



# RFC WELLNESS NEWSLETTER

## Health is Social

ALL PREVIOUS MONTHS OF THE RFC WELLNESS  
NEWSLETTER ARE AVAILABLE ONLINE: [HERE](#)

July is ...

**BIPOC Mental Health Month\***

Link [\\*HERE](#)

**Social Wellness Month\***

Link [\\*HERE](#)

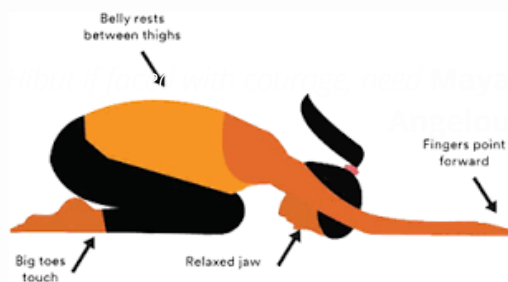
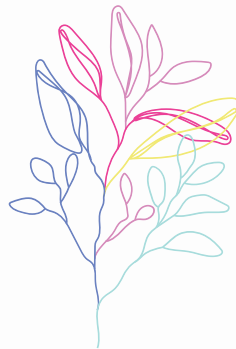
**\*Watch Here**



## Pose of the Month *Child's Pose*

### Step by Step

- Kneel down on the floor, keep your knees a few inches apart, lower your buttocks toward your heels, and bring your big toes to touch.
- Lower your chest onto your thighs and forehead to the ground.
- Either place your hands in front, palms facing down or slide your hands back, palms facing up.
- Take 5-10 breaths.



What is Child's Pose?

- This pose not only is a yummy stretch for the inner thighs and lower back, but also it soothes our adrenal glands.

How does Child's Pose work?

- This pose encourages deep breathing which will relax tension that you hold in your body.

What are some benefits of the Child's Pose?

- Helps alleviate stress and anxiety
- Releases tension in the back, chest, and shoulders
- Massages internal organs.

Yoga Journal Article - [HERE](#)

Video Tutorial w/ Adriene - [HERE](#)

### INSIDE THIS ISSUE:

- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- Parenting Class
- We Heart Kids!
- One to Watch
- RFC Library Pick
- Quote of Note

- Current Groups
- Group Highlight
- Resources
- Help Lines





## Mindfulness Exercise of the Month 5 Senses Exercise

### What is the 5 Senses Exercise?

5 senses exercise is a mindful exercise that involves our 5 senses (see, feel, hear, smell, taste) which you can practice alone or as a family.

### How does it work?

By using our 5 senses, we become present in the here and now. During this exercise you focus on 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you can taste.

### What are the benefits?

- a) Reduce anxiety
- b) Be present
- c) Reduce tension

### Step by Step:

- 1) Notice 5 things that you can see. Look around you and become aware of your environment. Try to pick out something that you don't usually notice.
- 2) Notice 4 things you can feel. Bring attention to the things that you're currently feeling, such as the texture of your clothing or the smooth surface of the table you're resting your hands on.
- 3) Notice 3 things that you can hear. Listen for and notice things in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.
- 4) Notice 2 things you can smell. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen.
- 5) Finally, notice 1 thing you can taste. Take a sip of a drink, chew gum, or notice the current taste in your mouth

Link 5 senses Article [HERE](#)

Link to Video Tutorial [HERE](#)

# 11 Questions

Getting to know the people at RFC a little bit more...

**Why 11? Because 10 was not enough!**



Interview with:

**Namee Gutierrez, LMFT**

Clinical Coordinator

### 1. What's the hardest part about working virtually for you? What's the best part?

"The hardest part is not being able to physically see and engage with colleagues and clients in person. The best part is getting to work in sweat pants."

### 2. Are you an early bird or night owl?

"Definitely an early bird, but it is best to avoid me until I've had my coffee :-)."

### 3. What is your favorite self-care activity?

"I love to get lost in a good book and to go hiking (preferably not getting lost on those though!)"

### 4. What is your most-used emoji?

"The cat emoji with tears from laughing."



