Eastern Band of Cherokee Indians Domestic Violence and Sexual Assault Program

Hotline: 828-359-6830

# 2023 Calendar

*Redefine Ourselves Through Our Healing*

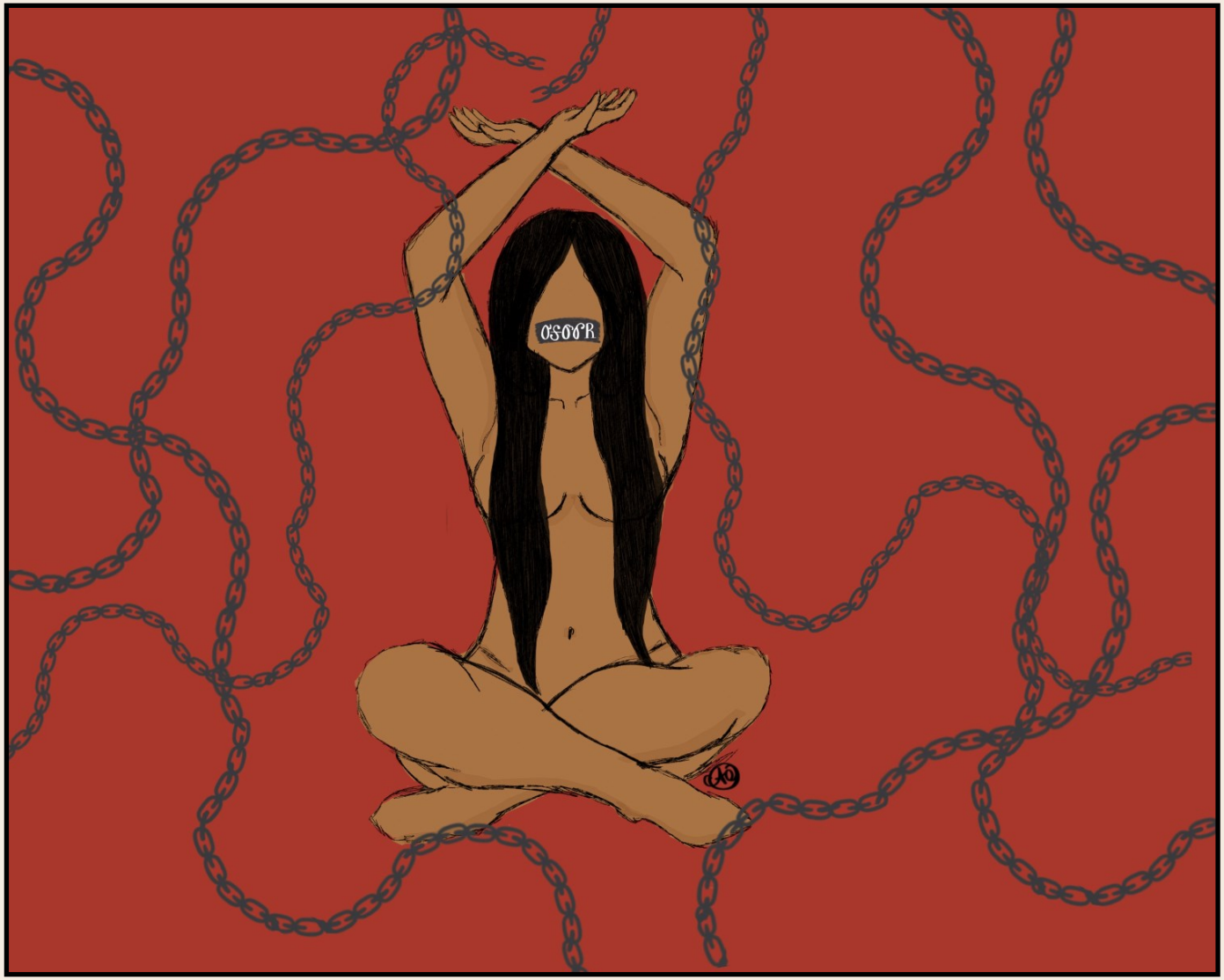
Artist: Aisha Creation Co., Aisha Owle, Eastern Band of Cherokee Indians, Wolf Clan

I am not what happened to me. I am what I chose to become. –Carl Jung

# Human Trafficking Prevention Month & Stalking Awareness Month

Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.

