

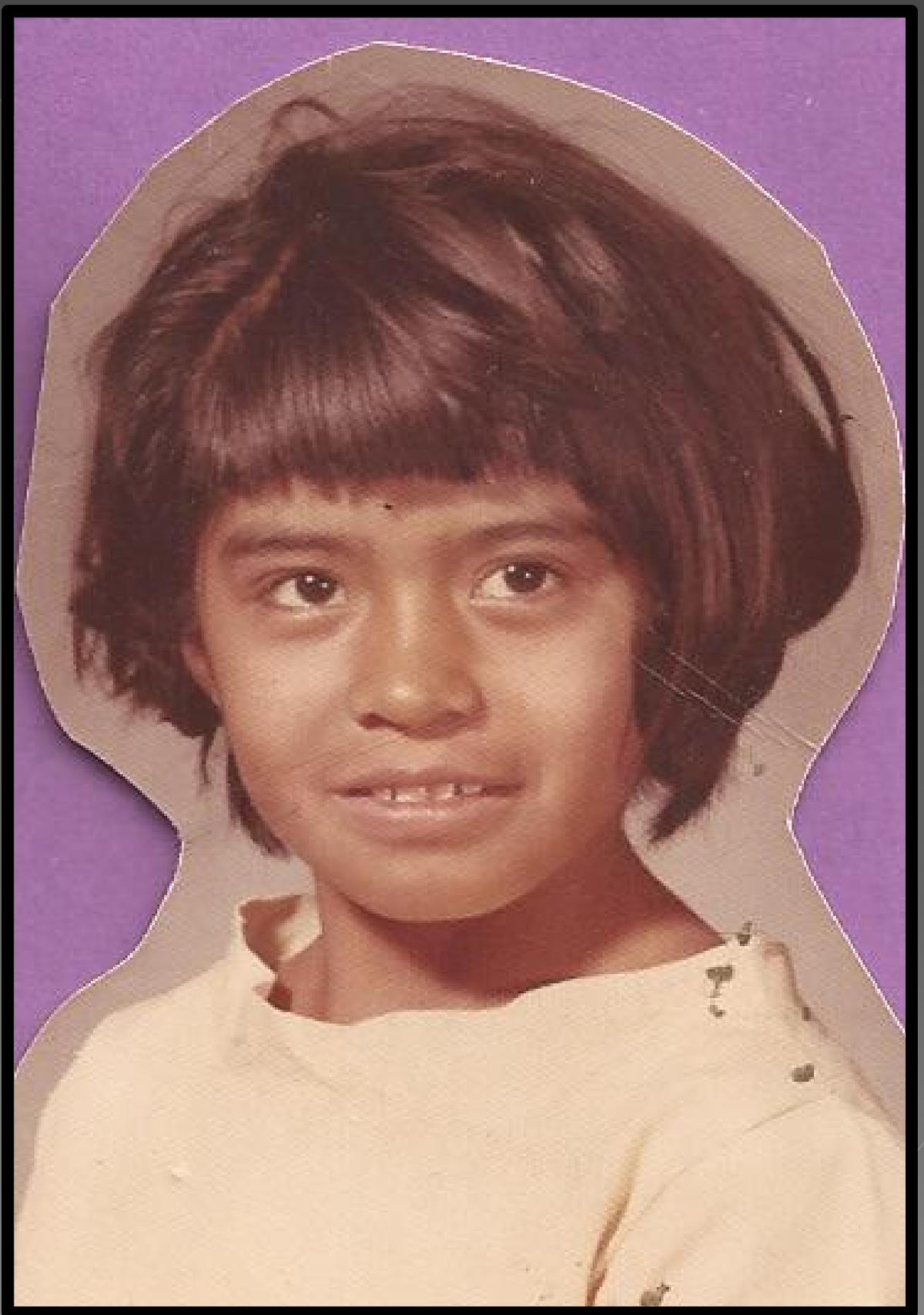
INNER JOURNEY





CHILDHOOD SECRETS











