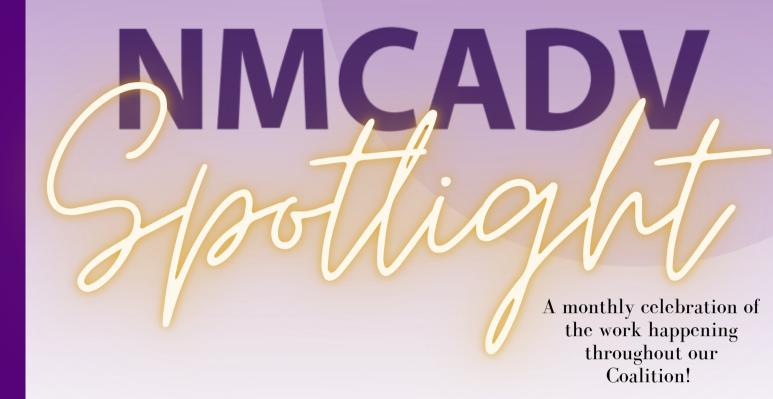
MARCH 2022 VOLUME 1



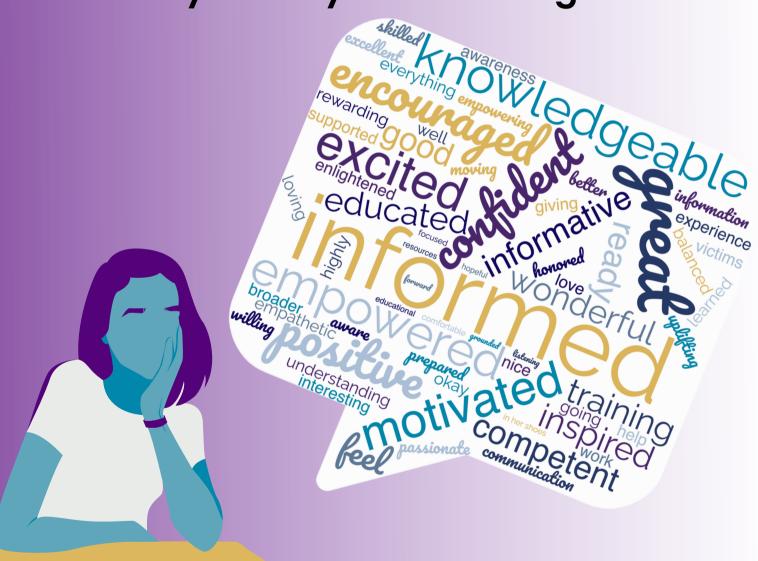


MARCH 2022 VOLUME 1

NMCADV

from our December CAT Graduates

"What was the most important take away from your training?"



NEXT MONTH'S WORD CLOUD

"What word describes your hopes for the new year?"

Participate HERE



MARCH 2022 VOLUME 1

Advocate of the Month

ADRIANNE MARTINEZ

of Grammy's House

"She's just compassionate...
I truly believe that compassion
is innate and it's just something
that comes natural for her and
I'm very blessed to have her as
part of our team."

DR. CELINA BRYANT

"BEING ABLE TO HAVE THAT RAPPORT WHERE THEY CAN ACTUALLY OPEN UP TO YOU AND TALK TO YOU... IS SUCH A BEAUTIFUL THING IN ORDER TO ULTIMATELY HELP THEM."

"I THINK MY
BIGGEST SUCCESS
AS AN ADVOCATE
IS TO BE ABLE TO
COME INTO WORK
AND TO BE ABLE
TO HELP THOSE
PEOPLE ACHIEVE
THEIR GOALS."

Listen to her full podcast interview releasing March 22nd!

https://anchor.fm/nmcadv



https://forms.gle/VIGi9HLVPKISv7W66

MARCH 2022 VOLUME 1

ENIPC PEACEKEEPERS

ERNEST FRENIER
BATTERING INTERVENTION FACILITATOR

"I'M REALLY REALLY PROUD OF OUR STAFF...
THEY REALLY PUT IN THAT EXTRA EFFORT TO MAKE SURE THAT OUR SERVICES ARE REALLY BEING TAKEN IN, AND THAT PEOPLE PEOPLE FEEL SAFE AND THAT THEY HAVE A VOICE WITH US."

Peacekeeper

"BECAUSE I'M NATIVE
AMERICAN, I ACTUALLY TIE IN
OUR TRADITIONS AND OUR
PUEBLO CULTURE INTO OUR
LESSONS... OUR PUEBLO
TRADITIONS BASICALLY SHOW
US TO BE ACCOUNTABLE FOR
BASICALLY EVERYTHING THAT
WE DO AND REALLY RESPECT
EVERYONE AND EVERYTHING
AROUND US."

"ALL OF THE CHANGES
THAT THEY MAKE, ALL
THINGS THAT THEY
REMEMBER... REALLY
MOVE FORWARD AND
CHANGE THAT NARRATIVE
IN YOUR LIFE AND BE
SOMEBODY BETTER."

Listen to their full podcast interview releasing March 29th!

https://anchor.fm/nmcadv





GET GROUNDED

The 5-4-3-2-1 technique

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can **smell**
- 1 thing you can taste

Walk through this exercise and acknowledge each item fully, allowing yourself the full sensory experience. Simple but effective!

For a more inclusive list of grounding techniques:

https://www.livingwell.org.au/well-being/mental-health/grounding-exercises/

Stay Connected

Have you checked out our new website?!

Facebook

<u>Instagram</u>

Twitter

<u>YouTube</u>

Podcast

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

SOCRATES