

# TEXAS NATIVE HEALTH NEWSLETTER

~~~~~ **FEBRUARY** ~~~~~

**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**

## HOUSTON EXPANSION

Texas Native Health is proud to announce a new partnership with the Harris Center for Mental Health and IDD in Houston, Texas.

Through this partnership, Native American community members in the Houston area can access Behavioral Health services at the Harris Center's Houston clinic.

### Psychotherapy Services

- Assistance with Recovery Plan goals.
- Psychotherapy services.
- Medication skills training
- Assistance with medication request and/or refills, if requesting a psychiatric provider as part of treatment.
- Assistance with case management referral or resources.



## MEET YOUR THERAPIST



Jacquelin "Jackie" Pulliam is a Licensed Professional Counselor (LPC) practicing in the Houston area. She earned her bachelor's degrees in Psychology and English from the University of Texas at San Antonio and her master's degree in Counseling from Houston Christian University. Jackie brings over eight years of experience working in mental health and currently serves at the Southwest Clinic of the Harris Center for Mental Health & IDD. She is passionate about supporting individuals from diverse backgrounds in reaching their wellness goals and addressing challenges such as anxiety, depression, mood instability, trauma, and psychosis. Outside of work, Jackie enjoys staying active, spending time in nature, and connecting with loved ones.



# GETTING STARTED

## Scheduling an Intake Assessment

- Prescheduled appointments are available Monday-Friday 7:30 A.M. – 10:00 A.M
- Contact Anney Philip, Care Coordinator to schedule an intake assessment @ (713) 970-7271
- Assessments are scheduled throughout the day with the last assessment slot of the day being 2:15 P.M

## Walk-In Intake Assessments

- If no appointments are available, a walk-in can stand-by for potential cancellation.
- Walk-in time for intake assessment timeframe is Monday-Friday 7:00 A.M. – 3:00 P.M.
- There will be a waiting period for walk-ins
- An appointment is not guaranteed for walk-in Intake Assessment, Therapy or MD visit.

## Arrival Instructions

- Check in at the front desk for intake assessment upon arrival.
- You must complete a financial appointment during your initial clinic visit (before or after). This is necessary to have on file in the event that you wish to be referred for additional services that the Harris Center offers.
- Your psychotherapist will be assigned upon completion of an intake assessment.
- Your psychotherapist will contact you within 72 hours/3 Business Days after intake assessment appointment.

## Psychiatrist Appointments

- If requested, Psychiatrist appointments are scheduled after completed intake assessment.
- You are required to bring **all medications** with you to your initial appointment with the psychiatric provider.
- You are required to arrive **1 HOUR** prior to Psychiatrist appointment.
- Your appointment will be cancelled if you are not present at the time of your appointment.
- If rescheduling the appointment is necessary, please contact clinic 24 hours prior to your appointment at (713)-970-3800.

 *The*  
**HARRIS**  
CENTER *for*  
Mental Health and IDD

**Southwest Community Service Center**  
9401 Southwest Freeway  
Houston, Texas 77074  
713-970-3800 Voice | 713-970-3315 Fax



[Learn More about The Harris Center](#)

[Download Information](#)

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**CEDAR HEALTH RESEARCH @ TNH**

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**Cedar Health Research offers no-cost clinical research studies exploring new treatment options. Studies range from weight loss, cardiometabolic health, vaccines, and many more! CHR is now proudly located at Texas Native Health to make access even easier for the community. Participants may be compensated for their time and travel, complimentary transportation is available, and no insurance is required.**

**Join CHR for a Grand Opening  
Celebration @ C3**



**C E D A R  
H E A L T H  
R E S E A R C H**

**Friday, February 20th  
12:00pm-3:00pm**

**TNH Community Cultural Center (C3)**

**Enjoy a Free Barbeque Lunch  
Raffles, Prizes, Giveaways  
& Complimentary  
Cardiometabolic Screenings**

A cardiometabolic screening is a complimentary health check that looks at key markers related to heart and metabolic health, including a comprehensive blood panel, lipid panel, Lp(a), A1c, eGFR, and weight & BMI. The screening is quick (typically under 20 minutes), and participants are compensated for their time.

**RSVP for Grand Opening**

**EMPLOYEE HIGHLIGHT**

We are excited to share that **Salvador Medina**, who many community members may recognize from our front desk team, has officially begun seeing clients as a Behavioral

Health practicum student at Texas Native Health.

Salvador is completing his graduate training in Clinical Mental Health Counseling and will be working under the supervision of our licensed behavioral health providers. His transition reflects our commitment to growing care from within our community and supporting the next generation of mental health professionals. Salvador approaches his work with cultural humility, compassion, and a strong dedication to community-centered care.

We're proud to support Salvador in this next step of his professional journey and are grateful to have him continue serving our patients in this new role.