PERCEPTION



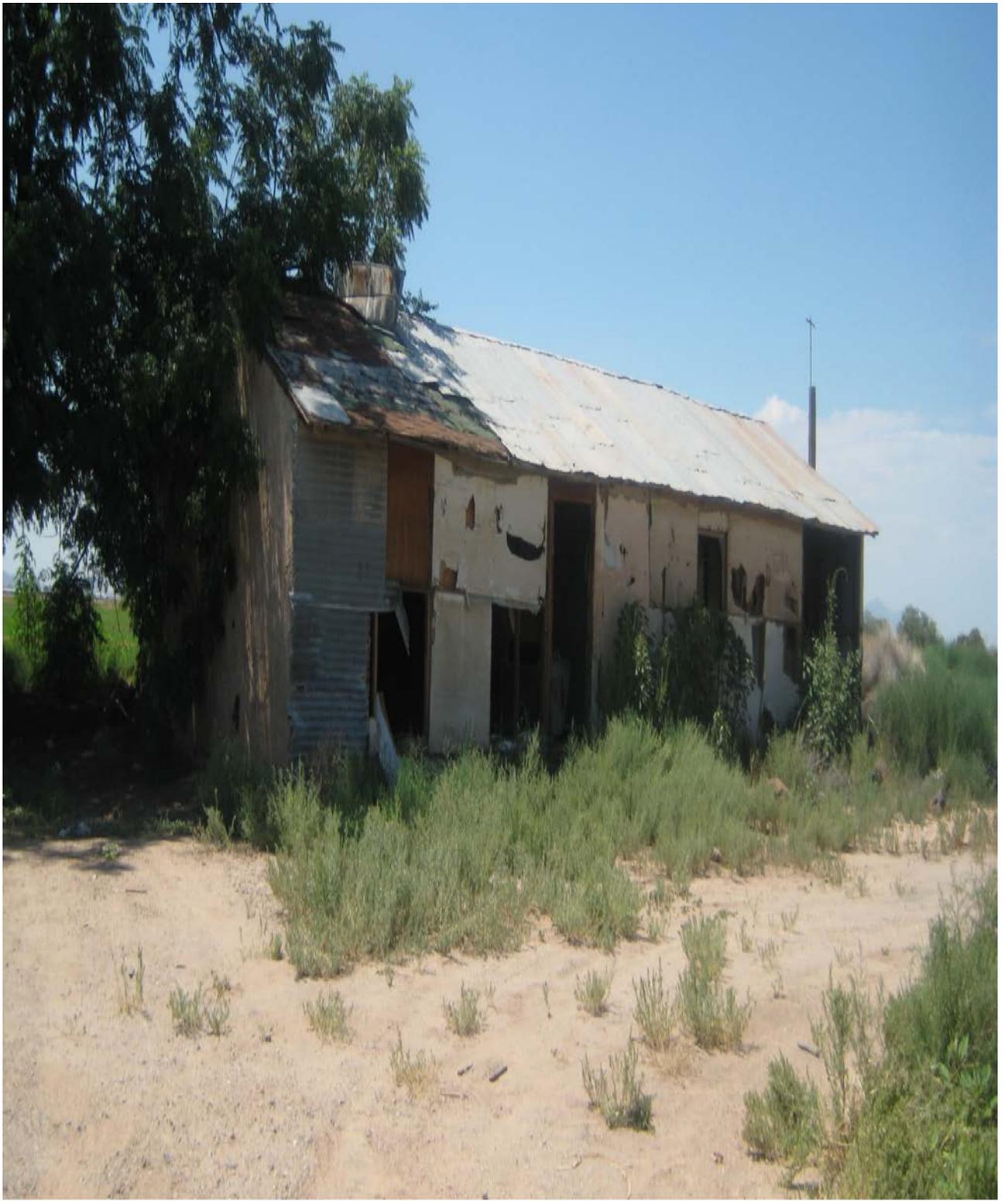
(PERCEPTION)