-Yasmin Mogahed




*Resilient*

Artist: Aisha Owle

National Human Trafficking Hotline:

1 (888) 373 7888

# January 2023

| December '22 | | | | | | |
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| February '23 | | | | | | |
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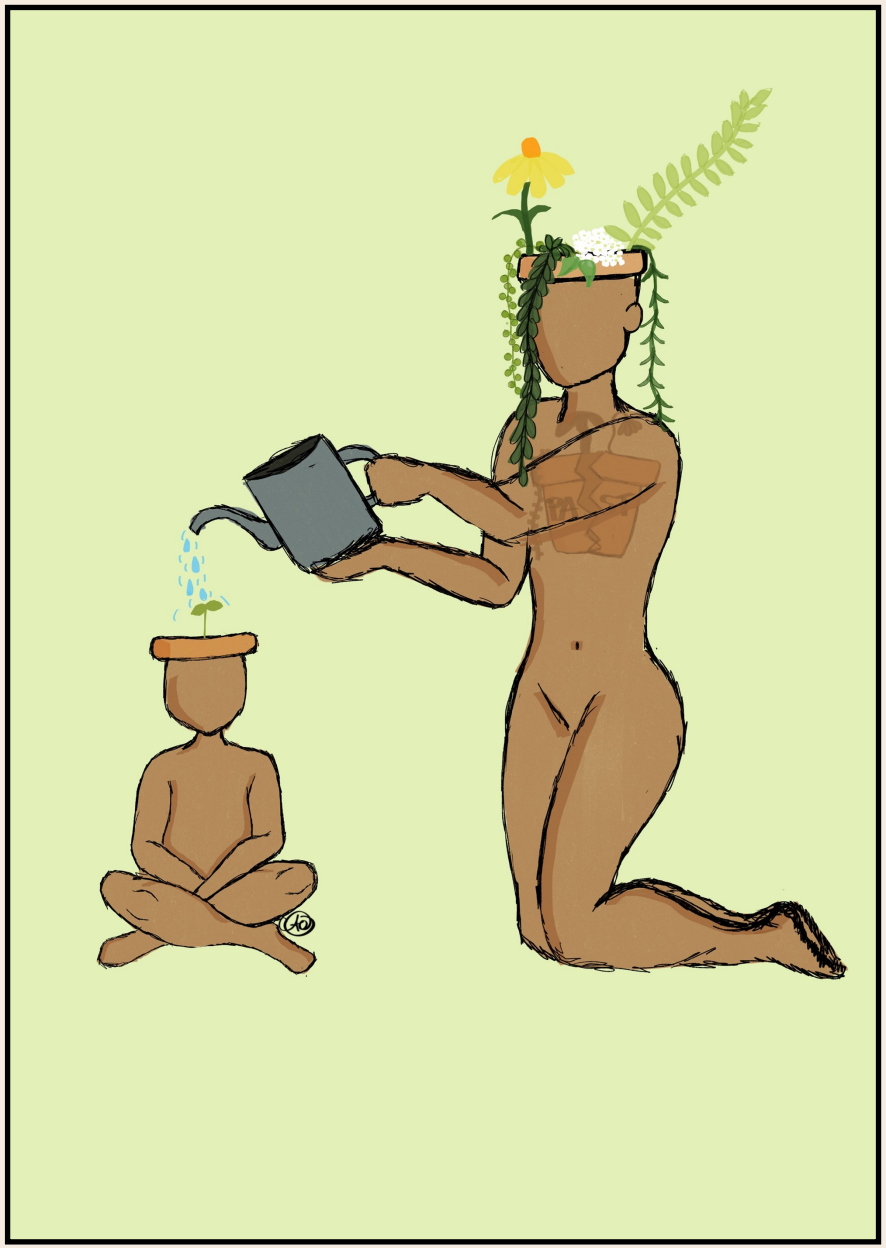
| 26 | 27 | 28 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 New Year's Day | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 Martin Luther King Day | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

Notes:

# Teen Dating Violence Awareness Month



*Water Your Children*

Artist: Aisha Owle

Little eyes watch what we do far more than little ears hear what we say. It is how we live, not how we demand they live, that has the most impact on who our children will become.