***Salvador Medina** is a practicum student in Behavioral Health at Texas Native Health and a graduate student in Clinical Mental Health Counseling at the University of North Texas at Dallas. A descendant of the Navajo Nation and the Pueblo of Zia, Salvador brings a community-centered approach to care. He is committed to providing respectful, inclusive support and values each client's lived experience.*

TNH WILL BE  
**CLOSED**

ON  
**PRESIDENTS'  
DAY**

Monday, February 16, 2026



# ATTEND ALL 3 COOKING CLASSES

\*one class per month\*

(January, February, & March)

AND BE ENTERED  
INTO A DRAWING TO  
WIN:

Mixing Bowls w/  
Airtight Lids &  
Kitchen Gadget Set

+

Knife Set

Drawing will  
take place on  
March 16th

The odds are in your  
favor!

Each class is limited to  
10 Participants



## Community Events & Activities



### February Cooking Class

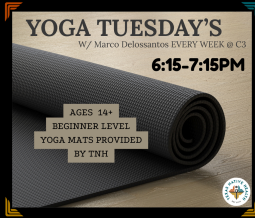
Wednesday, February 11th  
10:30AM-12:00PM

Join this month's cooking class with Amber White, where we will be making Spaghetti Squash Pad Thai!

*\*Spots are limited! Please only register if you are likely to attend\**

Register For  
Cooking  
Class

\*Registration is required.



## Yoga Classes

Every Tuesday | 6:15 PM-7:15PM  
Hosted by Marco Delossantos

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](#)

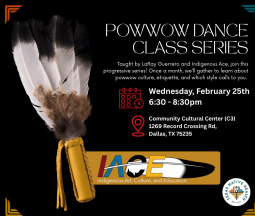


## All Levels Fitness Classes

Every Thursday | 6:15 PM-7:15PM  
Hosted by Marco Delossantos  
Ages 14+

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

[Register Here](#)



## February Powwow Dance Class

Wednesday, 02/25/2026  
6:30 - 8:30pm  
Hosted by LaRay Guerrero

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

All Ages Welcome

[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.

- Closed on 02/16 in observance of Presidents' Day
- Unavailable on 02/25 due to Elder's Circle trip

[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

PAINTING DAY  
Wednesday, February 18th  
11am - 1pm

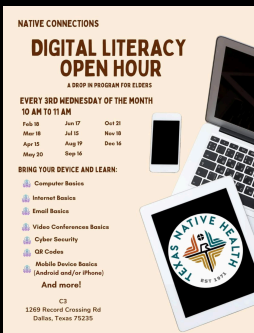
Adults only.



## Senior Harmony W/ Coyote Rock (Raquel Zamora)

Friday, February 13  
11am - 12pm

Adults only.



## Digital Literacy Open Hour

A Drop In Program for Elder's  
Wednesday, February 18  
10am - 11am

Adults only.



## Elder's Matinee Monday

Monday, January 23rd  
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 Rated R

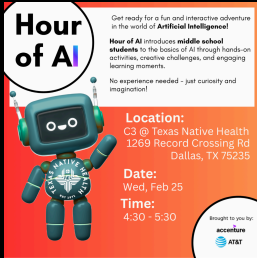


## Elder's Circle Day Trip

Wednesday, February 25th  
10:00AM-Noon

Registration for this event is closed, as this is a reschedule from January.

## Native Pathways Program Activities



## HOUR OF AI

Wednesday, 02/25/2026  
4:30PM-5:30PM  
@ C3



## 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**

## Coming Up in March



## TNH Homeschool Co-Op

Wednesday, March 4th  
10:30am-12:30pm

Ages 5+

**Register  
Student for  
Co-Op**

(Registration is for entire series, not individual classes)



## First Friday Films - March

RSVP

Friday, March 6th  
7:00pm-9pm

NOW SHOWING:  
**REZ BALL**

The Chuska Warriors, a Native American high school basketball team from New Mexico, must band together after losing their star player if they want to keep their quest for a state championship alive.

Directed by Sydney Freeland  
Written by Sydney Freeland & Sterlin Harjo

\*\*\*Rated PG-13\*\*\*

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

**YOUR HEALTH IS ALWAYS OUR TOP PRIORITY!**



## FEBRUARY AWARENESS EVENTS

### **American Heart Month**

High blood pressure often has no symptoms, but it can lead to serious heart disease if left unmanaged. Regular checkups, healthy eating, movement, and blood pressure screenings are key to protecting your heart.

### **Gallbladder and Bile Duct Awareness Month**

Digestive discomfort shouldn't be ignored. Early detection, routine checkups, and addressing symptoms like abdominal pain or nausea can help prevent gallbladder and bile duct complications.

### **National Children's Dental Health Month**

Healthy smiles start early. Routine dental visits help prevent cavities, support overall health, and set children up for lifelong oral wellness. TNH offers dental care for kids and families.

### **Teen Dating Violence Awareness Month**

Everyone deserves safe, respectful relationships. Raising awareness about teen dating violence helps empower young people to recognize warning signs, set boundaries, and seek support when needed.

### **Marijuana Awareness Month**

Substance use can impact mental, emotional, and physical health, especially for youth and developing brains. Education, moderation, and access to support services are essential for long-term well-being.

