



Soboba Tribal Family Services



October Newsletter

Breast Cancer Awareness Month
Domestic Violence Awareness Month

Soboba Tribal Family Services Staff:

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Mon - Thurs 7am to 5:30 pm
 (951) 487-0283

5th Annual Believe Walk – Sunday, October 7th



What: 5k/10k Walk (Rain or Shine)
 When: 6:30am Pre-Walk Festival
 8am Walk Begins
 Where: Redlands, CA
 Why: The Believe Walk benefits the Inland Women Fighting Cancer, a coalition of women formed to bring awareness to the community and raise critical funds for local cancer centers, cancer patients and family support programs in the Inland Empire Communities of Southern California.

For more information, visit www.believeIE.com



"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



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

The Lisa Project

Some secrets should be told...

A FREE INTERACTIVE EXHIBIT ABOUT CHILD ABUSE PREVENTION

OCTOBER 12 - 28, 2012
 FLORIDA AVE NEXT TO POLLY'S RESTAURANT

EXHIBIT HOURS
 WED - FRI 11AM - 7PM • SATURDAYS 10AM - 6PM • SUNDAYS 1 - 5PM

www.TheLisaProject.org

The Lisa Project

The Lisa Project comes to the Hemet Valley Mall from October 12th to October 28th. Brought to you by the Riverside County District Attorney's Office, this travelling exhibit is housed in a 12'x60' trailer. It is an interactive exhibit that illustrates child abuse, from a child's perspective.

Health Fair – Hemet Valley Mall – October 13th

On Saturday, October 13th from 11am to 3pm, a health fair will be held at the mall featuring non-profit organizations that offer services for the assistance of victims as well as for the prevention of abuse. Come to be educated and armed, as well as entertained by the day's programs including a puppet show by Center Against Sexual Assault, a performance by local singing talent Kathryn Padlan, a feature session of Zumba by Sarah, a local Zumba instructor, and Chi Kung exercises by Little Tao Dragon Martial & Healing Arts and more. For more information, call the Hemet Valley Mall at (951) 652-7771.

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



TEEN CORNER

What is Dating?

“Dating” means different things to different people, particularly across generations. At loveisrespect.org, “dating” is defined as two people in an intimate relationship. The relationship may be sexual, but it does not have to be. It may be serious or casual, straight or gay, monogamous or open, short-term or long-term. The important thing to remember is that dating abuse can occur within all kinds of intimate relationships.

Types of Dating

You and your friends may use the word “dating” or you may not. People describe relationships in different ways. Whatever you call it, you should understand and feel comfortable with whatever type of relationship you are in. Some of the most commonly used words to describe dating are:

- Going out
- Together
- Being with someone
- Seeing each other
- Hubby/wifey status
- Just friends
- Friends with benefits
- Hooking up

Who is a Partner?

Simply put, a dating “partner” refers to the person you’re in a relationship with. A healthy partner is:

- Respecting
- Trustworthy
- Honest
- Dependable
- Supportive

Whether you’re in a long-term, committed relationship or looking for causal dating experiences, you can still experience abuse. People who are lesbian, gay, bisexual, transgender or queer/questioning (LGBTQ) can be in abusive relationships, too. In fact, studies show that dating violence occurs at the same rates in same-sex relationships as in opposite-sex relationships.

Everyone has the right to a healthy relationship. If you’re “dating” someone now, take the Healthy Relationship quiz at loveisrespect.org and check where your relationship falls in the spectrum.

Excerpted from www.loveisrespect.org



2012 NAMIWalk Riverside/San Bernardino

Location: Diamond Valley Lake: 2345 Searl Ave.
Hemet, CA

Date: October 27, 2012

Distance: 5K

Check-in: 8:00 am

Start Time: 9:30 am

The funds raised through NAMIWalk are used to provide free educational and support programs for individuals and families impacted by mental illness. The money is also used to support advocacy efforts and underwrite new programs and services to meet growing demands all over our nation.

For more information, visit www.namiwalks.org

Teen Dating Violence Facts

- ❖ Teen dating violence runs across race, gender and socioeconomic lines. Both males and females are victims, but boys and girls are abusive in different ways:
 - Girls are more likely to yell, threaten to hurt themselves, pinch, slap, scratch or kick;
 - Boys injure girls more severely and frequently;
 - Some teen victims experience violence occasionally;
 - Others are abused more often...sometimes daily.

“Teen Victim Project,” National Center for Victims of Crime, www.ncvc.org/tvp
- ❖ 57% of teens know someone who has been physically, sexually, or verbally abusive in a dating relationship. *Liz Claiborne Inc., Conducted by Teenage Research Unlimited, (February 2005).*

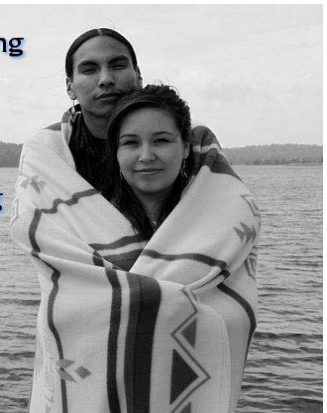
If these experiences are happening to you, you might feel hopeless, desperate, confused, and alone. You may not want to tell anyone about your situation because you feel afraid, ashamed or embarrassed.

You are not alone, and you can find help. CENTER AGAINST SEXUAL ASSAULT (C.A.S.A.) of Southwest Riverside County began in 1982 in response to one teacher’s effort to help a student. Call us 24 hours a day, 7 days a week at (951) 652-8300.

A woman’s highest calling is to lead a man to his soul so as to unite him with Source.

A man’s highest calling is to protect woman so she is free to walk the earth unharmed.

~ Cherokee Proverb ~



Violence Against Women is Not Our Tradition