



# Soboba Tribal Family Services

## January Newsletter

NATIONAL STALKING AWARENESS MONTH



Check us out online at [www.soboba-nsn.gov](http://www.soboba-nsn.gov), in the Departments tab

### **Soboba Tribal Social Service Staff:**

**Nancy Currie, Director  
Alicia Golchuk, Tribal Social Worker  
Catherine Gonzalez, Legal Admin. Assistant**

**Office Hours:  
Mon-Thurs 7:00am to 5:30 pm  
(951) 487-0283**

### **HEALING HEARTS**

#### **Foster Family & Relative Caregiver Training**

Children are the Tribe's most valuable asset and its most vulnerable. Soboba is committed to protecting its children.

When children are unable to remain in their parents' care due to abuse, neglect, or parent absence, it is the goal of Soboba Tribal Family Services to place children with extended family or other tribal members.

Please contact Soboba Tribal Family Services for more information on our new foster parent/relative caregiver training and support program.

Help Soboba heal the hearts and lives of its children and families.

Soboba Tribal Family Services  
(951) 487-0283

**ANNUAL TRAIL RACE**  
TO BENEFIT THE SOBOBA PRESCHOOL

Soboba Parks & Rec  
**5k 10k**  
TRAIL RACE

FEBRUARY 16th 2013 THE OAKS AT SOBOBA

2.5k fun run/walk - \$20  
5k (chip timed) - \$30 | 10k (chip timed) - \$40

Register online until February 14th, 2013 at 11:59pm  
Additional \$10 will be assessed for onsite registration.

For age divisions and race information:  
<http://parksandrec.soboba-nsn.gov/public-events>

Race Director: Steve Lopez 951-634-8227  
slopez@soboba-nsn.gov

Sponsorship Information:  
Andrew Vallejos 951-203-4589  
sponsorships@soboba-nsn.gov

FIND US AT: REGISTER AT: OR

SOBOBA FOUNDATION, PO BOX 487, SAN JACINTO CA 92581 - NON PROFIT 501 c3, ID 45-3656119



**24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453**



**"A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons."  
-- Cheyenne proverb**

**Alternatives to Domestic Violence 24-hour Hotline**  
Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line – (800) 787-3224  
*If you are in immediate danger call 9-1-1*

## What Is Stalking?

You are being stalked when a person repeatedly watches, follows or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past boyfriend or girlfriend or a stranger. While the actual legal definition varies from one state to another, here are some examples of what stalkers may do:

- Show up at your home or place of work unannounced or uninvited.
- Send you unwanted text messages, letters, emails and voicemails.
- Constantly call you and hang up.
- Use social networking sites and technology to track you.
- Spread rumors about you via the internet or word of mouth.
- Make unwanted phone calls to you.
- Call your employer or professor.
- Wait at places you hang out.
- Damage your home, car or other property.

Excerpted from [www.loveisrespect.org](http://www.loveisrespect.org)

## Stalking is traumatic.

You may experience nightmares, lose sleep, get depressed or feel you're no longer in control of your life. These reactions are normal. It can help to tell your friends and family about the stalking and develop a safety plan. You can also chat with a peer advocate at [loveisrespect.org](http://loveisrespect.org) for support.

Connect via Live Chat at [www.loveisrespect.org](http://www.loveisrespect.org), or by texting "loveis" to 77054 or call 1-866-331-9474.

Discuss your options anonymously. Peer advocates are available 24/7, or call Tribal Family Services at (951) 487-0283.

Excerpted from [www.loveisrespect.org](http://www.loveisrespect.org)

## What If I'm Being Stalked?

If you're being stalked, you may be feeling stressed, vulnerable or anxious. You may also have trouble sleeping or concentrating at work or school. Remember, you are not alone. Every year in the United States, 3.4 million people are being stalked and youth between the ages of 18-24 experience the highest rates. Most people assume that stalkers are strangers, but actually 3 in 4 victims are harassed by someone they know.

If you are in immediate danger, call 911 and report everything that's happened to the police. Get additional support by obtaining a protection order that makes it illegal for the stalker to come near. Know that the person harassing you may also get arrested and convicted in the criminal justice system.

Remember to save important evidence such as:

- Text messages
- Voice mails
- Videos
- Letters, photos and cards
- Unwanted items or gifts
- Emails

You should also write down the times, places and dates all incidents occurred. Include the names and contact information of people who witnessed what happened.

For more information, you can visit: [www.loveisrespect.org](http://www.loveisrespect.org)

Excerpted from [www.loveisrespect.org](http://www.loveisrespect.org)