### **National Condom Week 02/14-02/21**

Condoms are a simple, effective way to prevent sexually transmitted infections and unplanned pregnancies. TNH offers free condoms at the clinic to support safer, healthier choices.





## The Connection Between Depression and the Heart

Depression doesn't just affect mental health. It can also impact heart health. Ongoing stress, low mood, and changes in sleep or activity levels can increase inflammation, raise blood pressure, and disrupt heart rhythms. People experiencing depression may also find it harder to maintain healthy habits like regular exercise, balanced nutrition, and routine medical care, which can further increase the risk of heart disease. Supporting mental well-being is an important part of protecting overall cardiovascular health.

## LOVE YOURSELF ENOUGH TO STAY

February is often seen as a month about love, but one of the most important kinds of love is the love you give yourself. Loving yourself doesn't mean feeling okay all the time; it means choosing to stay, even on the hardest days. If you're struggling, feeling overwhelmed, or losing hope, know that your life has value far beyond this moment. You are worthy of care, support, and compassion just as you are. Reaching out for help isn't a weakness, it's an act of self-love, and you don't have to carry everything alone.

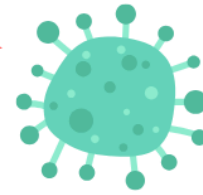


*February is...*

## **National Snack Food Month**

This balanced snack plate includes fresh strawberries and apple slices for natural sweetness, fiber, and antioxidants; baby carrots and cucumber rounds for hydration, crunch, and essential vitamins; turkey jerky for lean protein to help keep you full and energized; almonds for heart-healthy fats that support brain and cardiovascular health; low-fat cottage cheese for calcium and protein to support muscle and bone strength; and a spoon of hummus for added fiber and plant-based protein. Together, these foods help stabilize blood sugar, support heart and digestive health, and provide sustained energy, making this a nourishing, satisfying snack for overall wellness.

# FEBRUARY IS PEAK FLU SEASON



Protect yourself and your loved ones! Get vaccinated and seek care at Texas Native Health.



Want to Quit Smoking?

## YES QUIT

877-YES-QUIT YESQUIT.ORG

Call the Texas Tobacco Quitline  
877-YES-QUIT (877-937-7848)  
Free. Convenient. Confidential.



TEXAS  
Health and Human  
Services



Texas Department of State  
Health Services

NATIONAL  
HUMAN  
TRAFFICKING  
HOTLINE

CALL  
1-888-373-7888

TEXT "BEFREE"  
TO 233733

Chat online at:  
[humantraffickinghotline.org](http://humantraffickinghotline.org)

## Opportunities from Community Organizations



Join MMIW TX Rematriate as we have  
some fun and begin fundraising for our  
2<sup>nd</sup> Annual MMIW Benefit Powwow!

# Valentine's Pop - Up Powwow

RAFFLES  
CAKE WALK  
TWO STEP CONTEST

Round Dance  
& Intertribals  
only

VENDOR  
APPLICATION  
COMING SOON!

**SAT., FEB. 14, 2026 10AM - 2PM**

**Singing Hills Recreation Center Gymnasium  
6805 Patrol Way, Dallas, TX 75241**

*Take the DART Blue Line to the Camp Wisdom  
Station. The Rec Ctr. Is right next door.*

**MCs: MMIW TX-R members**

**Host Drum: Sacred Sons**

**Lead Dancer(s): Selected hourly on day of event  
(those dressed out or rock'n ribbon skirts/shirts will be selected)**

**For more info: [mmiwtx@gmail.com](mailto:mmiwtx@gmail.com)**

*MMIW TX Rematriate & their associated agents are not responsible for any  
theft, loss, damages, or injuries that occur at this event.  
No drugs/alcohol/violence allowed or tolerated at this event.*



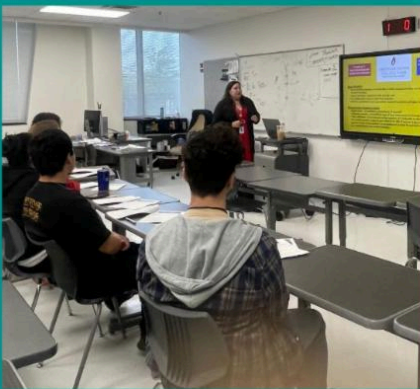
Second Annual  
**NATIVE**  
**COLLEGE**  
**FAIR**



**February 21st, 2026**  
**11:00 AM - 3:00 PM**

Pinkston High School  
2815 Bickers Street, Dallas, TX 75212

Join us for the 2nd Annual Native College Fair, a free, culturally affirming event for American Indian high school students, families, and community members to explore college and career pathways.



- ▶ College & university representatives (including Native-serving campuses)
- ▶ Scholarship, financial aid, and college prep resources
- ▶ Workshops on financial literacy, scholarships, and admissions
- ▶ Open to the public | Students & families welcome

*Register Now!*

SCAN ME!





## TNH Behavioral Health Services

Ready to take the first step  
toward feeling better?



[Start Services](#)

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# 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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