



# RFC WELLNESS NEWSLETTER

Health  
is for YOU

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

## INSIDE THIS ISSUE:

### October is...

**Domestic Violence Awareness Month\***

[\\*Watch Here](#)

Link [\\*HERE](#)



## Pose of the Month Snake Pose

What is Snake Pose?

- This pose activates neck, and shoulder muscles and opens up the chest.

How does Snake Pose work?

- It opens the chest and shoulders and stimulates the heart and lungs.

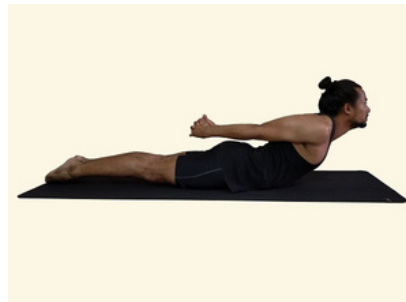
What are some benefits of Snake Pose?

- Strengthens spine
- Stretches chest, shoulders, abdomen
- Can prevent breast cancer



### Step by Step

- Lie down on your stomach with your legs straight and feet together .
- Take your hands back and interlock the fingers close to your hips. Place your chin on the floor.
- Lift your chest and shoulders off the floor. At the same time raise your hands as much as possible.
- Hold the pose for three breaths, then come back to the starting point..



- Pose of the Month
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Article - [HERE](#)  
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:

**Julio Guerrero, LMFT, PPSC**  
Clinical Supervisor and  
Director of Programs

## Mindfulness Exercise of the Month

### Candle Gaze Meditation

#### What is Candle Gaze Meditation?

Candle gazing meditation is one form of meditation where you gaze into the flame of a burning candle.

#### How to do the candle gaze meditation

- Try and do it at nighttime
- Use a non toxic candle made of natural soy or beeswax
- Place the candle at eyes height

#### What are the Benefits of candle gaze meditation?

- a) Decreases anxiety
- b) Improves focus and concentration
- c) Improves memory

#### Step by Step

- 1) Sit in a comfortable seated position
- 2) Place a candle in front of you on a flat hard surface away from flammable items, at eye level.
- 3) Sit 3-4 feet away from candle
- 4) Gaze at candle and keep your gaze fixed on candle flame without fighting or blinking. Try to keep your eyes fixed as long as possible.
- 5) Close your eyes, you may see the image of the flame in your mind's eye. When the image fades, open your eyes and start again.
- 6) Do this 5-10 times.



Link to Journaling Article [HERE](#)

Link to Video [HERE](#)

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

"The hardest part about working virtually is the isolation, best part working from home is not having to drive."

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

"Early Bird."

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

"Go for a walk early in morning"

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

"Thumbs up."



#### 5. What is your favorite holiday?

"Christmas."

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

"Be less critical of yourself."

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

"Being able to help people in the community that I grew up in."

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

"The Admiral."

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

"Onions, still hate them but can tolerate them."

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

"Black Widow, yes."

#### 11. What is your favorite dessert?

"Ice Cream."

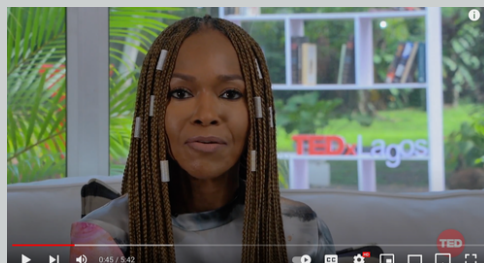
## RFC Library Pick

### 'The Practice of Mindfulness' with Su Fern Khoo, LMFT



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

## ONE TO WATCH



- The Shadow Pandemic of Domestic Violence during COVID-19 | Kemi DaSilvalbru

Watch Free: [HERE](#)



## Healthy Habit

### Bedtime Routine



*Bedtime routines are not just beneficial for children but for adults as well!*

*Research has found that one-third of Americans do not get enough sleep on a regular basis. Bedtime routine is one simple step you can take to enjoy better sleep.*

#### Health Benefits of Bedtime Routine Include:

- Reduces late night stress and anxiety
- Improves sleep
- Puts body and mind into a relaxed state

#### Bedtime Routine suggestions:

- Decide on a set bedtime
- Start one hour before
- Light snack or bedtime tea
- Take a warm bath or shower
- Stretch bearth and relax
- Avoid electronics (tv, phone, tablets etc)
- Read a book
- Write down a to do list or journal
- Prep your bedroom (dim lights, make it cool, and quiet.



Article on "Bedtime Routine" - [HERE](#)  
Benefits of Breakfast Video - [HERE](#)

## TED

### Ideas Worth Spreading

#### Psychological Abuse - Caught in Harmful Relationships | Signe M. Hegestand



Watch [HERE](#)

### "Tweety" Read



Are u guys dressing up for halloween and then just like vibing in your kitchen as Dracula or what . what's the situation

1:59 PM · Oct 16, 2020 · Twitter for iPhone

45.7K Retweets 7.5K Quote Tweets 479.4K Likes



Halloween: Origins, Meanings and Traditions  
History Channel Article - [HERE](#)



## National Depression Screening Day

By: Alexandra Hoatua, AMFT

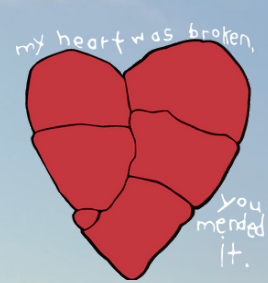
October 7th marks National Depression Screening Day which is an initiative to bring attention to and educate the public about the symptoms and treatment of depression. According to the National Institute of Mental Health, major depression is a common diagnosis which affects more than 16 million American adults each year. Screenings which are available are *not* a professional diagnosis, but rather serve as a tool to point out the presence or absence of depressive symptoms. Therefore, the accessibility to mental health screenings specifically for depression can provide prevention, early intervention, and an opportunity to seek out appropriate, professional help.



## Quote of Note

I raise up my voice - not so that I can shout, but so that those without a voice can be heard.  
malala





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

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

- Stress management - ages 18+ - FREE - THURSDAY @ 6-7 pm [online]
- Grief group - ages 18+ - FREE - MONDAY @ 7-8 pm [online]
- Grief group in Spanish - ages 18+ - FREE - THURSDAY @ 10-11 am

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

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

**NEW: Co-Parenting Class in Spanish  
\$15/per class - 12 week course**

**Starts: Saturday October 9th @ 9AM**

## 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