

# Health Department



## Coming in October! Domestic Violence Awareness Month

Show your support for survivors of Domestic Violence by displaying a "In this house we believe women are sacred" yard sign or a "A Siletz Auntie Lives Here" window cling! Contact CARE for more information 541-444-9680.

Fly  
A  
Flag

More than 4 in 5 American Indian and Alaskan Native women have experienced violence in their lifetime. In some U.S. counties, murder rates of Native American women are up to 10 times higher than the national average for all other races. By flying or displaying a flag in the month of October you can show your support and honor our loved ones who have experienced or lost their lives to domestic violence. Contact the CARE Program to find out how you can get a flag to fly.

Calming  
Scrub

Join the CARE Program in a self-care activity, making a calming lavender body scrub, on **October 21** via Zoom. We will send you all the supplies you to need to make this calming scrub and engage in a little self-care. Email Alexcia at CARE for registration and meeting information: alexciag@ctsi.nsn.us

Create  
Art  
Together

Use your favorite art form (beading, sketching, painting, sewing, etc.) to create an art piece that includes a purple bear paw in honor of Tillie Black Bear, who was known as the grandmother of the Battered Women's Movement and dedicated her life to the safety of Indigenous women.

The CARE program will host a weekly Zoom session every Tuesday in October at 5:30 where we can come together (virtually) and work on our art pieces, share stories and be in community with one another. Your art piece can be in any art form you like. Check out this link for more information about Tillie Black Bear: [http://www.ncdsv.org/images/NIWRC\\_Honoring-Tillie-Black-Bear-the-Grandmother-of-Our-Movement\\_7-2014.pdf](http://www.ncdsv.org/images/NIWRC_Honoring-Tillie-Black-Bear-the-Grandmother-of-Our-Movement_7-2014.pdf)

Wear  
Purple  
& Win

Wear purple on Wednesdays through the month of October for your chance to win. Each Wednesday you have an opportunity to enter into a drawing to win a self-care kit.

Film Screening

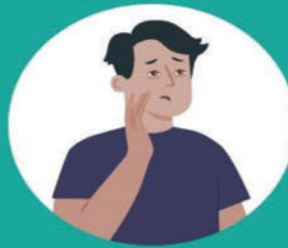
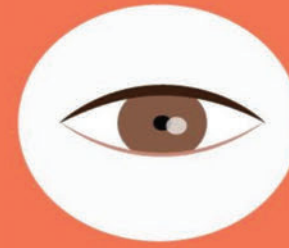


Watch Sisters Rising with the CARE Program on October 22 at 6pm. Contact Alexcia at the CARE Program for more information: alexciag@ctsi.nsn.us

Talking Circle

The CARE Program hosts a virtual talking circle every third Thursday of the month via Zoom. Our October talking circle is **October 14, at 5:30 p.m.**

END  
HIV

### SIGNS OF OVERDOSE

 <p style="color: white; font-weight: bold;">Pale/blue skin</p>	 <p style="color: white; font-weight: bold;">Small or constricted pupils</p>
 <p style="color: white; font-weight: bold;">Loss of consciousness</p>	 <p style="color: white; font-weight: bold;">Shallow breathing</p>

- Safety Tips:**
- Use with others
  - Carry Naloxone/NARCAN
  - Test your drugs before using
  - Start low and go slow
  - Watch and wait

SILETZ COMMUNITY HEALTH **HARM REDUCTION**  
 Contact:  
**Sharon Bruns (541) 272-9083**



Get yours before they're gone!

## WOMEN ARE SACRED YARD SIGN

Contact the CARE Program to find out how you can get one these yard signs and show your community that you support survivors of domestic violence.

541-444-9680

or email Alexcia Gongloff: alexciag@ctsi.nsn.us