



Soboba Tribal Family Services



October Newsletter

Domestic Violence Awareness Month & Breast Cancer Awareness Month

Soboba Tribal Family Services Staff

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Office Hours:

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

Check us out online at www.soboba-nsn.gov
 in the Departments tab.

National Breast Cancer Awareness Month

Breast cancer is the 2nd most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to your doctor about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

For more information, visit www.komen.org

Excerpted from www.healthfinder.gov

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



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

Every 9 Seconds

Women worldwide suffer from abuse in silence every 9 seconds. Every 9 Seconds is a non-profit whose goal is to promote and provide community awareness about the tragedy of domestic violence:

- Through advocacy and events be able to educate and empower victims of abuse to become survivors.
- Offer support and resources to communities, institutions, universities.
- Engage in seminars, conferences and fundraisers with the goal of breaking the cycle of abuse.

5K Walk/Run

Sat. October 25, 2014 6:30am to 1:00pm

San Jacinto Assembly of God

300 W. 1st Street
 San Jacinto, CA

Cost is \$30 per entrant

With your help to fund creative solutions to the daunting problem of domestic violence, Every 9 Seconds will be able to reach more victim's within our communities. Every 9 Seconds invites you for a day of friendly competition, prizes, great food and fun all in the service of a vital cause.

For more details or to register, visit
www.every9seconds.com/5k/

Soboba Cultural Center's Storytelling Event

*Join us at The Oaks on the last Monday in October
 (10/27/14) from 5 – 7:30pm for dinner, scary storytelling
 and some pre-Halloween fun!*

*For more information, contact Donnie Salcedo at Soboba
 Tribal Family Services at (951) 487-0283.*

What Is Done To One Is Felt By All

**Our community strength comes from respecting one another.
 Intimate Partner Violence, also known as domestic violence, causes
 separation and deep wounds within our entire nation.**

We are one nation.

What is done to one is felt by all.

Protect our people: our spouses, partners, and loved ones.

Honor our people.

For more information, visit the www.hotline.org or call 1-800-799-SAFE. That's 1-800-799-7233.

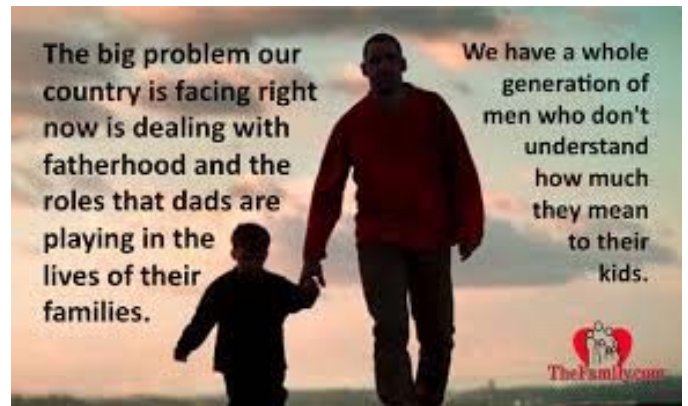
Project Fatherhood

Soboba Tribal Family Services thanks everyone who supported our Indian Taco sale. Because of your support it was a complete success. The proceeds of the sale will benefit our new Healthy Families Program.

The first phase of our Healthy Families Program is Project Fatherhood, a holistic family wellness program aimed at increasing the skills of Native fathers of all ages to understand the sacred role they play in caring for their children.

Again, a great thank you to all who came out to support our program and all those who offered their assistance during the sale.

If you'd like more information on Project Fatherhood, please contact Donnie Salcedo, Case Manager for Soboba Tribal Family Services at (951) 487-0283 or email at dsalcedo@soboba-nsn.gov



Congratulations to Claudia Posey of Noli who won the Star Quilt on September 25th!



When: Sunday, October 5, 2014
6:30 AM Registration Opens
8:00 AM Walk Begins

Where: Start: Corner of State St. & Orange St.
Redlands, California
Finish: Redlands Bowl

Parking: Free parking is available at:
- Redlands Mall
- Private Parking Structure, Citrus Ave.
- Street Parking

Cost (after September 30th): Adult (13 and up) - \$50
Child (Age 4 - 12) - \$25

For more information or to register, visit www.BelieveIE.com



Riverside/San Bernardino NAMIWalk

Every journey begins with that first step!

This year NAMIWalks celebrates its 12th Anniversary as the largest and most successful mental health awareness and fundraising event in America!

Thanks to NAMIWalks' active display of support for people affected by mental illness, Americans are changing how they view persons with a mental illness. Through their work, the *National Alliance on Mental Illness* is helping to ensure that help and hope are available for those in need. Please join NAMIWalks to help improve lives and communities one step at a time by participating in the Walk or donating on behalf of a walker.

Location: **Diamond Valley Lake Marina**
Date: **10/25/14**
Distance: **5K**
Check-In: **8:00 am**
Start Time: **10:00 am**

Please mail Matching Gifts and Offline Donations to:

NAMIWalk Inland Empire

P.O. Box 716

San Jacinto, CA 92581

For more information about this event, please contact:

Brenda Scott – WALK Manager 951-317-0312 or namiwalksinlandempire@gmail.com

Excerpted from www.namiwalks.org