### 5. What is your favorite holiday?

"I love Thanksgiving! Not because of the origin of the holiday, but I do connect a lot with gratitude, and I enjoy the time to share with others how grateful I am for who they are and how their unique light shines in my life."

### 6. What's the best piece of advice you've ever been given?

"Stop living life like it is a rehearsal, because it's not, so see the small miracles in each day, and love yourself and others well."

### 7. What is the thing about working at RFC that you like the best?

"Getting the opportunity to journey with my clients."

### 8. Does your current car have a name? If so, what is it?

"Yes! Her name is Edna Mode from The Incredibles."

### 9. What was your least favorite food as a child? Do you still hate it, or do you love it now?

"It's not food, but I used to hate milk, and now I'm lactose intolerant, so I guess now it hates me back."

### 10. What was the last great movie you saw? Why would you recommend it?

"Collateral Beauty -- I would definitely recommend it, because it is a heartfelt movie about life, death, love, and time. It definitely brings awareness of our relationship with all those themes in our lives."

### 11. What is your favorite dessert?

"Chocolate chip cookies!"

## ONE TO WATCH



- What To See In The Night Sky: July 2021 -

Watch Free: [HERE](#)

## RFC Library Pick

Story Time with Veronica Williams



\*Want to watch to this amazing video?  
Head to the Richstone web site and find  
the Resource Library page under the  
Programs heading tab.  
Use the password **rfcwellness**





## Healthy Habit

The "What Went Well Exercise" or "Three Blessings"



Research has found that thinking and writing down three good things that happened to you and the reason why they happened to you at the end of each day for at least one week, will increase your well-being and lower depression. (Dr. Martin Seligman)

### How to do it:

Each day for at least one week, write down three things that went well for you today, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; this can be more helpful than simply doing this exercise in your head. The items can be small, everyday events or more important milestones (e.g., "my partner made the coffee today," "My grandparents were happy when I brought them groceries," or "I earned a big promotion").

Do this exercise alone or with your children before bedtime!

Article on "Three Blessings" - [HERE](#)  
Dr. Martin Seligman Video - [HERE](#)

# TED

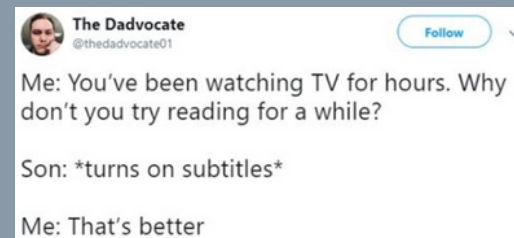
Ideas Worth Spreading

How's Your Social Health? Let's Test It. | Dr. Chelsea Shields



Watch [HERE](#)

## "Tweety" Read



"Ours is the first generation of parents to raise children in a digital age."

Scholastic Article - [HERE](#)

## Richstone's Parenting Class

BY: Alexandra Hoatua, AMFT

If you're looking for helpful information, skills, and tools to assist you with your parenting experience, then look no further -- Richstone has just the resource for you! Our Parenting Class is a 1 hour group experience held various times throughout the week and gives you the chance to learn and process with other fellow parents. We offer this course for \$15 in English/Spanish and cover 18 weeks worth of topics surrounding parenting. Some of them include: Stress Management & Parental Needs, Attachment Styles, Behavioral Reinforcement, Co-Parenting, and Childhood Development. Along with the instruction, we aim to supplement the Parenting information with various exercises and activities that allow participants to apply what they've learned in class! Our Parenting class has been in existence for 20 years now with a curriculum that continues to be refined. As July is also National Purposeful Parenting Month, we hope to highlight this long-standing class and invite you to join us each week! To see a list of dates and times offered and information on how to sign up for this class, please see page 4 of our newsletter under the "RFC Current Groups" heading.

## Quote of Note

You don't need to have a mental illness to take care of your mental health.



