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October is Domestic Violence awareness month. According to the National Resource Center on Domestic Violence, domestic violence is a pattern of abusive behaviors that people use to control their intimate or dating partners. It can include physical, sexual and emotional abuse. The following questions can help you decide whether you or someone you know may be in an abusive relationship.

Does your partner ever...

- Hit, kick, shove or injure you?
- Use weapons to threaten or intimidate you?
- Force you to engage in unwanted sexual acts?
- Threaten to hurt you or others or disclose personal information about you?
- Control what you do and who you see in a way that interferes with your work, education or other activities?
- Use technology to track, monitor or frighten you?
- Steal or destroy your belongings?
- Constantly criticize you, call you names or put you down? make you feel afraid.
- Deny your basic needs such as food, housing, clothing, or medical and

If you answered yes to any of these questions, please know that help is available. For more information you can call the National Domestic Violence Hotline at 800-799-7233 or look up more information at <https://www.loveisrespect.org>. You may also contact your TANF Case Worker for resources in your community.

October 19, 2023 is a national day of action called **Purple Thursday** or **“Go Purple Day”**. On that day that everyone is encouraged to wear all things purple as a symbol of peace, courage, survival, honor, and personal dedication to domestic violence awareness.

If you have any questions or would like more information you can contact the TANF Therapist Cyndie Gilliam LMFT @ (619)460-3400 ext. 210 or cgilliam@sctca.net.