-L.R. Knost

National Teen Dating Abuse Helpline:
1 (866) 331 9474
loveisrespect.org

# February 2023

| January '23 | | | | | | |
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| 29 | 30 | 31 | | | | |

| March '23 | | | | | | |
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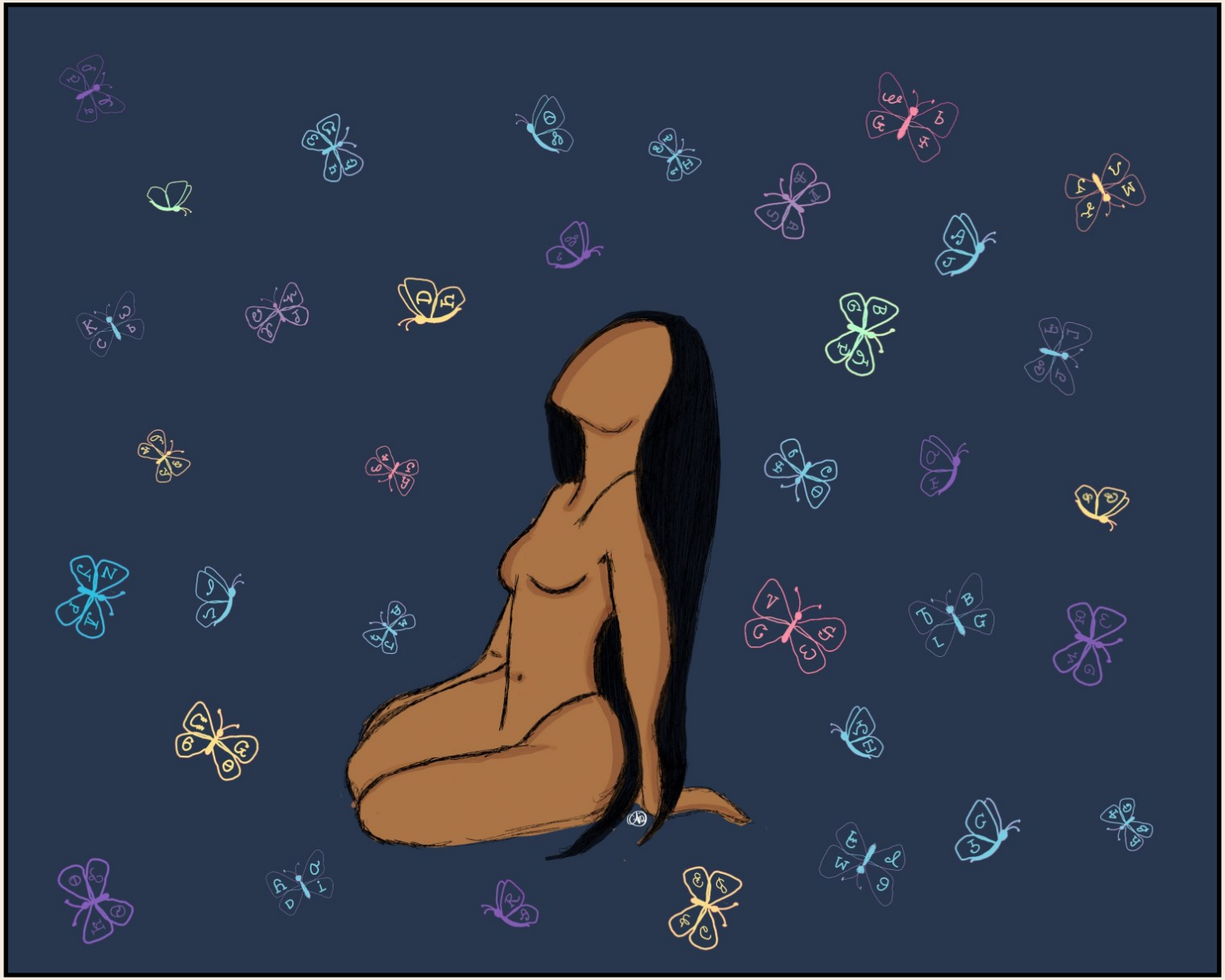
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 29 | 30 | 31 | 1 | 2 Groundhog Day | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 Valentine's Day | 15 | 16 | 17 | 18 |
| 19 | 20 President's Day | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |

Notes:



*Metamorphosis: Positive Transformation* Artist: Aisha Owle

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.

