

Indigenous Stress Management with Bradley Castillo

Bradley Castillo, HWC has written and implemented the Indigenous Stress Management Program here at Nisqually since July 2020.

The Purpose of the program is to realign Indigenous people with traditional teachings and provide modern day tools to apply these teachings in their daily lives.

Bradley helps Indigenous people gain, retain, and exercise skills to cope with and overcome stress responses to trauma.

If you'd like to schedule an appointment, please call: (360) 493-6450