## We Heart Kids!

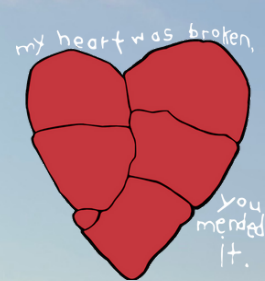
Camp Creatology:

M, W, F @ 4pm

(7/12 - 8/6/21)

Info & Link -

[HERE](#)



## RFC Current Groups

Please call Citlali at (310) 970-1921 ext. 101 to sign up.

### **Parenting/Crianza - [online/virtuales]**

- Parenting class (\$15/class) - MONDAY @ 6-7 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - TUESDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - THURSDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - SATURDAY @ 12-1 pm (18 week curriculum) [online]
- Clase para padres (\$15/clase) - MARTES @ 6-7 pm (Clase por 18 semanas) [virtuales]
- Clase para padres (\$15/clase) - MIÉRCOLES @ 5-6 pm (Clase por 18 semanas) [virtuales]

### **Domestic violence/Grupo de apoyo y educación para sobrevivientes de violencia domestica [online/virtuales]**

- Domestic violence class for perpetrators ages 18+ (\$18/class) - WEDNESDAY @ 5-6 pm (26 or 52 week curriculum) [online]
- Domestic violence class for perpetrators ages 18+ (\$18/class) - SATURDAY @ 9-10 am (26 or 52 week curriculum) [online]
- Clase de violencia domestica para agresores (\$18/clase) - MIÉRCOLES @ 6-7 pm Clase por 26 o 52 semanas [virtuales]
- Clase de violencia domestica para agresores (\$18/clase) - SÁBADO @ 10-11 am (Clase por 26 o 52 semanas) [virtuales]
- Psychoeducation & support group for intimate partner violence (\$5/class) - MONDAY @ 5-6 pm (15 week curriculum) [online]
- Grupo de apoyo y educación para sobre vivientes de violencia domestica (\$5/clase) - JUEVES @ 6-7 pm (Clase por 15 semanas) [virtuales]

### **Anger management/Manejo de la ira [online/virtuales]**

- Anger management class for 18+ (\$18/class) - TUESDAY @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THURSDAY @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

### **Health & wellness/Alud & bienestar [online/virtuales]**

- Stress Management - FREE - THURSDAY @ 6-7 pm [online]
- Grief Group - 18+ FREE - MONDAY @ 7-8 pm [online]

### **Children & adolescents/Niños & adolescentes [online/virtuales]**

- Adolescent anger management for ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Teen talk for ages 14-17 (FREE) - THURSDAY @ 4-5 pm [online]
- Teen grief group for ages 13-17 - FREE - THURSDAY @ 4-5 pm [online]
- Baby & Me/Bebé y yo - All Guardians - FREE - FRIDAY @ 11 am [online]

### **NEW: Grief Group in Spanish for Ages 18+**

Thursdays, 10-11AM

Call Citlali (our new receptionist) to grab a spot!

## Resources

- **Food Bank Locator Website - [HERE](#)**
- **American Veteran Inc.**  
351 East Temple St. Los Angeles, CA 90012  
Tel: 909-534-5953  
(Hrs: Mon-Fri 9AM to 3PM)
- **Open Door Skidrow Ministries**  
419 E. 6th St. Los Angeles, CA 90014  
Tel 661-208-2143  
(Hrs: Sun 4-6PM & Fri 7-9PM)
- **LA County COVID-19 NEWS**  
CLICK [HERE](#)
- **LA COUNTY Free HEADSPACE Access**  
**Headspace is a Meditation and Mindfulness App**  
CLICK [HERE](#)

## Hot Lines

### National Suicide Prevention Lifeline

1-800-273-TALK (8255) or

Live Online Chat

### Teen Line - Online

Teens talking to teens

Call: 310-855-HOPE (4673)

### Veterans Crisis Line,

Call 1-800-273-8255 and Press 1

Text 838255, Chat online

### Los Angeles LGBT Center

Center South

Tel: 323-860-3799



### Department of Children and Family Services

### Child Protection Hotline

800-540-4000