-Martha N. Beck

# March 2023

| February '23 | | | | | | |
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| April '23 | | | | | | |
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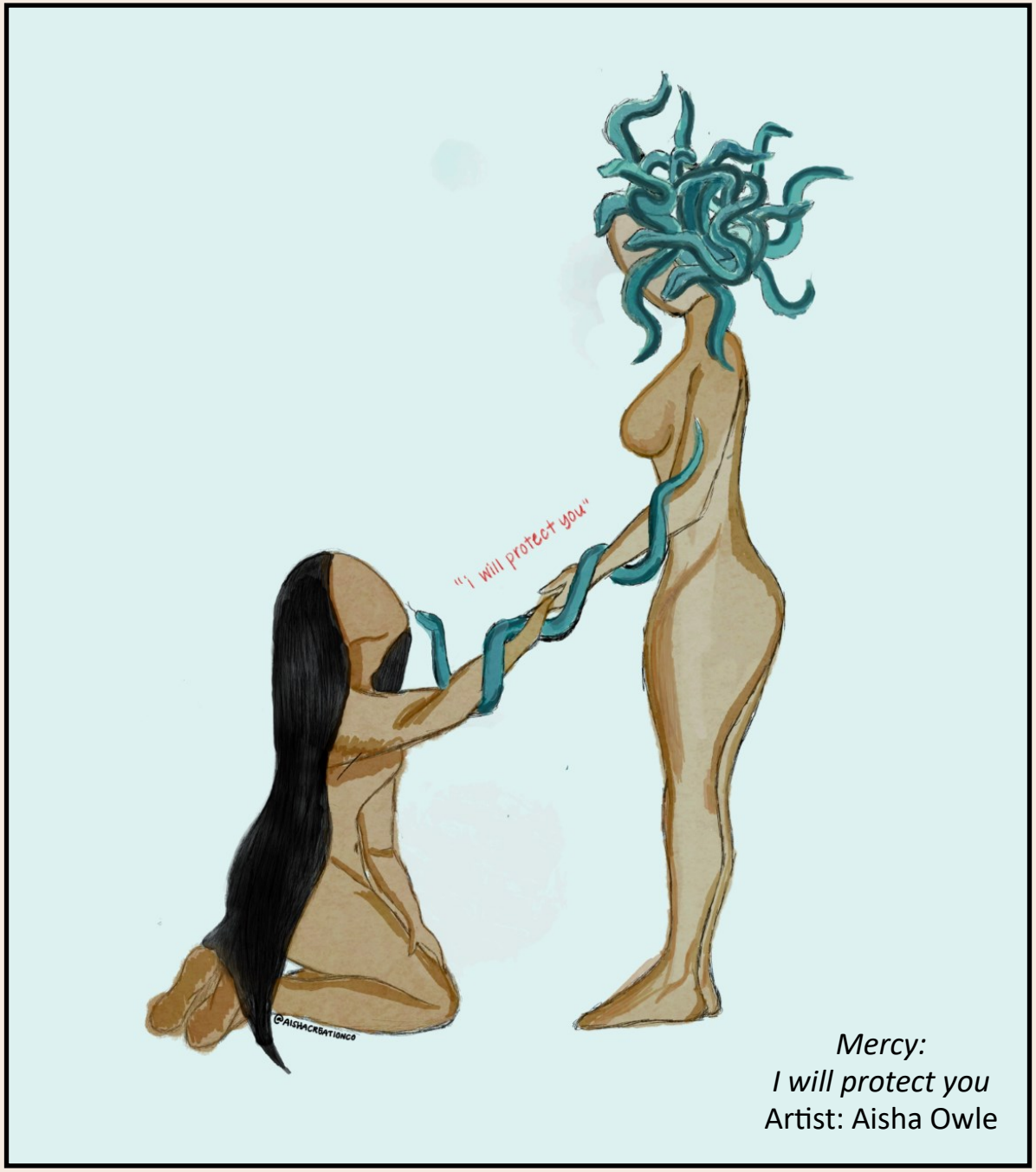
| 30 | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Daylight Savings Starts | 13 | 14 | 15 | 16 | 17 St. Patrick's Day | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

Notes:

# Sexual Assault Awareness & Child Abuse Awareness Month

To free the voice is
to free the person.
-Kristin Linklater




*Mercy:*
*I will protect you*
Artist: Aisha Owle

# April 2023

| March '23 | | | | | | |
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| May '23 | | | | | | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 April Fool's Day |
| 2 | 3 | 4 | 5 | 6 | 7 Good Friday | 8 |
| 9 Easter | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 Earth Day |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Notes:

No More Stolen

Artist: Aisha Owle

The most fulfilled people are those who get up every morning and stand for something larger than themselves.

