

RFC WELLNESS NEWSLETTER

HEALTH is for US

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

INSIDE THIS ISSUE:

July is...

Watch Here National BIPOC Awareness Month

Link [*HERE](#)

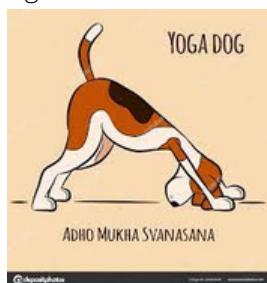


Pose of the Month

DOWNWARD FACING DOG

Step by Step

- Come onto your hands and knees. Hands in front of your shoulders, spreading fingers wide, knees directly under hips.
- Lift your knees from floor, slightly bend, press your heels towards the floor.
- If you can straighten knees if not keep them bend. Press thumb and index finger into the floor. Let head hang between your upper arms.
- Take 5-10 breaths.



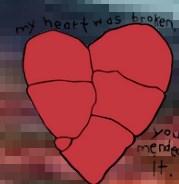
Article - [HERE](#)

Video Tutorial - [HERE](#)

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11 Questions

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

Interview with:
Stephannie Delgado
AMFT and
Clinical Specialist

Mindfulness Exercise of the Month



Chair Seated Twist

What is Chair Seated Twist?

Chair Seated Twist is an easy and accessible way to release stress in your upper body, back, and neck. All these areas tend to be impacted by stress and trauma.

How does it work?

Chair Seated Twist is a safe way to target the neck, hips, and shoulders while at the same time exercising the muscles of the back. Grounding the sit bones in the chair while extending and twisting also keeps the normal range of motion in the spine. This pose can be used while at work, at school, or on the go, and for all levels of ability.

What are the benefits?

- a) Stretch your lower back
- b) Relax tension in your neck and shoulders
- c) Provide more mobility in your hips

Step by Step:

- 1) Sit sideways on a chair with the back of the chair to your left, your feet flat on the floor, and your heels directly below your knees.
 - 2) Exhale, turn to the left, and hold the sides of the chair back with your hands.
 - 3) As you inhale, extend your spine upward.
 - 4) As you exhale, twist your torso and head farther to the left.
 - 5) Repeat steps 1 through 4, gradually twisting farther with each exhalation for 3 breaths (don't force it) and then hold the twist for 6 to 8 breaths.
 - 6) Repeat steps 1 through 5 on the opposite side.
- TIP: If your feet aren't comfortably on the floor for the Chair Seated Twist, elevate them with a folded blanket or a few books.

by Juliette Horwitz, AMFT



Link to 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 not being able to see everyone in person. The best part is being able to keep my dog(s) company or rather have my dog(s) keep me company during long workdays!"

2. Are you an early bird or night owl?

"Early bird!"

3. What is your favorite self-care activity?

"My favorite self-care activity is putting on a movie or show I have seen way too many times while laying in bed with my dog(s)."

4. What is your most-used emoji?



5. What is your favorite holiday?

"My favorite holiday is Thanksgiving because I get to spend the day with my entire family and eat amazing food."

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

"Comfort can be your biggest enemy because being uncomfortable just means that you're growing."

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

"I love working and collaborating with all of my RFC coworkers. Everyone is willing to help out and be there for you even with us being virtual."

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

"Cherry Bomb"

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

"I hated anything with balsamic vinegar in it and I still do."

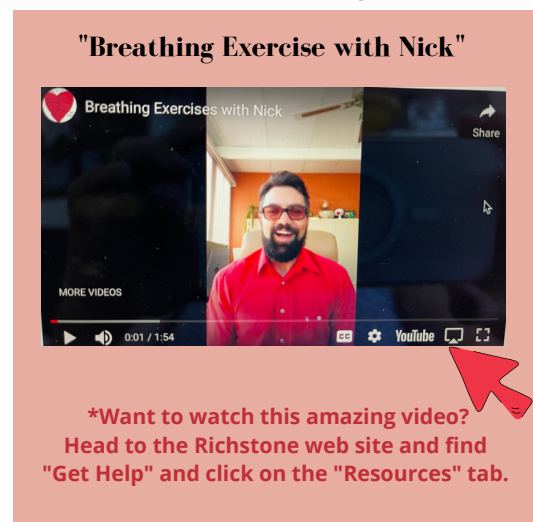
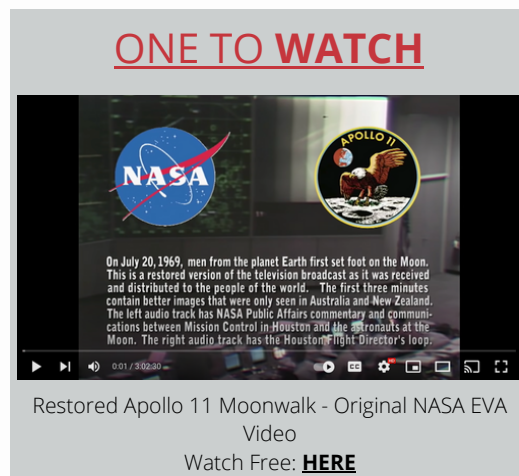
10. What was the last great movie you saw? Why would you recommend it?

"Doctor Strange in the Multiverse of Madness, I would recommend it because it is just another amazing MCU movie. OR Jurassic World: Dominion, I recommend it to anyone that loves dinosaurs or loves the Jurassic Park franchise."

