

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

National Human
Trafficking Hotline:
1 (888) 373 7888



Resilient

Artist: Aisha Owle

January 2023

December '22

S	M	T	W	T	F	S
				1	2	3
4	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

February '23

S	M	T	W	T	F	S	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
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

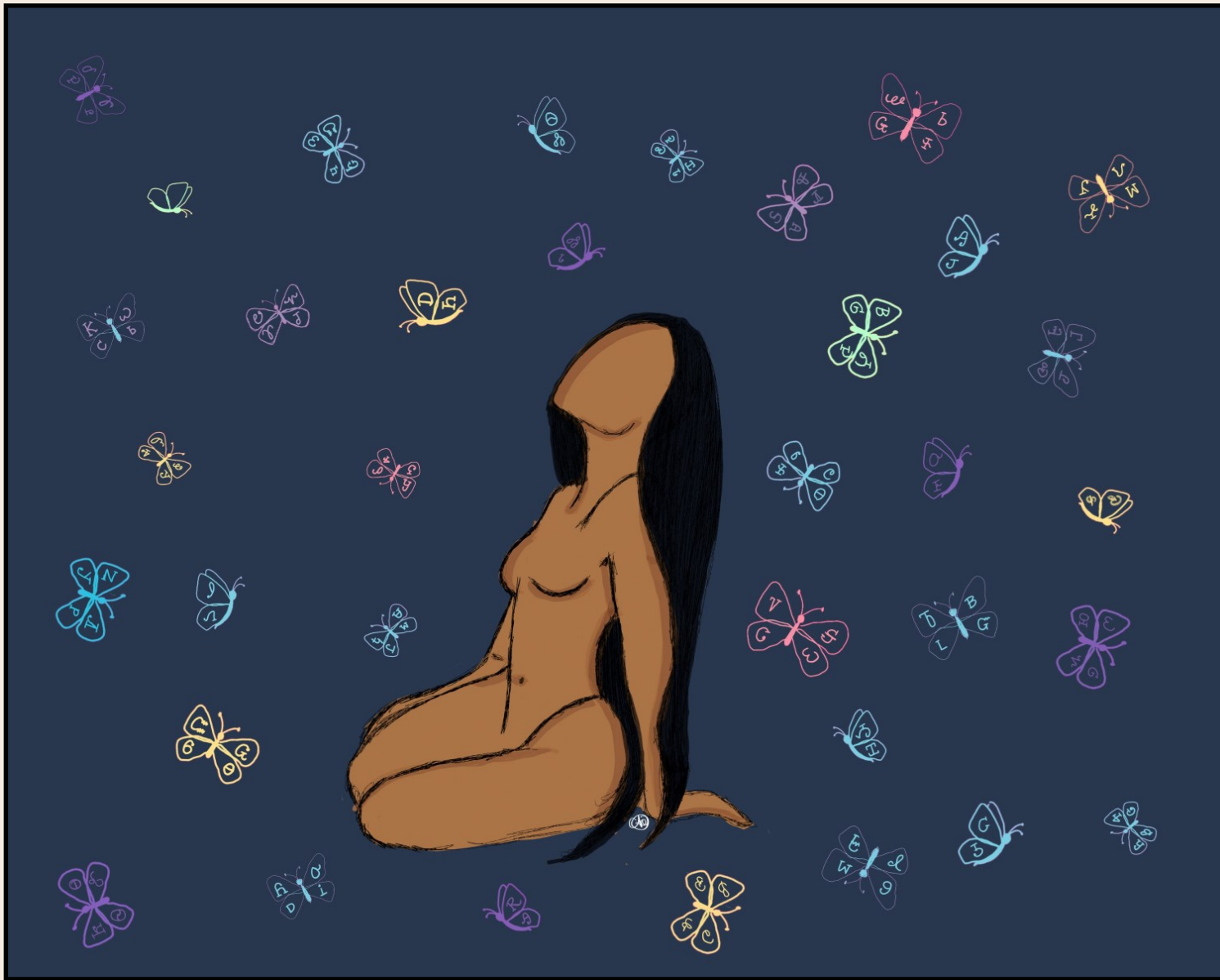
February 2023

January '23						
S	M	T	W	T	F	S
1	2	3	4	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				

