



"Our families made strong through balance and support."

Soboba Tribal Family Services

October Newsletter



Soboba Tribal Family Services Staff:

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Mon - Fri 8am to 4:30 pm
(951) 487-0283



OCTOBER
NATIONAL DOMESTIC VIOLENCE
AWARENESS MONTH

Lend a Hand to End Domestic Violence

For the month of October, the Family Justice Centers of Riverside County are raising awareness of Domestic Violence. Using your hand as a canvas, paint & pledge what you can do to end domestic violence. Materials provided.

When and Where:

- 12pm to 7pm Every Wednesday in October at Riverside Family Justice Center
3900 Orange Street, Riverside, CA 92501
- and
- 11am to 2pm Every Thursday in October at Southwest Family Justice Center
30045 Technology Drive, Suite 101
Murrieta, CA 92563

For more information, visit www.rivcofjc.org or call the Riverside County Family Justice Center at (951) 955-6100.

Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
(800) 787-3224 – TDD Line

Hemet Office: (951) 929-3079

If you are in immediate danger call 9-1-1



NICWA
National Indian Child Welfare Association

4th Annual NICWA Golf Tournament

Monday, November 11, 2013

The Soboba Band of Luiseno Indians is proudly sponsoring the 4th Annual NICWA Golf Tournament. With every swing, you'll know you're helping Native children and their families across the country.

Scramble Format

Check-In: 9:30 a.m. – 10:30 a.m. | Shotgun 11:00 a.m.

Location: The Country Club at Soboba Springs,
San Jacinto, California

For more information and to register,
contact Lauren Shapiro at (503) 222-4044 ext. 118
or visit www.nicwa.org/golf



2012 NAMIWalk Riverside/San Bernardino

Location: Diamond Valley Lake Marina
Hemet, CA

Date: November 2, 2013

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 contact Brenda Scott, NAMIWALK Manager at (951) 317-0312 at namiwalksinlandempire@gmail.com or visit www.namiwalks.org



Please note: Due to the graphic nature of domestic violence, some may find the information below disturbing.

“Watch” is an essay written in 2010 by the son of a former client of Alternatives to Domestic Violence.

Watch

I remember that beer drenched man.

Silence with a cricket’s chirp turned to name calling rage upon my Mom.

To dog growling anger.

To ear piercing yells that can be heard throughout the house.

To fist clenched violence that imprints hand-shaped bruises on her peach-skinned face.

He takes the lamp that gives light and throws it, shattering into hundreds of pieces giving darkness.

I could see the hammer of welding and fixing,

as it’s steel head makes a hole in the wall bigger than my head.

Deep canyons of empty feelings.

I don’t know what to do; I don’t know what to make of it.

It makes holes in my stomach bigger than the biggest whale and they that they cannot be repaired.

I have to resume responsibility.

Watching over my brothers as if I was their father.

Watching the violence as my mom’s knees tremble and fall.

Watching as the woman who bore me was beaten like a filthy rug.

Watching the red teardrops fall from her purpled skin.

In shock, could this really happen, no, it must have been a dream.

Disgust at my Dad, the man in which I am supposed to look up to.

Afraid of what he could do to me if I stood up to him.

Shrieks of torture from the fallen and near death women.

Paralyzed and traumatized of what I have been witnessed to for more than all my life.

She falls for the last time after 100 blows.

She can never get back up and walk again.

Always down, as if she had an incurable disease.

Because of the man she said I do to 20 years ago.

I look away from the pain, stuffing it all inside like a volcano.

I could not watch any longer for I will surely pass out or throw up.

I wish not to remember, but I must do different to my family.

I wish not to have seen, but it is too late, the damage is done.

For more information on Domestic Violence, visit

www.alternativestodv.org

Good acts done for the love of children become stories for the ears of people from other bands; they become as coveted things.

- Assiniboine tradition

**24 – Hour Child Abuse Hotline
for Riverside County**

(800) 442-4918 or (800) 442-4453



National Alliance On Mental Illness offers local classes for various mental health related topics. Current classes include:

- Depressive Bipolar Support Alliance
Ongoing free weekly classes held at 191 S. Columbia Street, Hemet, on Tuesdays 7-9pm. For more information, call George at 951-551-4416.
- Peer to Peer – Classes start October 7, 2013 through December 9, 2013 will be held on Mondays from 1-3pm at the San Jacinto Mental Health Clinic in San Jacinto. Classes are free, however registration is required. Contact Brenda Scott at namihemet@gmail.com or call (951) 317-0312.
- Family to Family Classes in Murrieta – Free classes starting September 20, 2013. For more information, please contact Judy McConahay at judymcconahay@gmail.com or call (951) 924-9657.

Happy Halloween

	<u>Words</u>
S M Z U Q N E J H J	BLACK
D E H K M I G I R U	CANDLES
P U M P K I N C M X	CANDY
F B C U Y U A A Y N	COSTUMES
K L A N T E R N Q T	JACK
C A N S R S O D S J	LANTERN
I C D W A Z O Y A N	ORANGE
R K L U P F O C E C	PARTY
T A E R T W K Z V O	PUMPKIN
N J S Z G D T L K G	TREAT
	TRICK



Violence Against Women is Not Our Tradition