-Wilma Mankiller

May 5th: Wear Red to bring awareness to the MMIW Movement.

# May 2023

| April '23 | | | | | | |
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| June '23 | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 30 | 1 | 2 | 3 | 4 | 5 MMIW Awareness Day | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Mother's Day | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 Memorial Day | 30 | 31 | 1 | 2 | 3 |

Notes:

Your deepest roots are in nature. No matter who you are, where you live, or what kind of life you lead, you remain irrevocably linked with the rest of creation.

-Charles Cook

*Essence: Creation*

Artist: Aisha Owle

# June 2023

| May '23 | | | | | | |
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| 28 | 29 | 30 | 31 | | | |

| July '23 | | | | | | |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Father's Day | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |

Notes:

*Oppression*
Artist: Aisha Owle

Do remember, though, that sometimes the people you oppress become mightier than you would like.
-Veronica Roth

# July 2023

| June '23 | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| August '23 | | | | | | |
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| 27 | 28 | 29 | 30 | 31 | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 Independence Day | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Notes:

*Love Your Inner Child*
Artist: Aisha Owle

Inner child work is essential. It's the essence of growth as a whole person.
-Cheryl Richardson

# August 2023

| July '23 | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| September '23 | | | | | | |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
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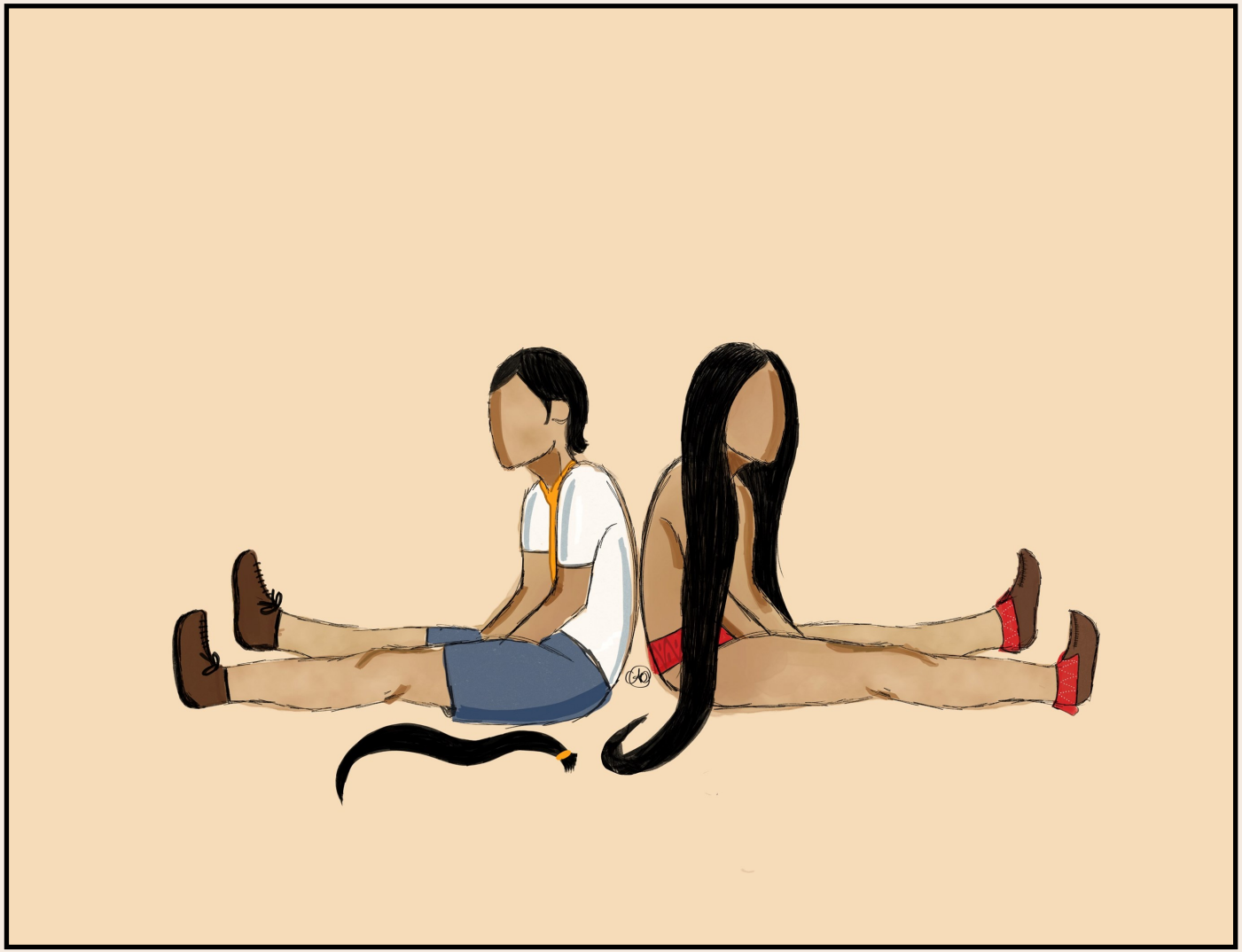
Notes:



