but also help safeguard entire communities. And when it comes to nutrition, even small changes like adding more whole foods can significantly improve long-term health.

Your health matters at every stage of life. Texas Native Health offers supportive services including medical care, behavioral health, screenings, immunizations, and nutrition support to help you and your family stay well.

**NATIONAL
HUMAN
TRAFFICKING
HOTLINE**

CALL
1-888-373-7888

TEXT "BEFREE"
TO 233733

Chat online at:
humantraffickinghotline.org

Want to Quit Smoking?

YES QUIT

877-YES-QUIT YESQUIT.ORG

Call the Texas Tobacco Quitline
877-YES-QUIT (877-957-7848)
Free. Convenient. Confidential.



Texas Department of State
Health Services

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

CALL
1-800-799-7233

TEXT "START"
TO 88788



NATIONAL YOUTH HIV & AIDS AWARENESS DAY

—April 10th—

The Problem: Only 6% of high school students have ever been tested for HIV, despite high rates of sexual activity.

Statistics: In 2021/2022, young people aged 13-24 accounted for 19% of all new HIV diagnoses in the US.

Treatment Disparities: Only 67% of young people living with HIV have achieved viral suppression.



NATIONAL ALCOHOL AWARENESS MONTH APRIL



Alcohol may be impacting your health and well-being! Increasing awareness, having honest conversations, and recognizing when to seek support can make a powerful difference. Texas Native Health offers substance use treatment options and supportive behavioral health services to help you on your journey!





TNH DENTAL

Your Smile. Your Health. Our Priority.

Texas Native Health offers dental care for patients of all ages, from routine checkups to restorative treatments! Our services include exams, X-rays, cleanings, fillings, extractions, periodontal care, and pediatric dentistry. Take the next step toward a healthier smile. Schedule your appointment today!



TNH Behavioral Health Services

Ready to take the first step
toward feeling better?



[Start Services](#)

JOIN OUR

Download our app:
HEALTHELIFE
by Cerner Corporation



Ask a member of our Patient Relations team to create your account prior to logging in

PATIENT PORTAL

The TNH Patient Portal is a secure online platform that allows you to access your personal health information. Through our patient portal, you may:

- Update address, contact information, and insurance information.
- View, download, and send medical records.
- View your health profile, current medications, allergies, and health issues.
- View your lab results, medical history, and immunization records.
- Send and receive messages to and from our Patient Relations team.
- Request an appointment.
- Request prescription refills.
- Learn information about your prescription medication, instructions, side effects, interactions, cautions, and uses.
- Access additional features

[View Patient Portal](#)

Programs and Services



Location

1283 Record Crossing Rd
Dallas, Texas 75235

Medical

Primary Care
Dental Services
Pharmacy
Podiatry
Diabetes Education & Management
Immunizations

Behavioral Health

Mental Health Services
Substance Abuse Treatment
Individual/Family Counseling
Victim Services
Human Trafficking Assistance

Operating Hours

Monday - Friday
8:00 AM - 5:00 PM

Need to make an appointment?

[Call us](#)

Community Development

Career & Tuition Assistance
K-12 Student Educational Services
Family & Cultural Activities

Freebies

TNH has Narcan available for free @ our pharmacy.
Safe sex items such as condoms and dental dams are available for free in the clinic.



Texas Native Health is a safety-net provider and one of 41 remaining urban Indian organizations in the country. Your support helps us continue providing vital programs and services to those in need. Support our mission today.

[Donate](#)

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