



Healing our Hearts: Community Talking Circle

Please join us for a three-part series offering a safe and supportive space to remember, reflect, share, and heal together. Each gathering includes a talking circle, guided meditation, nature-based healing activity, and community support.

Provided by the Narragansett
Indian Health Center

EACH GATHERING INCLUDES:



TALKING CIRCLE



GUIDED
MEDITATION



NATURE-BASED
HEALING ACTIVITY



COMMUNITY
SUPPORT

1

Circle One:
Being Held –

*We do not have to
carry grief alone.*



2

Circle Two:
Rooted in Strength –

*Our roots continue
to hold us.*



3

Circle Three:
Carrying Love Forward –

*Love continues through
memory, teachings,
and the ways we live.*



Monday, Tuesday, and Wednesday
August 3, 4, and 5, 2026
12:30 PM to 3:30 PM



Location:
NIT August Meeting Grounds
Charlestown RI

Together, we remember. Together, we heal. Together, we carry love forward.