*Every Child Matters*

Artist: Aisha Owle

Every child is a different kind of flower, and all together they make this world a beautiful garden.

- Anonymous

# September 2023

| August '23 | | | | | | |
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| October '23 | | | | | | |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

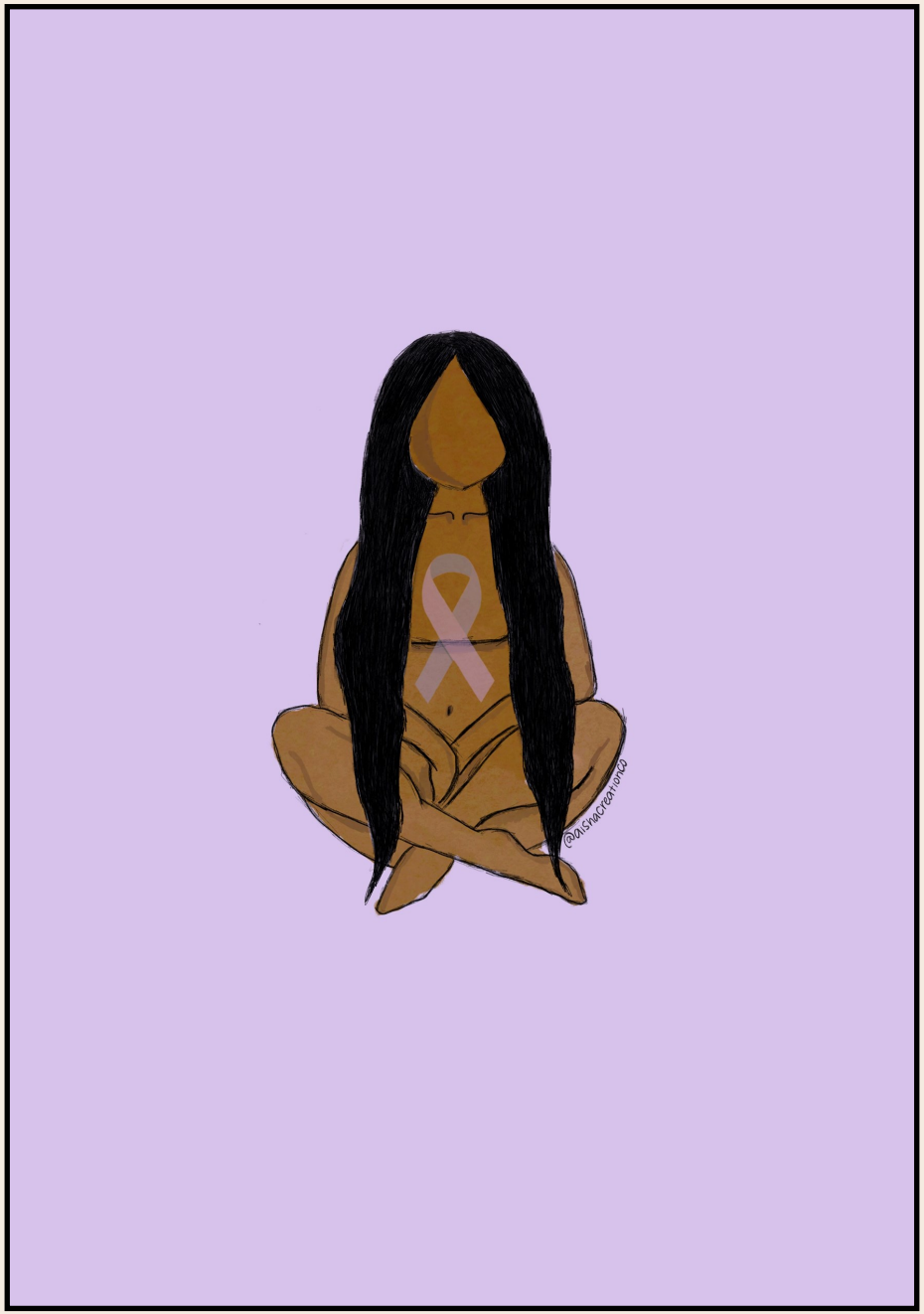
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 Labor Day | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 21 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Notes:

