



RFC WELLNESS NEWSLETTER



Health
is Being
PREVENTIVE

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

September is... **INSIDE THIS ISSUE:**

Suicide Prevention Awareness Month*

***Watch Here**



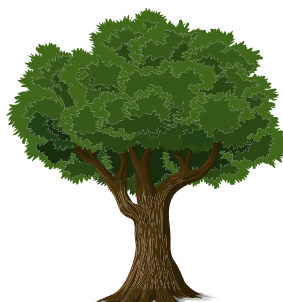
Link ***[HERE](#)**

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

Pose of the Month *Tree Pose*

Step by Step

- Stand tall with both feet on the ground, arms by your side .
- Shift your weight to your left leg and raise your right foot off the floor.
- Align the sole of your right foot with the inside of your left thigh. Toes pointing down, pelvis straight.
- Bring your arms straight up above your head, palms pressed together.
- Take 5-10 breaths, then switch sides.



What is Tree Pose?

- This pose helps with concentration.

How does Tree Pose work?

- This pose improves focus and concentration while calming the mind.

What are some benefits of Tree Pose?

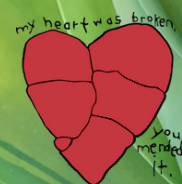
- Calms & relaxes the mind
- Improves focus and concentration
- Improves balance and stability

Yoga Journal Article - [HERE](#)

Video Tutorial - [HERE](#)

- Current Groups
- Group Highlight
- Resources
- Help Lines





Mindfulness Exercise of the Month Journaling



What is Journaling?

Journaling is keeping an active record of your thoughts and feelings. One can also see it as an outlet for processing emotions. Journaling allows you to track patterns, improvements, and changes over time.

How to Journal

- Try to journal every day
- Try to journal 10-20 min.
- Use your smart phone or pen and paper
- Write down thoughts and feelings or draw whatever feels right
- Do not worry what other people may think. It is your journal, your thoughts and feelings

What are the Benefits of Journaling?

- a) Manage anxiety
- b) Cope with depression
- c) Reduce stress
- d) Boost emotional intelligence

Step by Step

- 1) Choose when you want to journal (morning, afternoon, night)
- 2) Set 10-20 minutes aside every day
- 3) Use your smart phone or pen and paper
- 4) Write down, whatever comes to mind (thoughts, feelings, whatever happened that day etc)

Link to Journaling Article [HERE](#)

Link to Video [HERE](#)

11 Questions

Getting to know the people at RFC a little bit more...
Why 11? Because 10 was not enough!



Interview with:
Ariana Nuñez

Kids Club Program Coordinator

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

"The hardest part about working virtually is getting everyone to join at the same time. Parent meetings were the hardest to have. Best part about working virtually is being able to be available for anyone to join."

2. Are you an early bird or night owl?

"I am currently an early bird on a night owl schedule."

3. What is your favorite self-care activity?

"My favorite self-care activities are running, preferably on the beach, attending Dodger games, and eating anything chocolate."

4. What is your most-used emoji?

"My most used emoji is the kissy wink face; I used it a lot with friends and family. Recently, I've been using the 'my head is exploding' emoji, but that's been because of school."



5. What is your favorite holiday?

"I love Halloween! I will celebrate all month, and any time, summer time."

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

"Best piece of advice I've ever been given: 'Create the life you want to live.'"

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

"The thing I love best about working at RFC is working with all the students and families; developing strong ongoing relationships, and being there for them."

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

"My current car is a white Civic, I call it 'Little White Civic.'"

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

"My least favorite food as a kid was, not sure what you call it in English, a CHAYOTE; it was a slimy light green vegetable that my ma used to put in the soup."

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

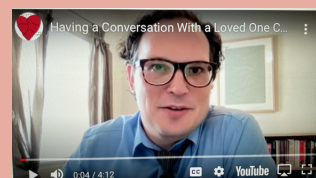
"The last great movie I saw was probably Black Panther. I would recommend it because it was smart, action packed, and visually astonishing."

11. What is your favorite dessert?

"My favorite dessert would have to be anything chocolate."

RFC Library Pick

"How to talk to someone who might be having thoughts of suicide!" with Seth Madej, AMFT



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

ONE TO WATCH



- The Lost Forest | Nobel Peace Prize Shorts -

Watch Free: [HERE](#)



Healthy Habit

HAVE BREAKFAST



Research has found that having breakfast in the mornings, no matter what age, comes with many health benefits.

Some Health Benefits Include:

- **Boosts brain power** (improves memory, alertness, concentration, mood, and energy)
- **Helps manage weight gain**
- **Improves heart health**
- **Lowers risk for diabetes**
- **Improves digestion**
- **Improves metabolism**

Breakfast suggestions:

- Greek yogurt or cottage cheese with fruit, nuts, or whole grain cereal
- Peanut butter with whole grain toast, muffin, or waffle
- Oatmeal with fruit, nuts, and/or flax seeds
- Omelette with veggies or tofu
- Breakfast shake

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

TED

Ideas Worth Spreading

Removing the Stigma About Discussing Suicide | Saprina Schueller



Watch [HERE](#)

"Tweety" Read



'Why Weather Affects
Mood'
Psychology Today Article -
[HERE](#)



Richstone's Forgiveness Group

BY: Vivian Vasquez, MFTT

Our forgiveness group is a support group for adults of all ages who want to deepen their understanding of the concept of forgiveness. The curriculum includes discussions on myths and stereotypes about forgiveness, information on the three types of forgiveness, and psychoeducation on the four phases of forgiveness. With this knowledge, members can learn that forgiveness may free them from resentment, anger, or hatred towards the self or others, and members may learn to move towards the path of self-empowerment. To find information on how to sign up for this group, please see page 4 of our newsletter.

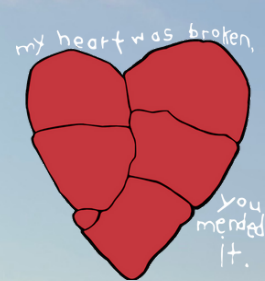
Quote of Note

"SUCCESS IS NOT
FINAL, FAILURE IS
NOT FATAL: IT IS
THE COURAGE TO
CONTINUE THAT
COUNTS."

We Heart Kids!

Redondo Beach Festival
of the Kite
September 19th

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 - 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: Group Therapy on Forgiveness for Ages 18+
Tuesdays 7-8pm / Free

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