March '23						
S	M	T	W	T	F	S
			1	2	3	4
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	

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

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

April '23

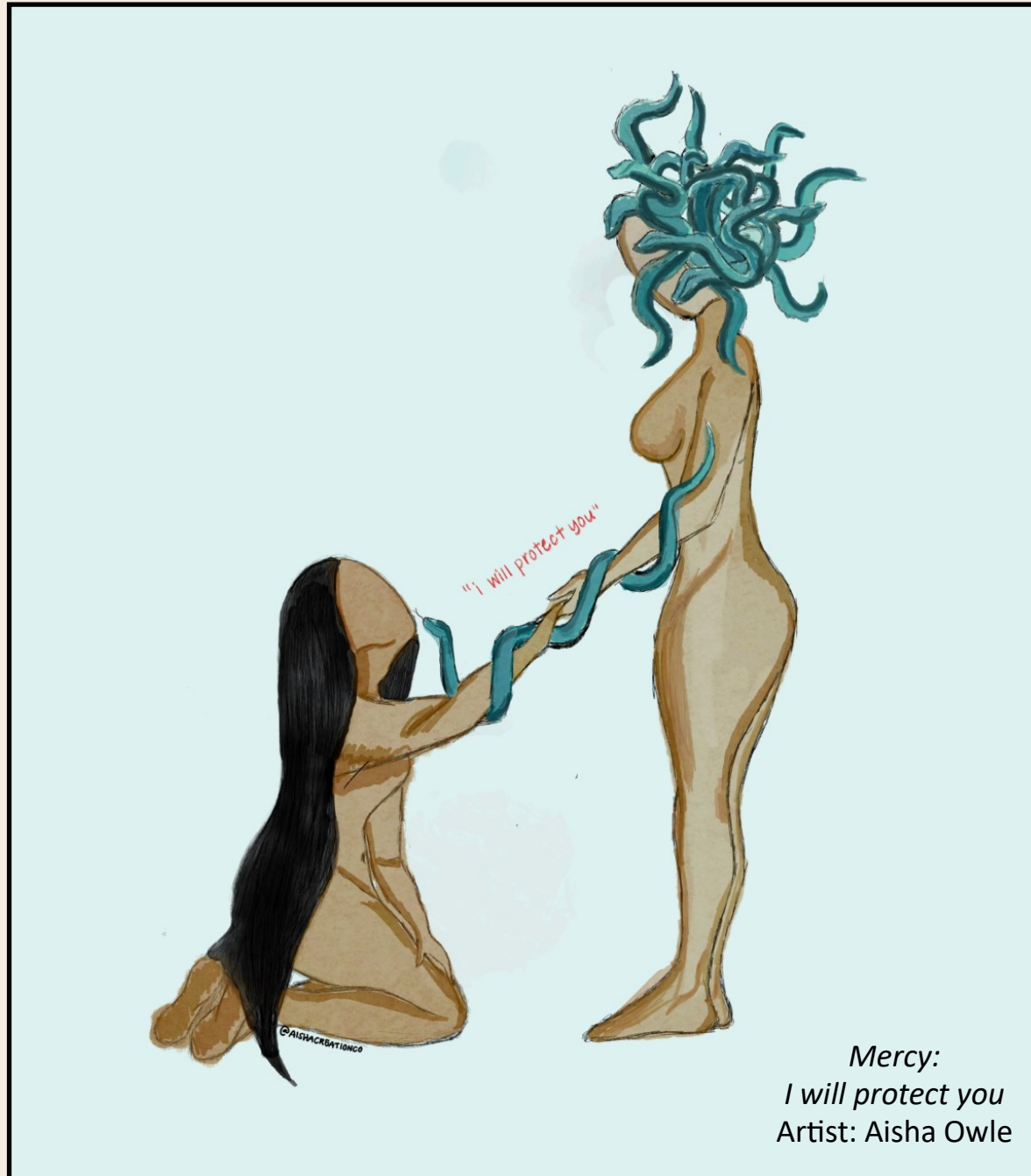
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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	

