

MARCH 2022 | VOL.15



RFC WELLNESS NEWSLETTER

HEALTH
is being Aware

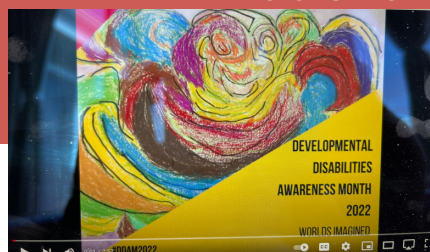
ALL PREVIOUS MONTHS OF THE RFC
WELLNESS NEWSLETTER ARE AVAILABLE
ONLINE: [HERE](#)

INSIDE THIS ISSUE:

March is...

Watch [Here](#) National Disability Awareness Month

Link [*HERE](#)



Pose of the Month *Half Moon Pose*

Step by Step

- Begin by standing with both feet hip width distance apart
- Reach arms over head and interlace your fingers
- Reach over to the right with your arms and stretch the left side of your body. Take 3-5 breaths.
- Come back to center.
- Reach over to the left with your arms and stretch right side of your body. Take 3-5 breaths.

What is Half Moon Pose?

- This pose is a great start out pose for any other pose since it engages the whole body.

How does Half Moon Pose work?

- This pose increases flexibility of spine, arms, and rib cage..

What are some benefits of Half MoonPose?

- Realigns spinal column
- Stimulates liver and kidney
- .Helps lungs get more o2.



- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
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- TED Talk of the Month
- Grief Groups for Minors
- We Heart Kids!
- One to Watch
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- Quote of Note

- Current Groups
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- Resources
- Help Lines



Article - [HERE](#)

Video Tutorial - [HERE](#)



Mindfulness Exercise of the Month

Guided Imagery: My Relaxing Scene



What is guided imagery?

Guided imagery can quickly calm your body and simultaneously relax your mind and also be a useful strategy for maintaining resilience toward stress during difficult times

What is a relaxing scene?

Sometimes it is good to turn to your relaxation exercises before stress, anxiety, or anger take over. It can help to have a relaxing place or scene already in mind prior to when you need it.

Prompts to create your scene:

- Where are you and when does your scene occur? (choose the time and place)?
- What do you see in that scene?
- What do you hear?
- What do you feel on your skin? What can you touch or are you touching?
- What do you smell? What do you taste?
- What feelings are you having (ex. peacefulness, joy, calmness)?
- What else would you add to your relaxing scene?

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:
Sonia Park
Social Media & Special
Events Asst

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

"i miss not hearing the kid club students play outside ... but i definitely don't miss the commute/traffic. :)"

2. Are you an early bird or night owl?

"Early Bird."

3. What is your favorite self-care activity?

"Meditation & sleep! is it weird that cleaning also gives me joy?"

4. What is your most-used emoji?



5. What is your favorite holiday?

"I love birthdays... it's a great excuse to remind someone how special & loved they are."

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

"Be kind to yourself."

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

"I love that no matter what our role/title is, we all work hard for a greater purpose beyond ourselves."

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

"I don't have a name for my car"

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

"As i kid, i loved anything spicy..and still do!"

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

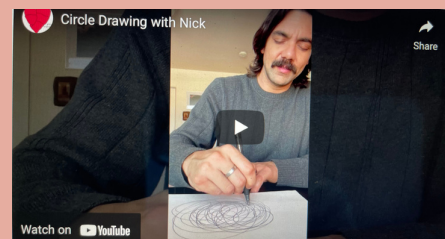
"Parasite was the last great movie i saw...I highly recommend it!"

11. What is your favorite dessert?

"I am not a huge desert person but I will never pass on a good pie.:-)"

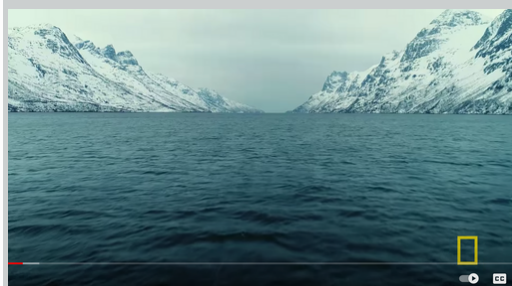
RFC Library Pick

"Circle Drawing with Nick"



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

ONE TO WATCH



Oceans

Watch Free: [HERE](#)



Healthy Habit

Stretch your body first thing Every Morning!



Studies have found that stretching first thing in the morning or just gnerellay every day has great benefits on your body.

Benefits of stretching

- Aids your mobility
- Helps avoid injury
- Improves concentration
- Decreases stress
- Improves blood circulation
- Fewer aches and pains
- Improves posture

How-To Suggestions:

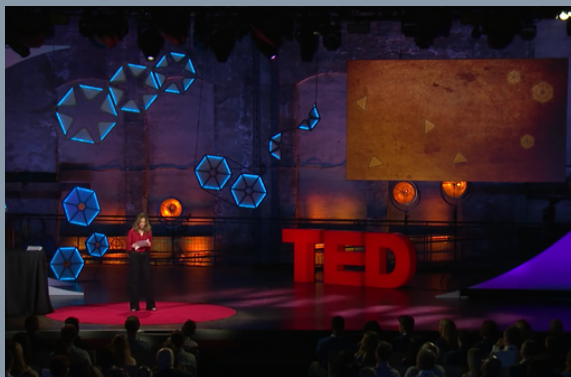
- Try and stretch all major body parts (neck, shoulders, arms, legs and feet)
- Stretch right after waking up
- Move slow

Article on stretching - [HERE](#)
Video on "Stretching" - [HERE](#)

TED

Ideas Worth Spreading

How Changing Your Story Can Change Your Life | Lori Gottlieb



Watch [HERE](#)

"Tweety" Read



"St. Patrick's Day: Origins, Meaning, and Celebrations" - History Channel [HERE](#)



Grief Groups for Minors

By Alexandra Hoatua, AMFT

As people, grief is our natural response to loss, particularly to the loss of someone or some living thing that has died. Grief can be experienced at any time and at any age throughout the lifespan. For minors who are experiencing the pain of loss, Richstone offers three separate grief groups for those ages 6-9, 10-12, and 13-17. These groups are based on an 8-week curriculum and aim to provide a safe space for minors to process their emotions, to learn about the stages of grief, and engage in age-appropriate activities and coping skills. For more information please visit richstonefamily.org or call 310-970-1921.



We Heart Kids!

Cesar Chavez Family Day

March 22, 2022



Info [HERE](#)

Quote of Note

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.

Stephen Hawking



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: Grief Groups for Ages 6-9, 10-12, and 13-17

Tuesday @ 3pm, Wednesday @ 4pm, and
Wednesday @ 5pm || Free of Cost

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