



# RFC WELLNESS NEWSLETTER

## HEALTH is for Body and Soul

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

INSIDE THIS ISSUE:

### \*Watch Here

Every year, during the month of June, the LGBT community celebrates in a number of different ways.



June is...  
**Pride Month\***  
Link [\\*HERE](#)

## Pose of the Month *Bridge Pose*

### Step by Step

- Lie on your back with knees bend, legs and feet parallel hip-distance apart.
- Move feet closer to buttocks, press feet firmly into the floor, lift your hips up high.
- Keep your arms and hands parallel to your body.
- Keep pressing feet into the floor, lift hips high, keep thighs parallel.
- Take 3-5 breaths.
- Slowly come back down and repeat 3-5 times.

- Pose of the Month
- Exercise of the Month
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- TED Talk of the Month
- Juneteenth
- We Heart Kids!
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What is Bridge Pose?

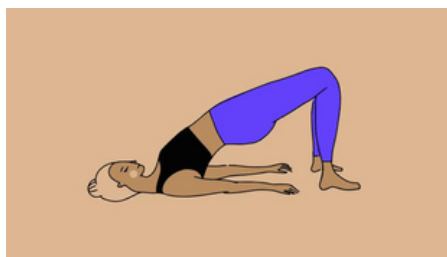
- This pose is a heart opening pose.

How does Bridge Pose work?

- It strengthens the legs, hips, massages the spine and opens the heart.

What are some benefits of the Bridge Pose?

- Improves posture
- May relieve low back pain
- Strengthens back muscles and glutes

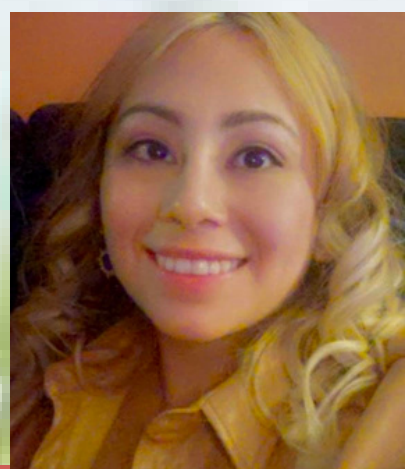


Article - [HERE](#)

Video Tutorial - [HERE](#)

- Current Groups
- Group Highlight
- Resources
- Help Lines





Interview with:  
Citlali Pineda  
Receptionist

# 11 Questions

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

## Mindfulness Exercise of the Month

### Read this Poem in honor of Juneteenth

#### "WE ROSE" by Kristina Kay



*We Rose*

*From Africa's heart, we rose*

*Already a people, our faces*

*ebon, our bodies lean, We rose*

*Skills of art, life, beauty and*

*family*

*Crushed by forces we knew*

*nothing of, we rose Survive we*

*must, we did,*

*We rose*

*We rose to be you, we rose to be*

*me,*

*Above everything expected, we*

*rose*

*To become the knowledge we*

*never knew,*

*We rose*

*Dream, we did*

*Act we must*

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

"The hardest part of working virtually is not being able to see people physically. It's been great getting to know everyone through email, but it would be nice to put a face to everyone's name. The best part would be not having to wake up extra early to commute to work."

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

"Night owl!"

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

"My favorite self care activity is driving to the beach and reading my books."

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

"I would say these are my top three:"



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

"I love Halloween. The costumes, candy, scary movies, and spooky events make the whole month fun."

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

"Don't let your fear of the unknown get in the way of your dreams."

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

"The best thing about working at RFC is honestly everything. Everyone is super helpful and nice and have welcomed me with open arms. I enjoy getting to know everyone through email, and hopefully soon, I meet everyone finally in person."

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

"No name for my car but I refer to it as a he."

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

"I would have to say lentils. I would eat it as soup or with rice and I just could not stand the smell or texture. As an adult, I still dislike them and don't plan on giving them a try anytime soon."

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

"The Florida Project. I recommend it because it depicts the world from a child's perspective while also showing the reality of a struggling life outside of central Florida. It will definitely make you cry at the end, but it is a very good movie."

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

"Chocolate lava cake with a big scoop of vanilla ice cream."

## RFC Library Pick

### "Building Healthy Relationships with Christine Gutierrez, AMFT"



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

## ONE TO WATCH



Strawberry Supermoon: June 2022's Full Moon

Watch Free: [HERE](#)

Link to Article [HERE](#)

Link to Video [HERE](#)





## Healthy Habit

### Healthy Amount of Sleep



Research says "Sleep is an important part of your daily routine - Quality sleep - and getting enough of it at the right times is as essential to survival as food and water. Without sleep you can't learn and create new memories, and it's harder to concentrate."

In an article (**available [HERE](#)**) they stated: *"Everyone needs sleep, but its biological purpose remains a mystery."*

Wow, I didn't know that! Did you?

**But how much Sleep do we REALLY need?**

The Mayo Clinic recommends that Adults:

- **"Get at least 7-9 hours of quality rest each night..."**
  - **"Kids need 9.5 - 18 hrs depending on their age (12+ hrs is for Babies)."**
- 7-9 hours?! Every night?! Well, that's something to try for!**

Look **HERE** for some very helpful tips and tricks to get better sleep more often



## TED

### Ideas Worth Spreading

#### How To Discover Your Authentic Self - At Any Age | Bevy Smith



Watch [HERE](#)

## "Tweety" Read



"Managing Mid-Summer Madness with Mindfulness"

Link [HERE](#)



## June 19th is Juneteenth

What Does Juneteenth Celebrate?

June 19th, 1865 (referred to as Juneteenth) is the day the Union soldiers arrived in Galveston, Texas, and informed the residents (former slaves) that slavery was abolished. Due to their isolation from the rest of the country, the slaves in that state were unaware of the Emancipation Proclamation that was issued by Abraham Lincoln in 1863, declaring that over three million slaves living in Confederate states would be set free. Once the former slaves heard the news, they began to celebrate with prayer, feasting, singing, and dancing.

It is important to celebrate and embrace and understand our differences and celebrate our similarities and work on becoming a united people. (By Julio Guerrero, LMFT)

Check out Summer Bash at Hollywood Park:

LINK [HERE](#)

You're Invited: 2nd Annual Juneteenth Celebration & Resource Fair

LINK [HERE](#)

## We Heart Kids!

Family Nature Club

June 25, 2022

Info [HERE](#)



## Quote of Note

It's only when you risk failure that you discover things. When you play it safe, you're not expressing the utmost of your human experience.

Lupita Nyong'o

quoted by





## 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 Groups**  
**English: Thurs. @ 5pm / Spanish: Sat. @ 9am**  
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