NO WAY OUT! ISOLATION



(PERCEPTION)
HOME IS WHERE WE KEEP SECRETS
HOME IS WHERE IT IS NOT SAFE







Survival



DYING SPIRITUALLY



CONFUSION



SPIRITUAL CONFLICT



ANCESTOR'S BEFORE CONTACT



ACKNOWLEDGEMENTS OF OWN NEGATIVE BEHAVIORS



ACCEPTING, UNDERSTANDING AND ACKNOWLEDGING THE DEMONS



WE SEARCH
FOR
APPROVAL



TRANSFORMING





CREATE A SELF



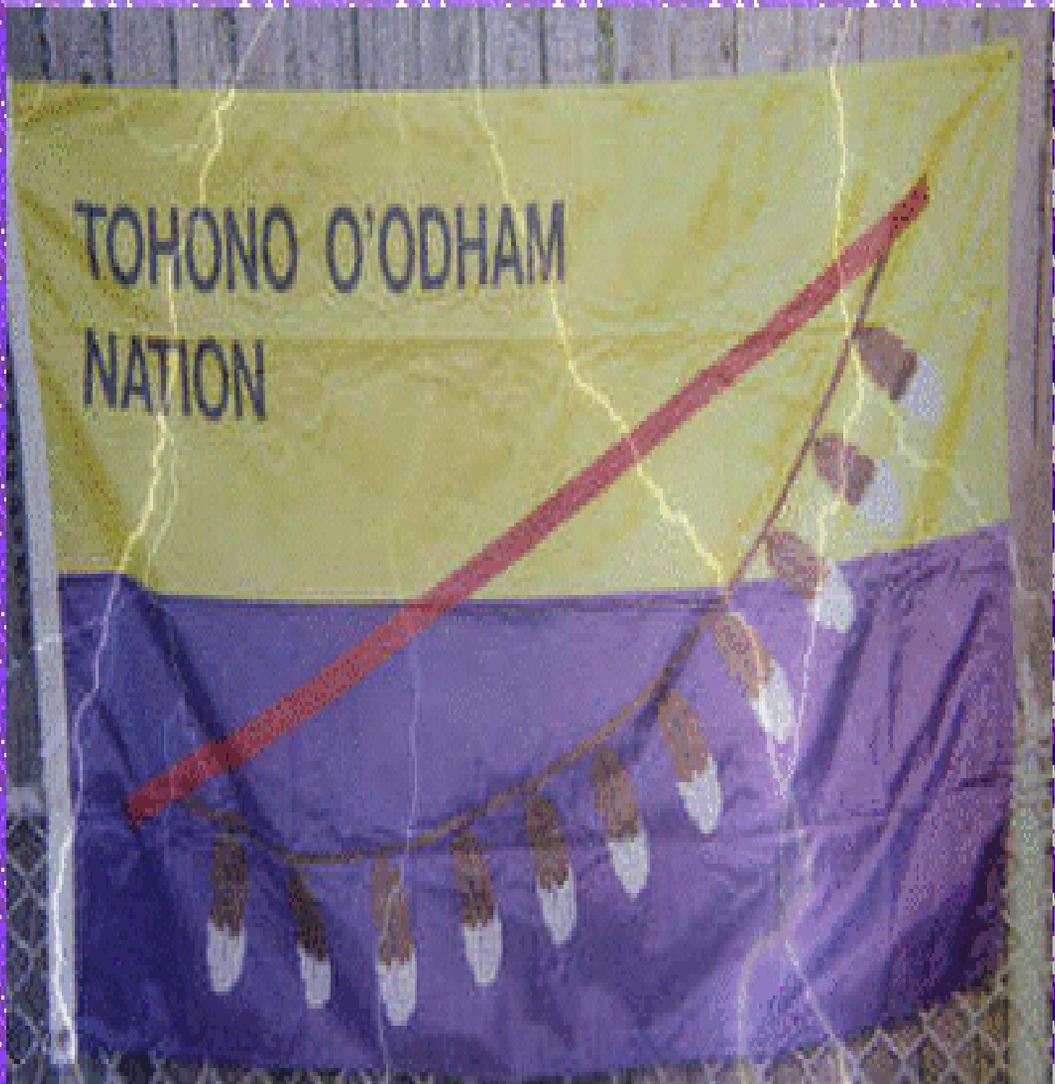
OLD BELIEFS MUST DIE