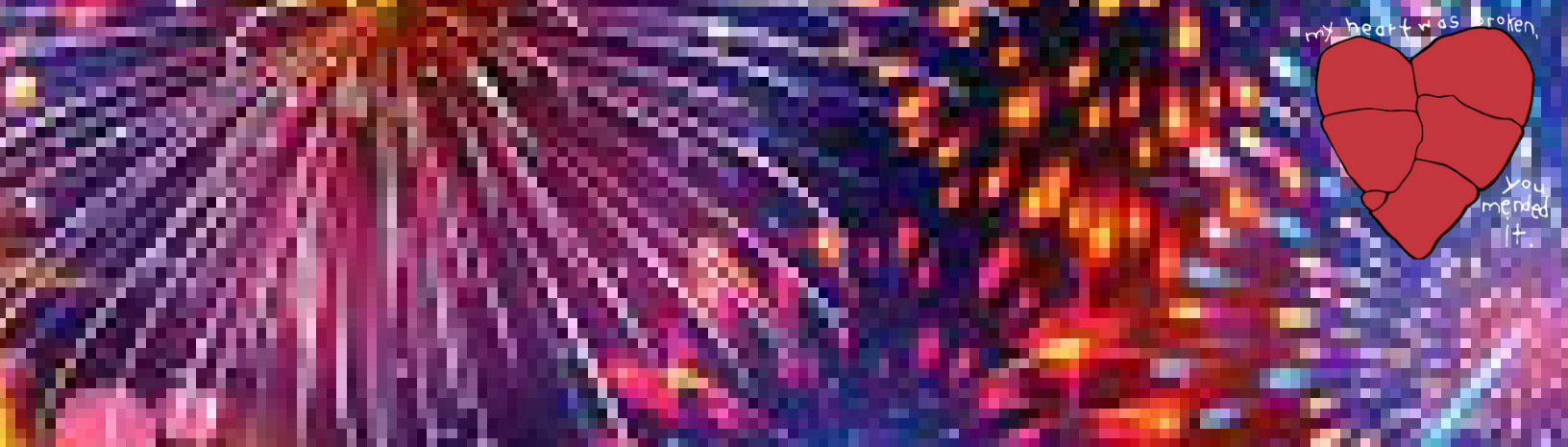
11. What is your favorite dessert?

"I love anything chocolate! Chocolate souffle, cake, cookies, etc."

RFC Library Pick



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



Healthy Habit

Making the Bed

Research says:

"While there isn't much research specifically studying the effects of making your bed, there is a solid body of evidence showing a clear link between living and working in an organized, clutter-free environment and having improved focus, goal-setting skills, productivity, and lower levels of stress.

In essence, the assumption is that a tidy house (or workspace), makes for a tidy mind."

Very Well Mind, Article - [HERE](#)

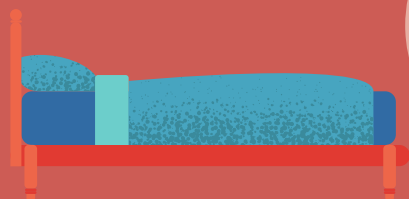
"It might be a small accomplishment, but making the bed sets the tone for the entire day." In a 2014

commencement speech at University of Texas at Austin, Admiral McRaven shared his thoughts on the matter. "If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another."

Watch it - [HERE](#)

"5" REASONS" Article - [HERE](#)

By Hayden Hunter
& Cleandra M. Waldron



TED

Ideas Worth Spreading

How Ethics Can Help You Make Better Decisions | Michael Schur



Watch [HERE](#)

"Tweety" Read



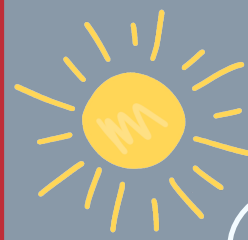
College Student
@CollegeStudent

Follow

SUMMER KINDA STRESSES ME OUT BECAUSE I FEEL LIKE I HAVE TO BE DOING SOMETHING FUN AT ALL HOURS OR ELSE IM WASTING SUMMER

10:23 AM - 9 Jun 2016

2,644 Retweets 5,646 Likes



"Making the Most of Summertime" -

Harvard.Edu
Link [HERE](#)



Richstone's IPV Group

Intimate Partner Violence (IPV) is a support group and safe space for individuals who have experienced or are currently experiencing domestic violence. This group focuses on providing psychoeducation for survivors going over topics such as: types of abuse, cycle of violence, stress and conflict management, warning signs of DV, communication styles and many others. IPV for Survivors is offered twice a week, one class in English and one in Spanish. The cost is \$5 per group session and a certificate of completion is given after attending 15 group sessions. (By Christine Gutierrez, AMFT)

We Heart Kids!

Long Beach Dragon Boat Festival

July 30, 2022

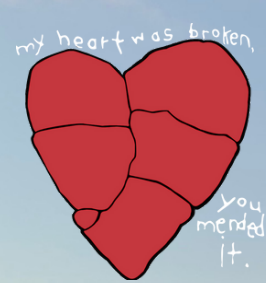
Info [HERE](#)



Quote of Note

"If you don't see a clear path for what you want, sometimes you have to make it yourself."

MINDY KALING



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