Pediatric Vaccines Available
The City of Seattle will be hosting vaccine clinics twice a week at the SE Seattle Senior Center through the end of January. Pediatric appointments are available but current supply levels mean appointments may not be immediately available, we appreciate your patience as we expect this situation to resolve in the coming weeks. They will be offering 1st, 2nd & Booster vaccines Pfizer, Moderna, Johnson & Johnson. Vaccines are FREE but registration is required.

Mental Health Certification
with the National Council for Mental Wellbeing

MENTAL HEALTH FIRST AID

Mental Health Certification
with the National Council for Mental Wellbeing

WEDNESDAY, JANUARY 19 | 8:00AM - 4:00PM

This training teaches you how to identify, understand and respond to mental illness and substance use disorders. Learn how to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Pfizer Clinic
New Beginnings Church
KENT, WA
Saturday, DEC 4
10:00am-1:00 pm

Pfizer Vaccine
Administered
1st, 2nd & Boosters available

Moderna Booster Clinic
First AME Church
| Seattle, WA
Tuesdays, December 7
9:00 am - 4:00 pm
Sponsored by Central Area Senior Center (CASC)
206.726.4926

REGISTER AT WWW.AARTH.ORG FOR ALL VACCINE CLINICS

FOR MORE INFORMATION VISIT www.aarth.org
Meet AARTH’s CDSMP Leaders

Paul Jackson
I decided to become a leader because I had been diagnosed with two different chronic diseases. The first while in my mid-twenties and the 2nd in my late 40’s and I wasn’t going to let them hinder nor limit my accomplishments and the joy in my life. I enjoy the fellowship that forms in the group when meeting through zoom. I think there is a trust that forms faster when meeting face to face is removed.

Jerome Polite
I am a member of the Outreach Ministry at New Beginnings Christian Fellowship with the objective of providing Holistic support to the community beyond the church walls. I view my role as an AARTH Facilitator an extension of that commitment to the community.

Isabel Robinson
Being a leader gives me the chance to make a difference, give back to the community, and provide an opportunity for me to develop new skills.

Gayle Robinson
The reason I chose to take the CDSMP Training, and become a leader was the need to be as healthy as I can for as long as I can for my friends and neighbors. I want them to be healthy as well.

Callie Vassell
I became a leader in the Chronic Disease Self-Management Program to teach members of the community how to live their best life with their chronic disease.

Pam Williams
I chose to become a leader and facilitate the workshops because it empowers others to become self-sufficient in developing key skills to help live a healthier and hopefully longer life. As a person of color, I appreciate the opportunity to collaborate with AARTH and use my voice as a platform to healthy living amongst our black and brown community.

GIVE BIG WA THRU 12/15
Building a more just and equitable world through generosity. AARTH’s team of partners have vaccinated over 6,000 Black and Brown people to do our part to stop the virus from spreading.

Donations through GiveBigWA.org are still being accepted through 12/15. Show AARTH your GENEROSITY!
Guide to Connect Teens to Multicultural mental Health care

The Seattle Times Education Lab partnered with members of King County Public Health’s Social Media Ambassadors and Soar youth programs to create a resource for young people seeking mental health support services. Scan the bar code for more information.

HONORING WORLD AIDS DAY
DECEMBER 1ST

A LIST OF FILMS TO LEARN MORE ABOUT THE LIVES, JOYS, & STRUGGLES OF THOSE LOST TO AND LIVING WITH HIV/AIDS

World AIDS Day takes place on December 1st each year. It’s an opportunity for people worldwide to unite in the fight against HIV to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

Globally, there are an estimated 38 million people who have the virus. Since 1984, more than 35 million people have died of HIV or AIDS related illnesses, making it one of the most destructive pandemics in history. World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

HIV: The Neglected Pandemic

Featured on VICE, this documentary takes us through 40 years of HIV/AIDS hearing from those who survived the global pandemic.

END GAME: HIV in Black America

Thirty years after the discovery of the AIDS virus, nearly half of the 1 million people in the USA infected with HIV are black men, women and children.

Whilhemina’s War

Wilhemina Dixon is a force in her family’s fight for survival from HIV and AIDS. Shot over the course of five years, the film bears witness to the resilience and determination of the human spirit in the face of tremendous adversity.

EMERGENCY FEEDING PROGRAM WAREHOUSE

WATCH LIVE:

December 5, 2021 | 5:20 PM

Enjoy the game live on our 110” HDTV screen. Entrance is free with unwrapped Christmas gift. Food and beverage available. Reservations are required: Call (425) 277-0300
851 Houser Way N | Renton, WA 98057

FOR MORE INFORMATION VISIT www.aarth.org
WEDNESDAYS, DEC 15-JAN 26 | 10:00 AM-12:30 PM | ONLINE

Please join AARTH for our 6-week online, and interactive workshop. We will work through the process, transition, and manageability of living with Chronic Disease. An audio microphone, and video camera on your technical device is required to participate.

**Class Objectives:**
- Techniques to deal with the symptoms of chronic disease, fatigue, pain, stress, and depression
- Appropriate exercise, and healthy eating
- How to work more effectively with your health care providers
- Appropriate use of medication and more....

**FOOD BOX DISTRIBUTION**

MONDAY, DEC 20 | 10:00 AM - 12:00 PM & THURSDAY, DEC 30 | 10:00 AM - 12:00 PM

Register to receive a free, and healthy food box, which will contain a mixture of refrigerated foods, and pantry staples. The food boxes will be located at the AARTH office for pick up. Boxes will be limited to prevent food waste. PLEASE REGISTER ONLINE.

**Thank you to our Sponsors**

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.