



# Soboba Tribal Family Services



## February Newsletter

NATIONAL TEEN VIOLENCE AWARENESS MONTH

### February is National Teen Violence Awareness Month

#### What is Dating Violence?

Dating violence is a pattern of abusive behaviors used to create power and control over a dating partner.

#### A Pattern of Behavior

Calling dating violence a pattern doesn't mean the first time abuse occurs it is not dating violence; it just means that dating violence usually involves a series of abusive behaviors over time.

Every relationship is different, but the thing that is common in most abusive dating relationships is that the violence increases over time and becomes more and more dangerous for the partner who is being abused.

#### Who Experiences Dating Violence?

Any teen or young adult can experience violence, abuse or unhealthy behaviors in their dating relationships. The relationship can be serious or casual, monogamous (dating only each other) short-term or long-term.

Dating abuse does not discriminate – it does not matter whether the person is male or female, rich or poor, or what their race, ethnicity, religious preference or sexual identity is.

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

#### What Does Dating Violence Look Like?

Teens and young adults experience the same types of abuse in relationships as adults. This can include:

- Physical Abuse: Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- Verbal or Emotional Abuse: Non -physical behaviors such as threats, insults, constant monitoring, (reading partner's emails, texts, and checking phone contacts, etc.), humiliation, intimidation, isolation or stalking.
- Sexual Abuse: Any action that affects a person's ability to control their sexual activity or how sexual activity occurs, including rape, coercion or restricting access to birth control.
- Digital Abuse: Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts or stalking on Facebook or other social media.

If you or a loved one is in a violence relationship, please get help. Visit [www.loveisrespect.org](http://www.loveisrespect.org) for more information, chat with a peer advocate (someone your age) online, or call (866) 331-9474 or text "loveis" to 22522 or 77054.

#### Soboba Tribal Social Service Staff:

Nancy Currie, Director  
Christina Roesch, Tribal Social Worker  
Catherine Gonzalez, Legal Admin  
Assistant

Monday through Friday  
8:00am to 4:30 pm  
(951) 487-0283

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

### Christina Roesch

Tribal Social Worker

Tribal Family Services would like to introduce our new social worker, Christina Roesch.

Christina was born and raised in Riverside and has lived in both Hemet and San Jacinto for the past fifteen years.

Christina has worked in the area for many years and has great relationships with many of the local hospitals and clinics and has a background in both mental health and hospice.

She will be working to develop our Adult, Elders and Mental Health program. Currently, she is assisting with our child welfare cases and learning our program.

We are excited to have Christina join our team.

**Love has many definitions, but  
abuse isn't one of them.**

#### 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

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



## Free Mental Health Workshops

National Alliance on Mental Illness (NAMI) is hosting two 12-week mental health courses for family members and significant others of persons with serious mental illnesses. The courses discuss the clinical treatment of illnesses and provide knowledge and skills that family members can use to cope more effectively.

Course topics include schizophrenia, major depression, bipolar disorder, panic disorder, borderline personality disorder, obsessive-compulsive disorder and dual diagnosis (substance abuse and mental illness); coping, listening and communication skills; basic info on medications and connecting with appropriate community services and support.

There is no charge for the courses, however registration is required as class sizes are limited. Location, dates and times for the 12 week course are:

**Beaumont:** 6pm to 8:30pm Tuesdays beginning Feb. 4 at Beaumont Presbyterian Church  
702 Euclid Avenue, Beaumont.

To register contact Kathy Faber at (951) 797-0120 or Lori Fender at (951) 329-7710

**Hemet:** 6pm to 8:30pm Thursdays beginning Feb. 6 at The Village Retirement Community  
2200 W. Acacia Avenue, Hemet

To register contact Kathy Faber or Kathleen Rodriguez at (951) 925-0720

## Valentine's Day Word Search

C H O C O L A T E S	<b>Words</b>
E R R I U R K F E W	<b>Candy</b>
Y F K M Z P E N L E	<b>Chocolates</b>
S W E E T B I L O E	<b>Cupid</b>
V F F P R T Y D V T	<b>February</b>
Z V I U N D Y O E H	<b>Happy</b>
K N A E N K P L J E	<b>Hearts</b>
K R L A P B P U F A	<b>Joy</b>
Y A C S T R A E H R	<b>Love</b>
V D E R O L H C H T	<b>Pink</b>
	<b>Red</b>
	<b>Sweet</b>
	<b>Sweetheart</b>
	<b>Valentines</b>

## Ten Warning Signs of Abuse

While there are many warning signs that your boyfriend or girlfriend may be abusive, here ten common abusive behaviors:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

If you or a loved one is in a violent relationship, please get help. Call a 24-hour Hotline, such as:

Alternatives to Domestic Violence: (800) 799-7233

Loveisrespect.org: (888) 331-9474

or call Soboba Tribal Family Services at (951) 487-0283



## 3<sup>rd</sup> Annual Soboba Trail Race

Brought to you by  
Soboba Parks & Recreation Department  
*To Benefit The Soboba Preschool*

When: February 22, 2014  
Where: The Oaks at Soboba  
45750 Castille Canyon Road  
San Jacinto, CA 92583

Fun Run/Walk - \$25  
5k (chip timed) - \$35  
10k (chip timed) - \$45

Handmade Awards to top 3 male/female overall winners and in each age group

For more information, visit  
[www.parksandrec.soboba-nsn.gov/trail-race](http://www.parksandrec.soboba-nsn.gov/trail-race)

## Presidents' Day February 17, 2014

Soboba Tribal Administration will be closed Monday, February 17<sup>th</sup> in observance of Presidents' Day

