



RFC WELLNESS NEWSLETTER

HEALTH
is Important

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

February is...

INSIDE THIS ISSUE:

[*Watch Here](#)

Black History Month*

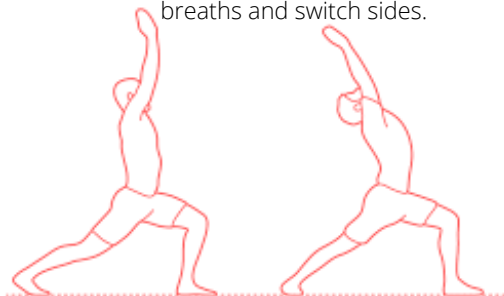
Link [*HERE](#)



Pose of the Month *Warrior I*

Step by Step

- Begin standing, then step right foot 4ft to the front.
- Toes are pointing forward, bend your knee into lunge.
- Keep left leg straight behind you and turn left heel in (45 degrees)
- Raise arms straight above your head, keep shoulders pressed down. Gaze up, take 5-10 breaths and switch sides.



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

- Current Groups
- Group Highlight
- Resources
- Help Lines



Article - [HERE](#)
Video Tutorial - [HERE](#)





Mindfulness Exercise of the Month

Reading this Poem

Caged Bird
BY MAYA ANGELOU

*A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.*

*But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.*

*The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.*

*The free bird thinks of
another breeze
and the trade winds soft
through the sighing trees
and the fat worms waiting on
a dawn bright lawn
and he names the sky his
own.*

*But a caged bird stands on the
grave of dreams
his shadow shouts on a
nightmare scream
his wings are clipped and his
feet are tied
so he opens his throat to sing.*

*The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.*



Link to 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:
Allison Tanaka
Development Director

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

"The most difficult part has been not seeing my co-workers as much. I've always appreciated the energy and inspiration I get from everyone at RFC. What I don't miss, though, is the extra gas+car emissions+and commute time."

2. Are you an early bird or night owl?

Definitely an early bird."

3. What is your favorite self-care activity?

I love getting outside for a hike and some fresh air whenever I can

4. What is your most-used emoji?

Probably the thumbs up or the cheesy smile one. I really need to expand my emoji repertoire.



5. What is your favorite holiday?

I A few years ago, I started doing a countdown to Christmas (basically my own version of an advent calendar) with my daughter. It's now something I look forward to as much as her.

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

"The I don't feel like I'm qualified to give advice, but I recently ate a fortune cookie that offered some great wisdom: look towards the future, but not so far as to miss today."

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

I value the different viewpoints and perspectives I've gained from working at RFC. It's an environment of constant growth and learning for me. I can thank the clients, volunteers, and my fellow staff members for teaching me so much through the years and broadening the way I'm able to look at the world.

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

"My kid named our last car Lily, but Lily was forced into early retirement after an unfortunate accident. We haven't found a new permanent car yet, so the current one is affectionately called 'the loaner'"

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

My parents made me try liver when I was little and I still hate it. They also made me eat brussel sprouts, which were yucky at the time but now I love them

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

"I just watched Encanto with my kiddo and we loved it! It might be my favorite Disney soundtrack to date - I seem to always have one of the songs stuck in my head."

11. What is your favorite dessert?

"The first answer that popped into my head was coconut cake. (which is surprising to me, but I'm not disagreeing w/myself)"

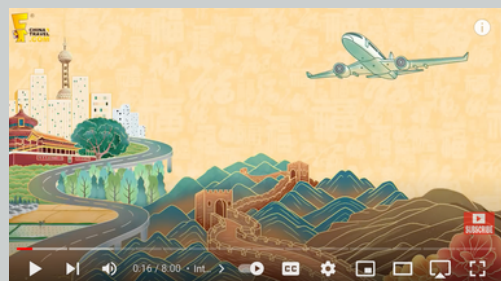
RFC Library Pick

"Couples Mindfulness Exercise with Rebecca Hotzel, LMFT"



***Want to listen to this amazing audio?**
Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.

ONE TO WATCH




Chinese Zodiac Horoscope 2022

Watch Free: [HERE](#)



Healthy Habit

Spend 20-
minutes outside
EVERY Day 



Multiple studies have
found that just spending 20
minutes every day outside
has great health benefits
on our mind and body.
What are you waiting for?
GET OUTSIDE!

Benefits of spending time outside

- Helps you get Vitamin D
- Improves sleep
- Improves concentration and focus
- Boosts creativity
- Strengthens immune system
- Improves your mood

How-To Suggestions:

- Take a walk outside
- Sit on the beach or in a park
- Exercise outside
- Meet friends and family for a picnic

Article on Spending Time Outside - [HERE](#)
Video on "Health benefits of being outside"
- [HERE](#)

TED

Ideas Worth Spreading

Cultivating Unconditional Self-
Worth | Adia Gooden



Watch [HERE](#)

"Tweety" Read



half off chocolate on February 15th.

Smitty™Era @demontesmith71
Valentines Day approaching !!!
What y'all getting ???
Show this thread



"Valentine's Day:
Origins, Background
& Traditions" -
New York Times

[HERE](#)



Anger Management Class by Seth Madej, AMFT

Anger is a natural and appropriate emotion but inappropriately dealing with anger can be damaging to ourselves and to others. Richstone's Anger Management class helps participants to improve their relationships, reduce their distress, and benefit their physical health by learning to control their anger responses. Skills covered in this 15-session course include coping with triggers, conflict management, relaxation techniques, and more. Classes are available for both adults and teenagers and for both English- and Spanish speakers. For more information visit richstonefamily.org or call 310-970-1921.



Quote of Note

"Find the good.
It's all around you.
Find it, showcase it
and you'll start
believing in it."

JESSE OWENS



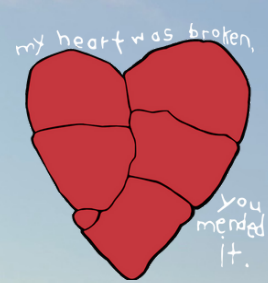
We Heart Kids!

Alhambra Lunar New
Year Festival

Sunday, February 20th

Info [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]
- Baby & Me/Bebé y yo - All Guardians - FREE - Wednesday @ 4pm [online]

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

Saturdays @ 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 Skid Row Ministry

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 or Chat online

Los Angeles LGBT Center

Center South

Call: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

Call: 800-540-4000