OVER
COMING SELF



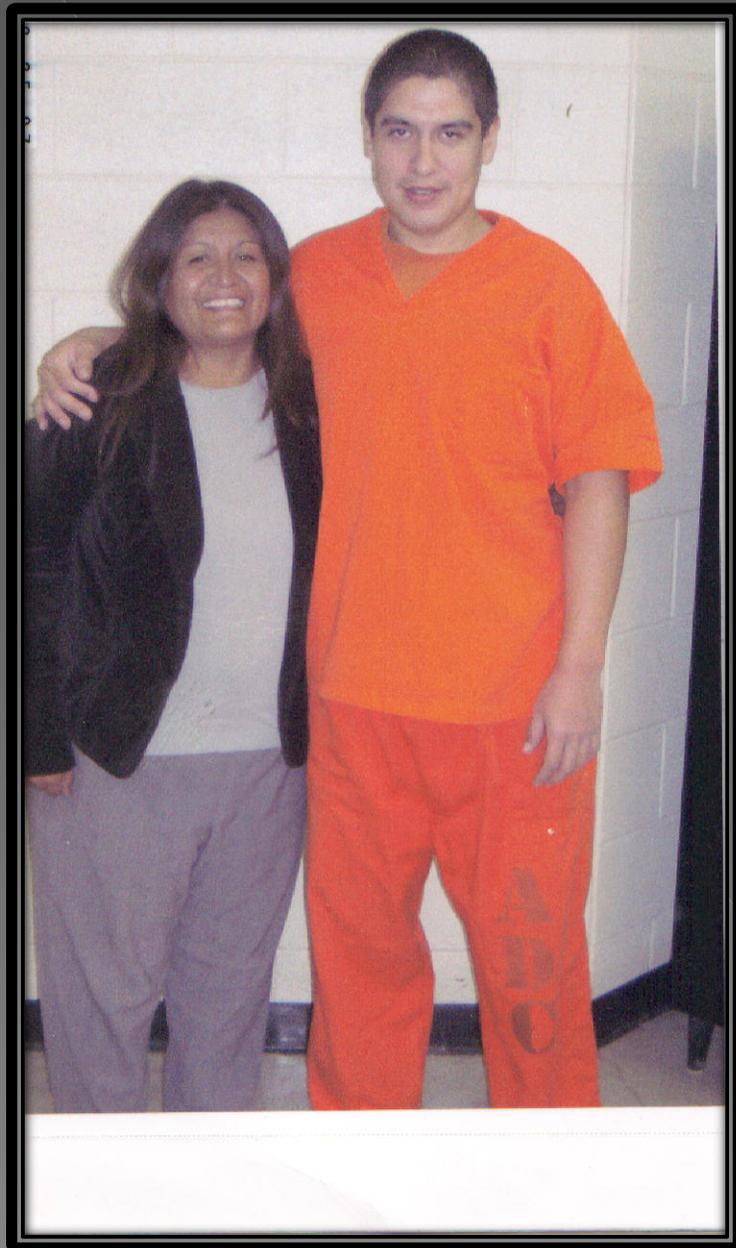
COMING H O M E



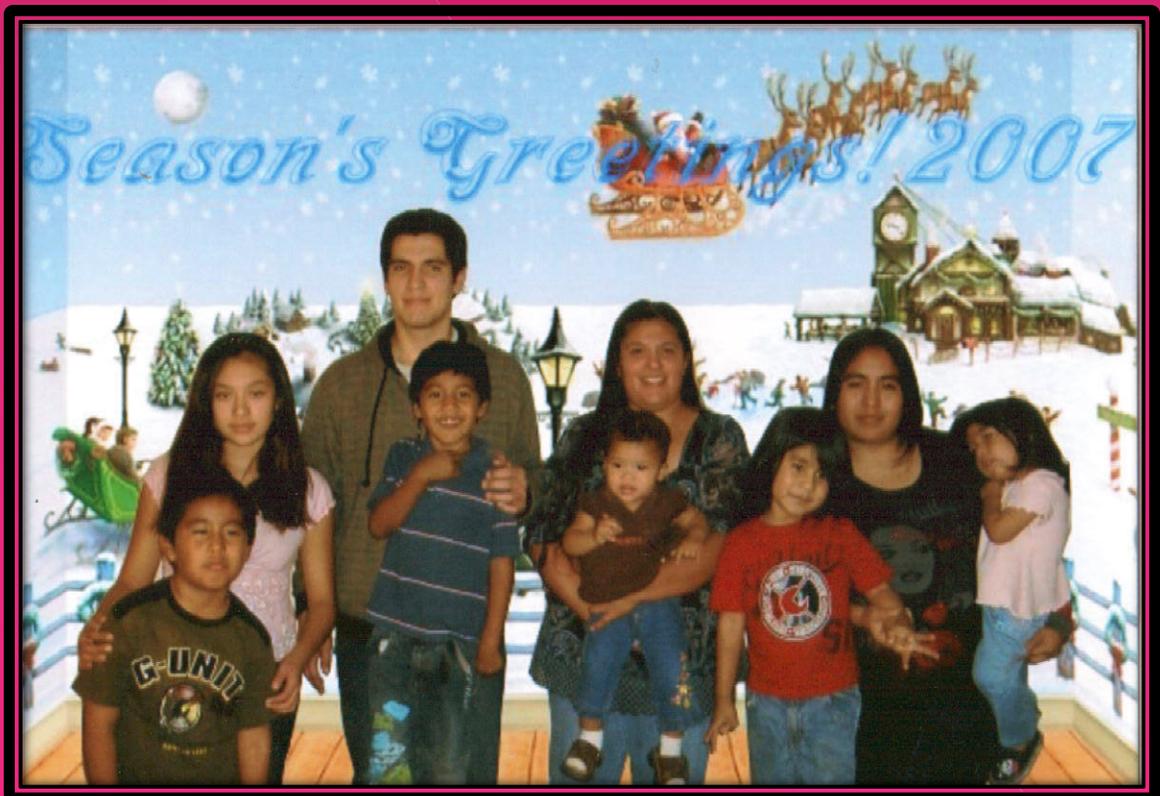
TRANSFORMING



FAMILY

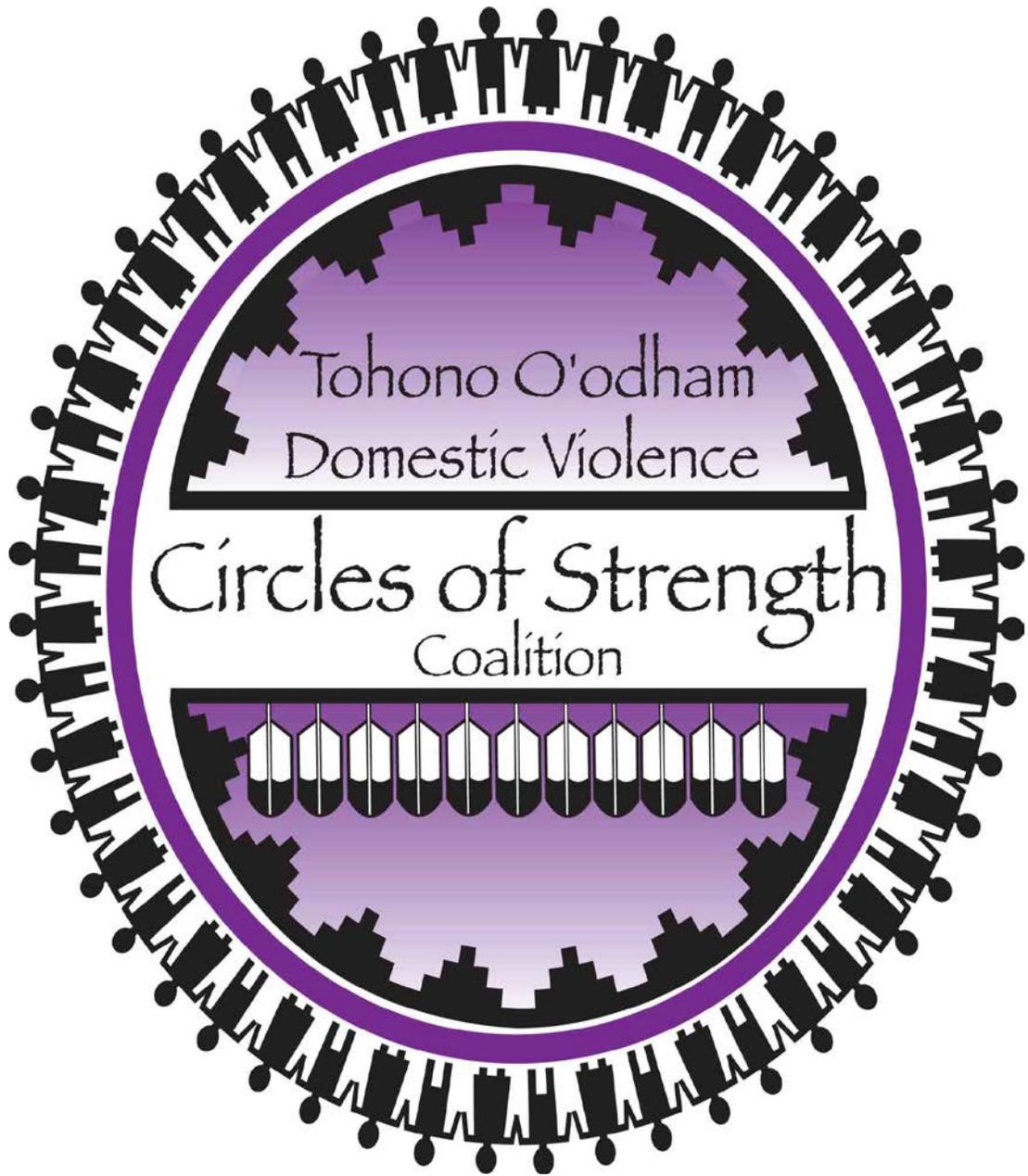


MY FAMILY MY FAMILY



FAMILY BRIDGES



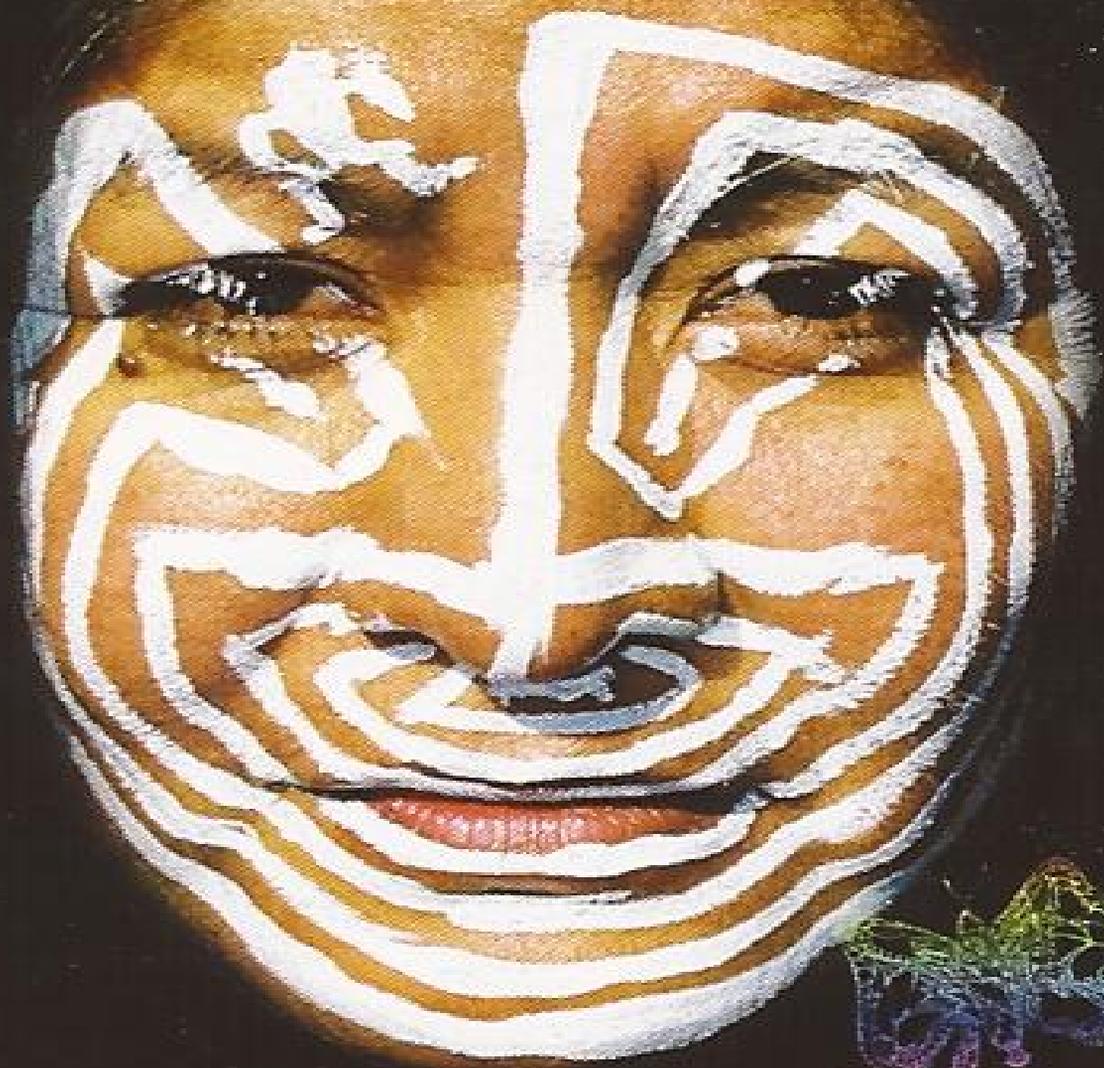


Tohono O'odham
Domestic Violence

Circles of Strength
Coalition







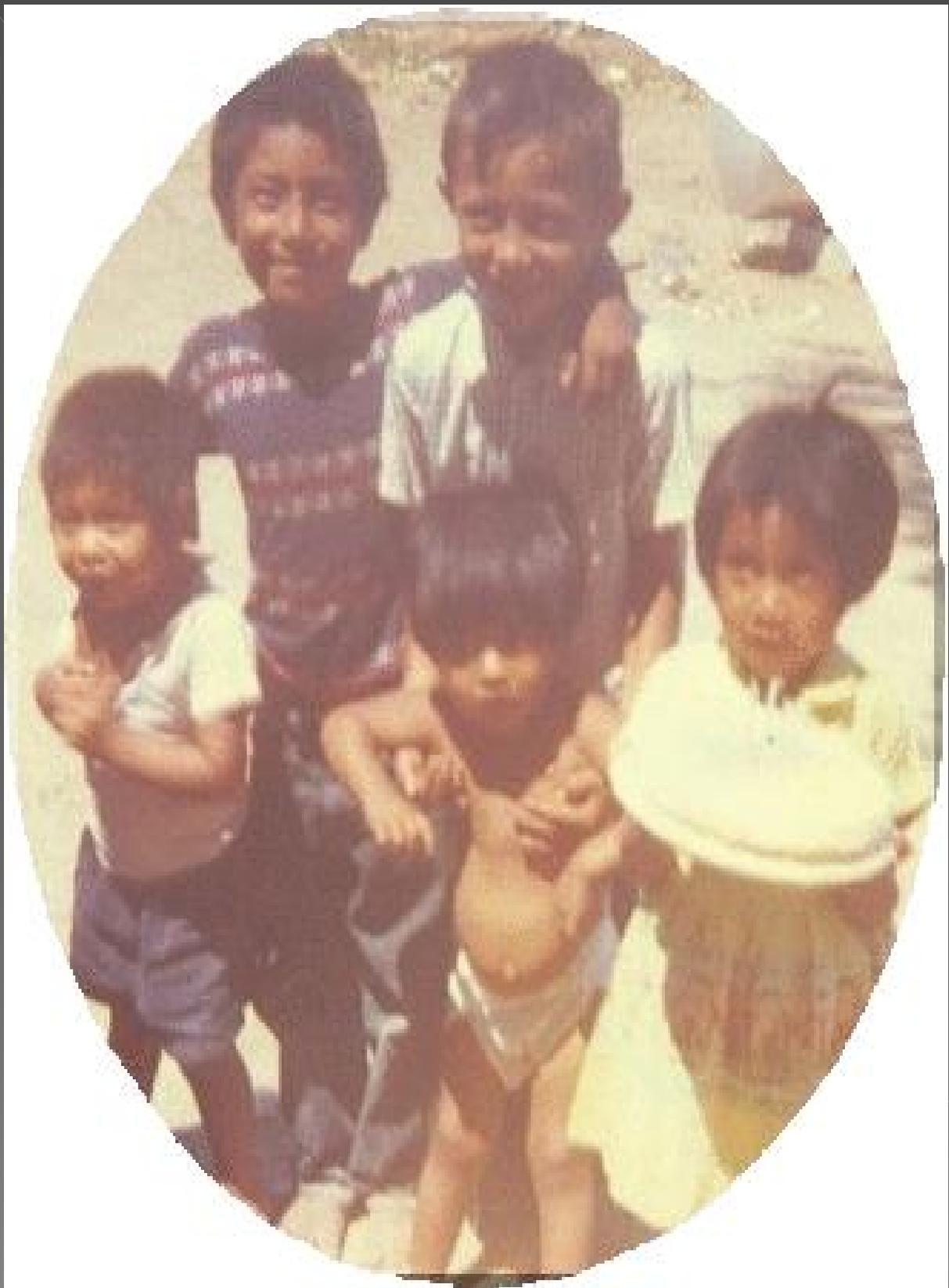
I-MIG LLC



NATIVE TALK

PRODUCTIONS

