



"Our families made strong through balance and support."

Soboba Tribal Family Services

December Newsletter

Merry Christmas



Soboba Tribal Family Services Staff

Nancy Currie, Director
Donald Salcedo, Case Manager
Christopher Evensen, Tribal Social Worker
Catherine Gonzalez, Legal Admin Assistant

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

HEALING HEARTS

Soboba Tribal Family Services will again offer the

Foster Family & Relative Caregiver Training

Classes begin January 7th at 9:30 a.m.

Space is limited – please RSVP to:
Catherine Gonzalez at (951) 487-0283
or at cgonzalez@soboba-nsn.gov



Soboba Parks and Recreation
4th Annual

Trail Race

Fun Run • 5k • 25k • 50k
Chip Timed
\$20 • \$30 • \$50 • \$75

January 17th

at

The Oaks at Soboba

45750 Castile Canyon Road
San Jacinto, CA 92583

For more information: (951) 634-8227

www.sobobatrailrace.com



@SobobaTrailRace

WISHING
YOU
A
VERY
MERRY
Christmas



Holiday Blues

This is the second part of a two-part article which ran in our November newsletter.

Helping children through these difficult times while trying to cope with our own grief can be a struggle. Most children don't grieve the same way that we do as adults. They may not cry or may go from crying to playing ball outside in just a few minutes. Children cannot tolerate the pain in the same way as adults and often deal with loss in small pieces. When children become depressed they often act out or become irritable as opposed to adults who often want to sleep or just sit in front of the TV. Children may need more time alone or they may become very clingy and not want to let their parents out of their sight. All of these things could be going on at once and that is OK, too.

Don't be afraid to slow down during this holiday season and don't be afraid to ask for or accept help from others. Each of the holidays, birthdays, and anniversaries of this first year will be a challenge. It helps to know that what you are feeling is normal. If you are feeling immobilized, find yourself drinking too much alcohol, are being pulled into using drugs to numb the pain, or you or your children are having thoughts about harming yourselves it is ok to reach out for help. You can reach out to the spiritual leader or healer in your life, to friends and other relatives who are strong and that you can trust, or you can contact Tribal Family Services and we'll help you get connected to services or a grief group.

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



Tips for Parents on Managing Holiday Stress

A 2008 holiday stress poll by the American Psychological Association (APA) showed that over 80% of Americans expect stress during the holiday season. Households with children were more likely to report anticipating stress during the holidays than those without, and one-third expected stress due to pressure to buy gifts or because of too many things to do. APA's 2011 Stress in America survey found that 75% of Americans report money as a significant source of stress.

Higher stress during the holidays can lead to unhealthy behaviors, such as overeating and drinking to excess, which people take comfort in because they're familiar coping mechanisms. But there are other ways to relieve stress and its effects that may be both healthier and longer lasting.

- **Set expectations** – Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this to teach kids about the value of money and responsible spending. Be realistic. Take small steps to deal with holiday tasks instead of overwhelming yourself with goals that are too big for this busy season.
- **Keep things in perspective** – Try to avoid blowing events out of proportion and teach your kids how to keep things in perspective, including what type and the number of gifts they receive.
- **Make connections** – Good relationships with family and friends are important, so view the holidays as a time to reconnect. Accepting help from those who care about you can also alleviate stress. Volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.
- **Take care of yourself** – Pay attention to your own needs and feelings during the holiday season. Do things that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing for kids and instead, get the family out together for a winter walk. It promotes activity and takes kids away from sedentary time and the influence of advertisements.

Adapted from the APA website at:

<http://www.apa.org/helpcenter/parents-holiday.aspx>



2014 Holiday Gingerbread House Night!

Join us for fun filled family evening as we make holiday gingerbread houses. We will be serving hot cocoa and holiday cookies as you construct your masterpiece. We may even have a surprise visit from Santa.

Date: Tuesday, December 16, 2014

Time: 5pm-7pm

Location: Valle Vista Community Center,
43935 E. Acacia Ave.,
off of Fairview Ave. in Hemet

Fee: \$2.00 Early Registration, \$3 at the door

(Limited to the first 200 Children and 25 at the door the day of if room is still available)

For information, call (951) 654-1505.



Merry Christmas

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Bows	Carols	Christmas
Cookies	Dinner	Family
Friends	Fudge	Gathering
Gingerbread	Lights	Merry
Music	Nutcracker	Presents
Ribbons	Santa	Snow
Stockings	Tree	Visiting