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							May '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		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

S	M	T	W	T	F	S
						1
2	3	4	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						

June '23

S	M	T	W	T	F	S
						1
2	3	4	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						

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						
S	M	T	W	T	F	S
	1	2	3	4	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			

July '23						
S	M	T	W	T	F	S
						1
2	3	4	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					

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

Notes:



Oppression
Artist: Aisha Owle

Do remember, though, that some-
times the people you oppress be-
come mightier than you would like.
-Veronica Roth

July 2023

June '23

S	M	T	W	T	F	S
				1	2	3
4	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	

August '23

S	M	T	W	T	F	S
		1	2	3	4	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		

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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1

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4 Independence Day

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Notes:



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

-Cheryl Richardson

Love Your Inner Child

Artist: Aisha Owle

August 2023

July '23							September '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	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	1	2

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							October '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5		1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			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

S	M	T	W	T	F	S
					1	2
3	4	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

November '23

S	M	T	W	T	F	S
			1	2	3	4
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		

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



Medicine in Music
Artist: Aisha Owle

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

-Oliver Sacks

November 2023

October '23						
S	M	T	W	T	F	S
1	2	3	4	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				

December '23						
S	M	T	W	T	F	S
						1 2
3	4	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						

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:

Roots
Artist: Aisha Owle



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

S	M	T	W	T	F	S
			1	2	3	4
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		

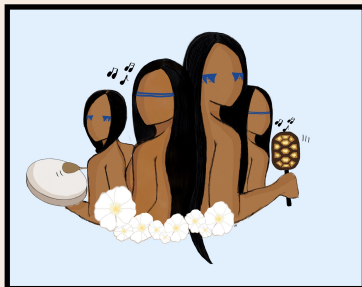
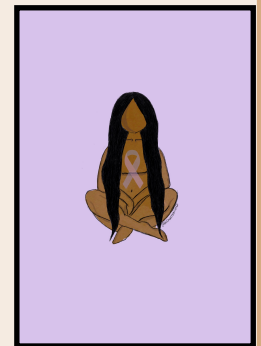
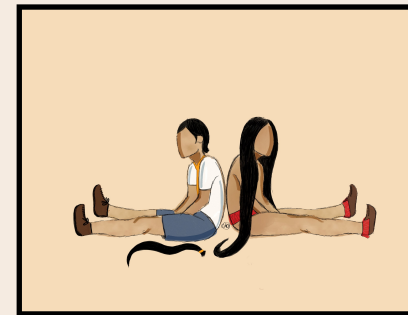
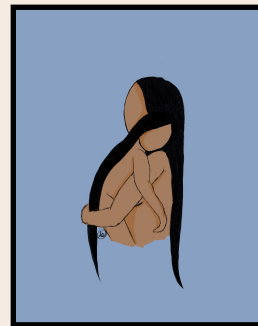
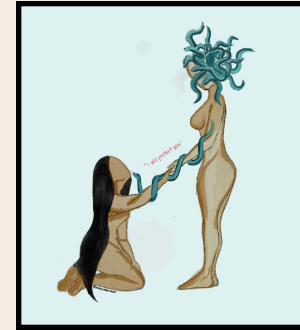
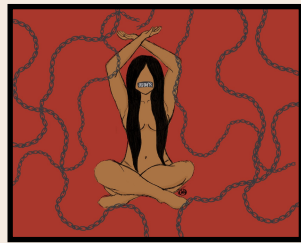
January '24

S	M	T	W	T	F	S
	1	2	3	4	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			

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	22	23	24Christmas Eve
25 Christmas Day	26	27	28	29	30	31

Notes:

Redefine ourselves through our healing



This project was supported by Grant No. 22PBNCVPS awarded by the Department of Health & Human Services Administration for Children and Families, Family Violence & Prevention and Services Agency (FVSPA). The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. DOJ -



EBCI Domestic Violence and Sexual Assault Program Hotline:
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