DOMESTIC VIOLENCE EDUCATION
BREAKING THE CODE: PART I



My **BROTHERS & SISTERS** *House*

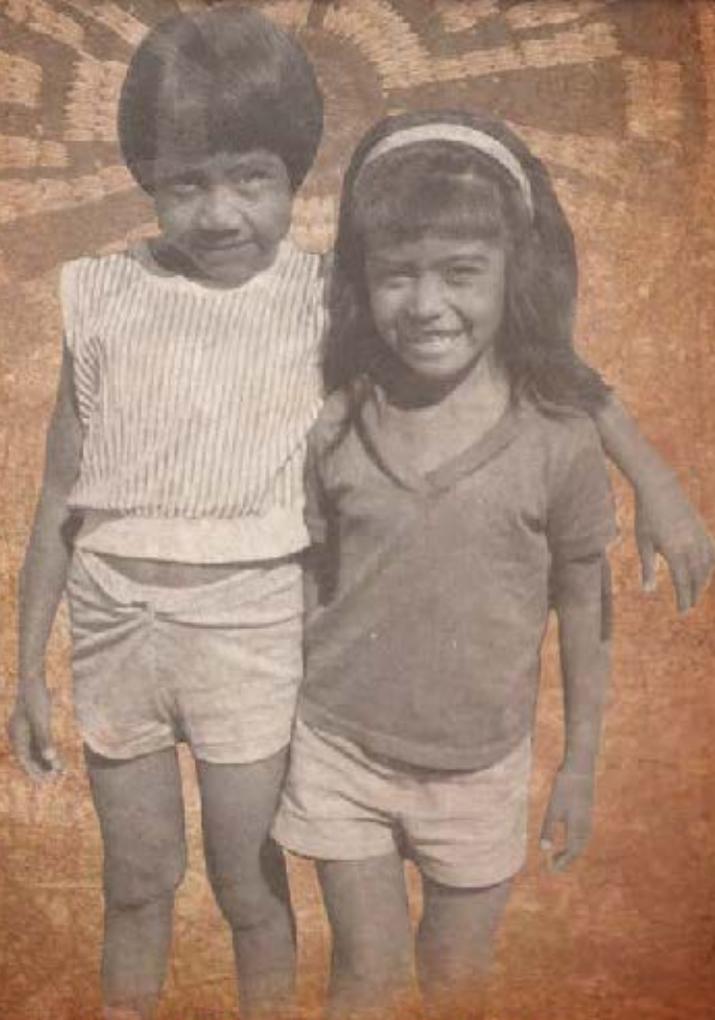


CREATED BY
CAROLINE FELICITY ANTONE

STRENGTHING FAMILIES

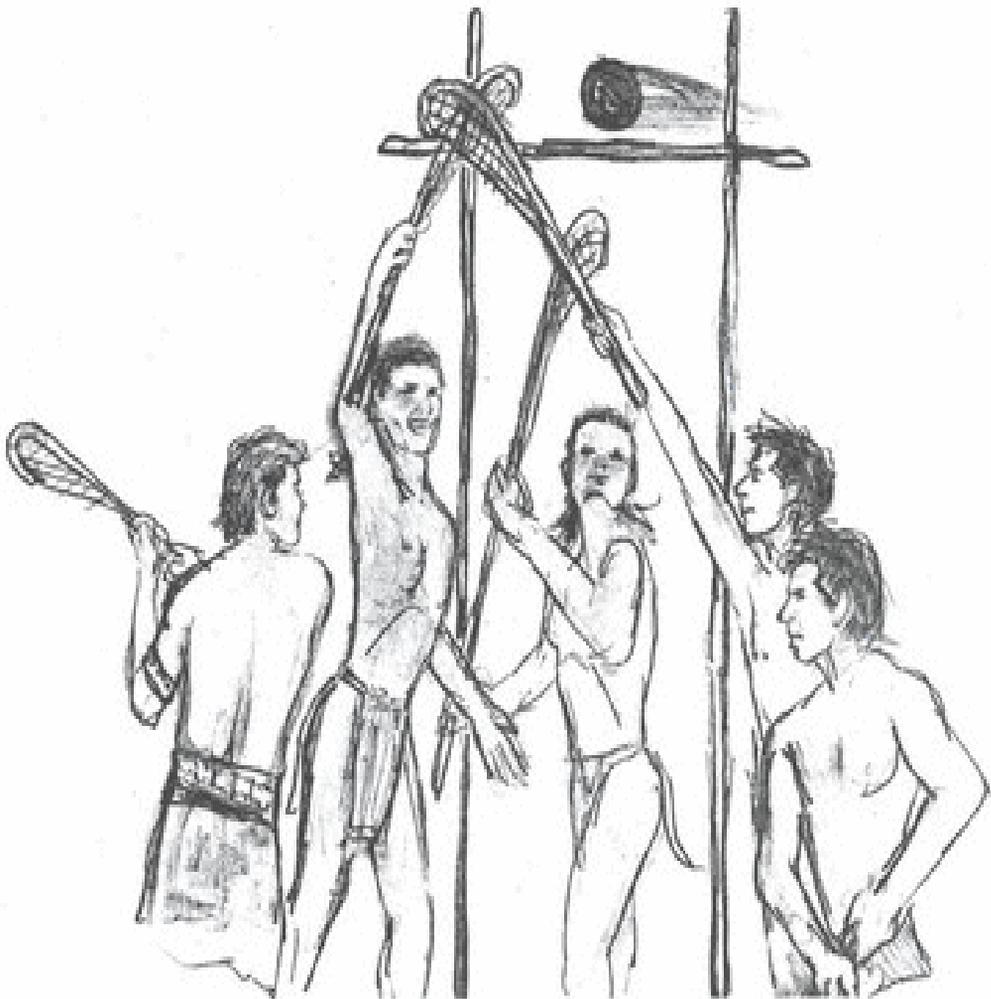


YOUNG WOMEN ARE
SACRED



MY BROTHERS' AND SISTERS' HOUSE
POB 1197
Sells, Arizona, 85654
520.904.4830
mybrothersandsistershouse@yahoo.com

YOUTH INTERRUPTED





We can be ashamed...