# Domestic Violence Awareness Month

*Empowerment: Survivor*

Artist: Aisha Owle




I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.

- Brené Brown

National Domestic Violence Hotline:

1 (800) 799 7233

EBCI Domestic Violence Hotline:

828-359-6830

# October 2023

| September '23 | | | | | | |
|---|---|---|---|---|---|---|
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| November '23 | | | | | | |
|---|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
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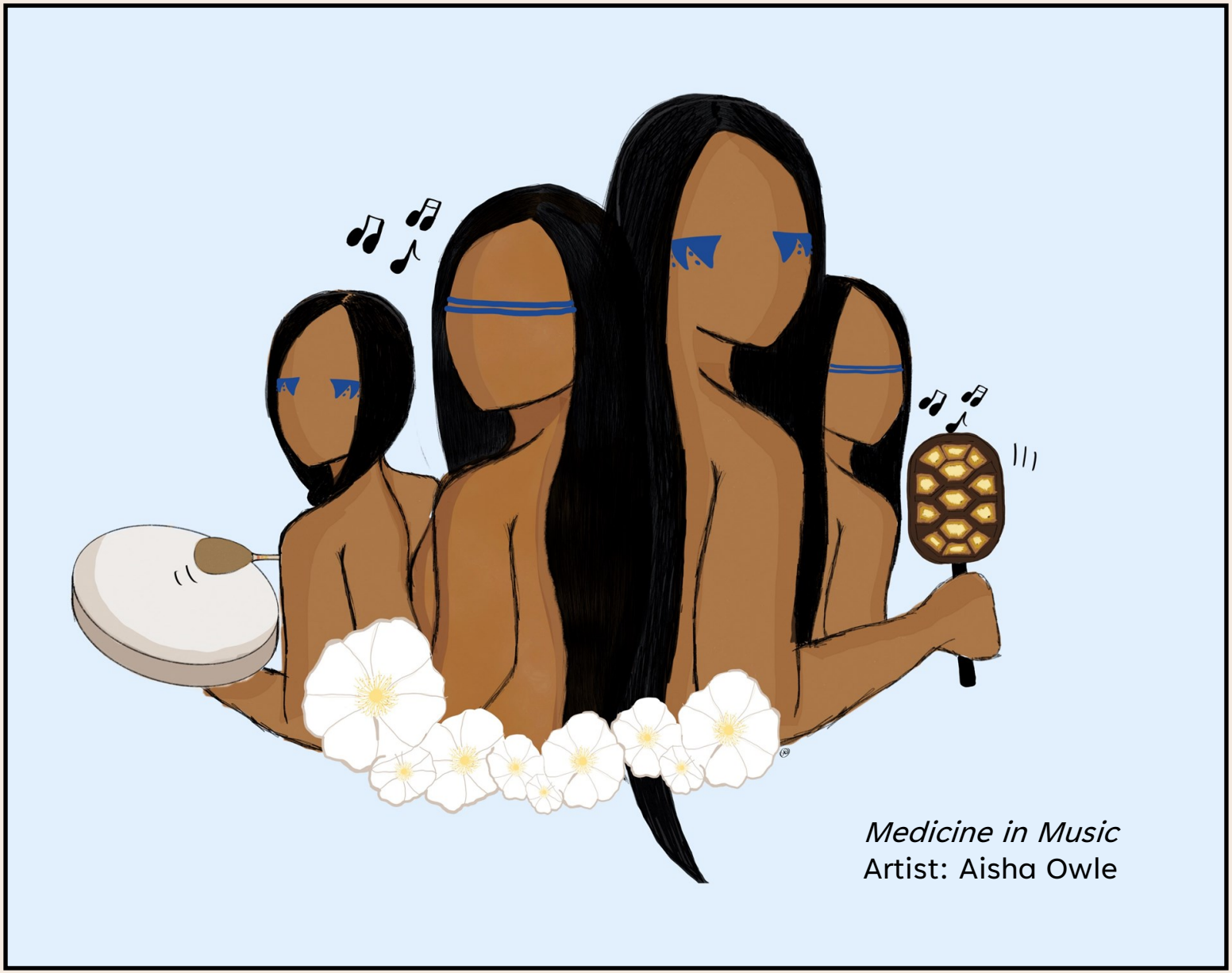
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 Indigenous People's Day | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 Halloween | 1 | 2 | 3 | 4 |

