

RFC WELLNESS NEWSLETTER

HEALTH is Knowledge

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

INSIDE THIS ISSUE:

September is...

National Suicide Prevention Awareness Month*

[*Watch Here](#)

Link [*HERE](#)



Feature of the Month

988 Suicide & Crisis Lifeline

What is the 988 Suicide & Crisis Lifeline?

"The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States." The new number **988** will hopefully make it easier for folks to remember and access mental health crisis services.



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Article - [HERE](#)

Video Tutorial - [HERE](#)



11 Questions

Interview with:
Alexis Sanchez
PAT Program Supervisor

Getting to know the people at RFC a little bit more...

Why 11? Because 10 was not enough!

1. What was the hardest part for you during the pandemic, what was the best part?

"The hardest part is not being able to work side by side with my team! The best part is not having to commute/sit in traffic."

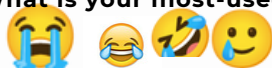
2. Are you an early bird or night owl?

"I am a mix of both, but if I had to pick I would say early bird"

3. What is your favorite self-care activity?

"My favorite self-care activity is cooking myself a nice dinner on the weekends! Or having a "rest day" and lounging at home all day."

4. What is your most-used emoji?



5. What is your favorite holiday?

"I love Thanksgiving. I love being around family and eating good food and enjoying the company of my loved ones!"

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

"The golden rule - treat others the way you want to be treated."
"

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

I have enjoyed working hands on and connecting with all of the clients and community members, especially during our in-person events

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

"My car does not have a name."

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

"I've never liked mushrooms, broccoli or olives. I tried them again as an adult and I still don't like them."

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

I just watched the Manti Te'o documentary on Netflix and would recommend it because it shows his journey through betrayal and forgiveness and highlights how he's learned to overcome being caught in an unfortunate event."

11. What is your favorite dessert?

"I absolutely love the Chocolate Molten Lava Cake from Chili's."

Mindfulness Exercise of the Month



Walking Meditation

What is Walking Meditation?

Walking meditation is one of many mindfulness exercises and it is meditation in motion. It is excellent for folks who have a hard time practicing a seated meditation since you will be walking which is a familiar part of our everyday experiences. Walking meditation is all about being aware of our body and physical sensations while we move.

Benefits of Walking Meditation

- Can improve sleep quality
- Can reduce anxiety
- Can improve digestion
- Boosts blood flow
- Develop appreciation for Mother Earth.

How-To Suggestions:

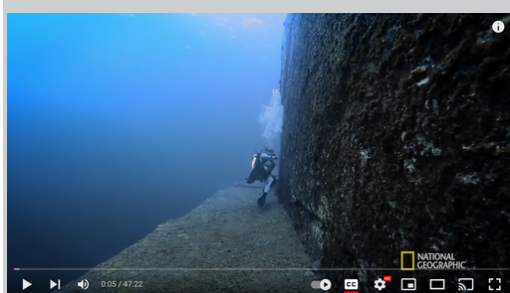
- Find a place to practice mindful walking ideally a place with no obstacles and flat surface
- Before you start walking take 3-5 deep breaths.
- Start noticing your feet on the ground
- Once you start walking pay attention to how your legs and feet feel when you move. Notice thoughts that may enter your mind. Draw your attention back to the movement and the sensations.



Link to Article [HERE](#)

Link to Video [HERE](#)

ONE TO WATCH



Legend of Atlantis - National Geographic
Watch Free: [HERE](#)

RFC Library Pick

"Having a conversation with a loved one considering suicide" with Seth Madej, AMFT



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



Healthy Habit

DANCE



Research has found that dancing or moving your body to music has various health benefits.

- Improves brain health
- Boosts cardiovascular health
- Builds core strengths
- Promotes flexibility
- May help prevent memory loss
- Can reduce stress
- Can help feel socially more connected

What are you waiting for?
Put on some music and let's **DANCE!**

Harvard Article - [HERE](#)

Watch it - [HERE](#)



TED

Ideas Worth Spreading

Stop Chasing Purpose and Focus on Wellness | Chloe Hakim-Moore



Watch [HERE](#)

"Tweety" Read



Stephanie Ortiz
@Six_Pack_Mom

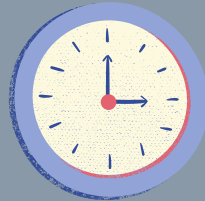
Following

Organizing for back to school, so I've already printed out 20 creative "Sorry we're late b/c.." letters.

That ought to cover September.

"6 Easy Strategies to Better Manage Time"

Psychology Today
Link [HERE](#)



DPSS-Department of Public Social Services

The Department of Public Social Services provides resources to families including but not limited to food and nutrition, health care, cash assistance, job services, seniors and persons with disabilities. They are committed to keeping the public informed about these essential benefits as well as resources offered by other service organizations in the country. Check out the link [here](#) for more information and to share with those in your community!



We Heart Kids!

Free Sundays @ Museum
of Latin American Art

When: every Sunday in
September

Info [HERE](#)



Quote of Note

it's easy to love
the nice things about ourselves
but true self-love is
embracing the difficult parts
that live in all of us

acceptance - rupi kaur





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 & Crisis Lifeline

988- Call, Text or 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