



**PRESS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**



**FOR IMMEDIATE RELEASE**

Date: May 8, 2025  
Contact: Angeles Brito, West End Youth Services Library Services Specialist  
360-374-6402 x7797; [Abrito@nols.org](mailto:Abrito@nols.org)  
Re: "Incorporate Native American Wellness into Your Daily Life," May 16 in Forks

The North Olympic Library System (NOLS) invites community members to an evening of cultural connection and wellness on Friday, May 16, from 4 to 7 p.m. at the Forks Library, 171 S. Forks Ave. The free event, "[Incorporate Native American Wellness into Your Daily Life](#)," is presented in partnership with NOLS, First Step Family Support Center and Quillayute Valley School District (QVSD).

The evening will begin with a dream catcher-making activity, guided by Lucy Ross from First Step. Participants will learn how to make these traditional crafts while gaining an understanding of their cultural significance. All materials will be provided.

Following the creative session, dinner will be served at 5:30 p.m., accompanied by presentations from local program representatives.

Ashlynn Coburn, Title VI Coordinator with QVSD, will share how her program is making a difference for Native American students and families. She will highlight the resources, support services and outreach initiatives that empower students and promote cultural awareness, setting them on a path to academic success.

Micaela Villicana, QVSD Prevention Specialist, will present her innovative program designed to enhance student wellness and resilience.

Troi K. Gale Velasquez, West End Library Manager with NOLS, will highlight library services for families and preview upcoming youth programs, including the 2025 Summer Reading Program.

A drawing for giveaways will take place at 6:30 p.m. Participants must be present to win.

Everyone is welcome to attend and become part of the community committed to enhancing well-being through the rich traditions of Native American wellness.

For more information, visit [NOLS.org/events](https://NOLS.org/events), call 360-374-6402, or email [discover@nols.org](mailto:discover@nols.org).

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