Notes:

# Native American Heritage Month




The power of music to integrate and cure... is quite fundamental. It is the profoundest nonchemical medication.
-Oliver Sacks

# November 2023

| October '23 | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| December '23 | | | | | | |
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| 31 | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 Daylight Saving's Ends | 6 | 7 | 8 | 9 | 10 | 11 Veteran's Day |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 Thanksgiving Day | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |

Notes:

Sometimes it is impossible to know where you are headed without reflecting on where you came from. Understanding your heritage, your roots, and your ancestry is an important part of carving out your future. -Anonymous

# December 2023

| November '23 | | | | | | |
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| January '24 | | | | | | |
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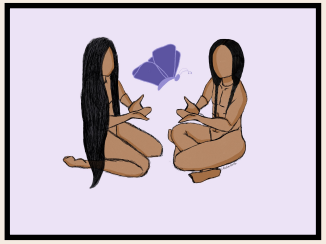
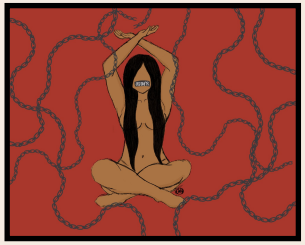
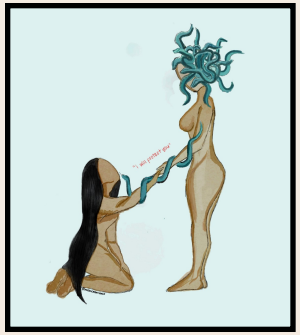
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

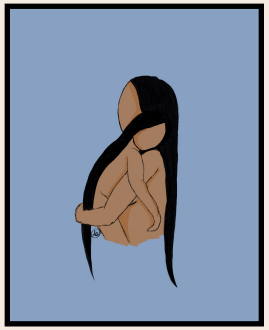
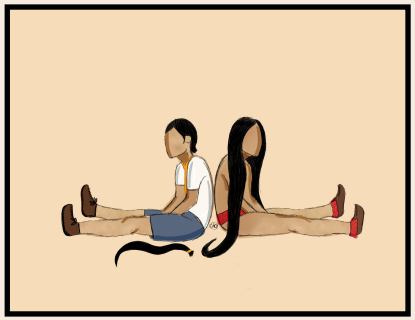
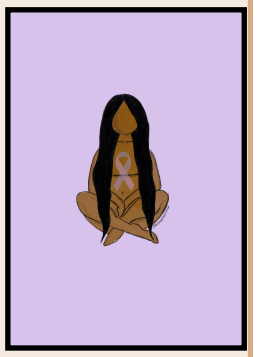
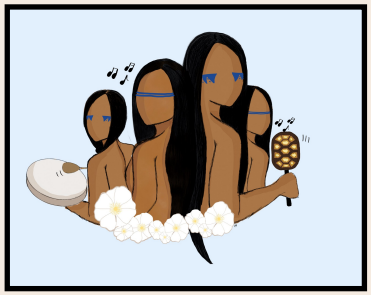
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 21 | 21 | 22 | 23 |
| 24 Christmas Eve | 25 Christmas Day | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

Notes:

# Redefine ourselves through our healing



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EBCI Domestic Violence and
Sexual Assault Program Hotline:
**828-359-6830**