OR WE CAN DENY...



OR WE CAN **STOP** IT!

INNER JOURNEY QUESTIONNAIRE

- What did you hear?
- Can you pick out the strengths?
- What were the barriers for recovery ?
- What patterns did you hear and see?
- Did you hear when the change happened?
- What would you do to help?
- Who is to BLAME?
- Do you think people can change?
- How do you think life is now for me?

EVERYONE HAS A STORY

- ◉ Who's going to tell it?
- ◉ Validation
- ◉ Acknowledgement
- ◉ Apologizes
- ◉ Understanding
- ◉ Acceptance
- ◉ Celebration
- ◉ Self Care
- ◉ Caring for others
- ◉ Preparing for next generation

SOLUTIONS

- Problem Solving Skills-Practice with your children.
- Learning how to speak out.
- (No blaming, shaming or guilt)

- Learning how to listen. (Be present) not already creating an answer, or focusing on a mistake.

- Understanding you can't solve it all.
- Focus on what's around you, you can't fix what's in another house or family.
- Find out your strengths and focus on them.
- Learn your weakness find others in that strength.
- Learn, Learn, Learn new skills, etc.
- Learn to take care of self.
- Develop a support systems.
- Use your resources.
- Learn by doing....
- PRACTICE, PRACTICE AND MORE PRACTICE.
- Replenish yourself....Spiritually

- Learn how to have fun.
- Develop boundaries.