



October 2021

Did you know that more than **four in five** American Indian and Alaska Native women and men have experienced violence in their lifetime, and more than **one in three** experienced violence in the past year, according to a new report from an NIJ-funded study.

It is vital that you know that you can help ensure victims are assisted through their situations. Check out **5 easy ways to assist:**



# October

is **Domestic Violence Awareness Month**

## Contact

**Samantha Rice, Director**  
(907) 255 - 7172

**Keristyn Weber, Advocate**  
(907) 255 - 7413

**Office Phone**  
(907) 835 - 8069

**24/7 Crisis Hotline**  
(907) 835 - 1144

**Email**  
victims\_services@valdeztribe.org

**Mailing Address**  
PO Box 1634 Valdez, AK 99686

**1. Share the phone number.** Sometimes, being there for someone is as simple as sharing the resources necessary to get help. Locally, **(907) 835-1144**. Nationally, 1-800-799-SAFE (7233).

**2. Attend the Candlelight Vigil (10/7)** and Each year, AVW hosts a special candlelight vigil for all those impacted by domestic violence; this year, at 530 pm at Dock Point.

**3. #PurpleThursday (10/21)** you are encouraged to **wear purple** to show support for victims of domestic violence and spread awareness about the cause.

**4. Don't judge; just listen.** Remind everyone in your life that you are there to offer a listening ear. Do not judge someone who tells you about their journey through a domestic violence relationship. Be there for them to listen to what they've been through.

**5. Get Educated.** It is essential to understand the dynamics of an abusive person and the victim to empathize with someone who has experienced it.



If you or someone you know is a **victim of crime** and are in need of help call **(907) 835 - 1144**

# Gathering Circle



Join us on **Facebook, October 20th**  
from **6-8 pm**, for our monthly  
Gathering Circle.



## Valdez Food Bank Distribution Dates:

Sunday, **October 3rd** from 1-3 pm

Sunday, **October 17th** from 1-3 pm

Sunday, **October 31st** from 1-3 pm

## 24/7 Crisis Hotline

**(907) 835-1144**

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim

## Important Dates

**AVV Candle Light Vigil: Dock Point**  
October 7

**Indigenous People's Day**  
October 11

**Alaska Day**  
October 18th

**Gathering Circle**  
October 20

**Positive Parenting Class**  
October 25-30

If you or someone you know is a **victim of crime** and are in need of help call **(907) 835 - 1144**



## Valdez Native Tribe Social Services

October 25-30, 2021, VNT is hosting a **Positive Parenting Class**. As we look forward to engaging with parents during this time, I encourage everyone to reflect on what type of parenting style they have and where did you learn it from?

The **Positive Indian Parenting Class** was developed by NICWA and emphasizes American Indian and Alaska Native parent's values and attitudes in traditional child-rearing practices. The class explores using storytelling, cradleboard, harmony, lessons of nature, behavior management, and the use of praise with child-rearing.

**The first session:** Is to help parents develop a sense that Alaska Native Parenting has a unique history and that there are cultural strengths on which they can rely when rearing their children.

**The second session:** Is to help the parents understand Alaska Native Parenting heritage which traditionally was central to parenting. By understanding the role of storytelling in the past, parents can begin to develop their own sense of the role of parents in communication, teaching values, and observing.

**The third session:** Is to develop a sense of nurturing through looking at the models for good nurturing available in Alaska Native heritage. By learning about nurturing and development parents will be better able to have realistic expectations for themselves and their children.

**The fourth session:** Is to educate parents on how to structure their family life so that things can run more smoothly. By looking at the examples of the traditional ways parents can be better prepared to avoid problems before they start.

**The fifth session:** Is for parents to develop a sense of cultural strengths in traditional child management and an appreciation of how their role as parents can be enhanced by providing an environment that is kind and provides guidelines and limits.

**The sixth session:** Is to help parents gain a sense of ways in which cultural teachings in the past encourage living skills. By applying these ideas to modern life parents can help their children grow strong and at peace with the world around them.

**The seventh session:** Is to help parents develop the ability to encourage the behavior they like to see in their children. By relying on the cultural strengths exhibited in the traditional ways, parents can begin to be positive parents through the appropriate use of praise.

**The eighth session:** Is to assist parents in developing realistic plans for their children and to consider Native Alaskan Parenting under modern conditions. By developing a realistic picture of where they have come from, what they face, and where they want to be, parents can be better equipped to use positive parenting skills.

**Please join us in October** as we explore traditional American Indian and Alaska Native traditional child-rearing practices. The skills you learn may help create a more healthy, secure, and loving environment to grow and develop in.

**Contact Dr. Bailey** if you are interested and want to register for this class: **(907) 461-7290**