

## Women are Sacred

grows out of our stories and our teachings. When something is held as sacred, it is to be respected, honored, and held with the high regard of its power.

This means that when you are treated with respect, you are given messages in words and in actions that show you that you are valued, loved, and treated with care.

*A woman living a life without violence carries strength and beauty in her spirit and laughs and loves from deep within.*



living a life without violence

## Resources

**GRIC Crisis Line**  
1.800.259.5949

**GRIC DV Crisis Line**  
1.855.203.5949

**Tribal Warm Line**  
1.855.728.8630

**GRIC Police**  
520.562.3361

**Shelter Hotline**  
1.800.799.7739

**GRIC On Eagles Wings  
DVS Crisis Line**  
1.855.203.5849

**Crime Victim Services**  
520.562.4106

**Hu Hu Kam Memorial Hospital**  
520.562.3321

## Contact Information

**Chandra Caraway**  
Lead Counselor  
Phone: 602.528.7148  
Cell: 520.610.1364

**Kris Williams**  
Counselor  
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**Sheila Allison**  
Counselor Aid  
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Women  
Are  
Sacred

**O.A.S.I.S.  
Empowerment  
for  
Survivors**



**Gila River**  
HEALTH CARE

## Mission

Our purpose is to empower survivors of domestic violence, by providing education, support, and resources necessary for creating a safe environment for themselves and their children.

## National Domestic Violence Hotline

(800) 799-SAFE (7233)  
(800) 787-3224 - TDD line

## What Is Domestic Violence?

“Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone” (Dept. Of Justice 9/2016).

### Group Topics

- Safety planning
- What is domestic violence
- Substance abuse and domestic violence
- Healthy relationships
- The effect of domestic violence on children
- Coping strategies

### Women’s Group Session

Monday: 10:00 am - 11:30 am  
Location: BHS Shegoi

Tuesday: 2:00 pm - 3:30 pm  
Location: HHKMH Cafeteria

## Are You Living with Domestic Violence?

- o Is your partner asking you questions about whether you are faithful or is he/she expressing jealousy?
- o Has your partner ever been physically or emotionally abusive toward you?
- o Are you starting to feel like you are losing your relationships with family or friends because of your partner’s actions?
- o Has your partner ever hurt your pets?
- o Has your partner ever destroyed your property or things you care about?
- o Has your partner ever tried to stop you from going to school or work or doing things you like to do?
- o Has your partner ever forced you to have sex when you did not want to?
- o Are you ever afraid of your partner or of going home? Does he/she make you feel unsafe?