

NMCA DV Spotlight

A monthly celebration of
the work happening
throughout our
Coalition!

Advocate of the Month
ADRIANNE MARTINEZ



Member Spotlight
ENIPC PEACEKEEPERS

ERNEST FRENIER
BATTERING INTERVENTION FACILITATOR



NMCADV

Word Cloud of the Month

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](#) 

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>

Want to submit your amazing advocate? Use the link below to fill out our online form:

<https://forms.gle/V1Gi9HLVPK1Sv7W66>



Member Spotlight

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 FEEL SAFE AND THAT THEY HAVE A VOICE WITH US."

"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>



Take Care

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/>

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

SOCRATES

Feedback? Email Rochelle@nmcadv.org