

RFC WELLNESS NEWSLETTER

HEALTH
is all AROUND us

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

INSIDE THIS ISSUE

October is...
Domestic Violence Awareness Month*

*Watch Here

Link [*HERE](#)

- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- IPV

Pose of the Month *Squat Pose*

- We Heart Kids!
- One to Watch
- RFC Library
- Quote of Note

What is Squat Pose?

- This pose keeps us on the move for life.

How does Squat Pose work?

- This pose stretches ankles, groins and back.

What are some of the benefits of Squat Pose?

- Aids digestion
- Strengthens metabolism
- Opens hips and groins.



Step by Step

- Squat with your feet as close together as possible, keep heels on the ground if you can, otherwise support heels with a mat.
- Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it between your thighs.
- Press your elbows against your inner knees, bringing your palms to together at the heart.
- Take 5-10 breaths.



Article - [HERE](#)

Video Tutorial - [HERE](#)

- Current Groups
- Group Highlight
- Resources
- Help Lines





11 Questions

Interview with:
Joel Jeboda
RFC Security Guard

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

Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.

Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.

Don't let tomorrow
Make you rush through today,
Or too many great moments
Will just go to waste.

And the person you're with,
In that moment you share,
Give them all of your focus;
Be totally there.

Laugh till it hurts,
Let the tears drop.
Fill up each moment
With all that you've got.

Don't miss the details;
The lesson is there.
Don't get complacent;
Stay sharp and aware.

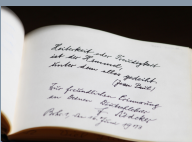
It can take but a moment
To change your life's path.
And once it ticks by,
There is no going back.

In just 60 seconds,
You may make a new friend.
Find your true love,
Or see a life start or end.

You become who you are
In those moments you live.
And the growth's not in taking
But in how much you give.

Life is just moments,
So precious and few.
Whether valued or squandered,
It's all up to you!

By: Patricia A. Fleming



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

The hardest part for me during the pandemic was I was out of a job and the best part was I was relaxing at home."

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

"Yes, I am an early bird."

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

"My favorite self-care activity is exercising."

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

My most-used emoji is thumbs up."



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

"My favorite tradition or holiday is exchanging gifts."

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

"The best piece of advice ever been given to me is just do your best."

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

"The best thing I like about working at RFC is the team work."

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

"Yes, the name of my current car is Toyota Camry."

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

"My least favorite food as a child was beans and I loved it now."

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

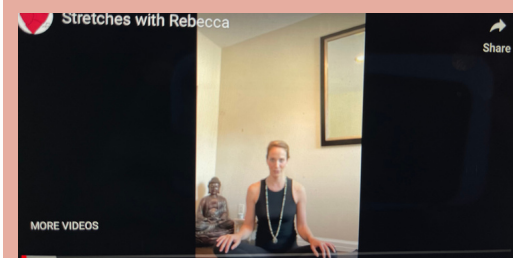
"My last great movie I saw was 'Just Mercy' and I recommended it because, it's good to be merciful to people even when they offend you."

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

"My favorite dessert is ice cream."

RFC Library Pick

"Stretches with Rebecca Hotzel, LMFT"



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

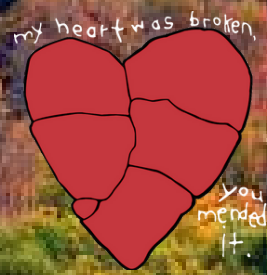
ONE TO WATCH



"Halloween Is Grinch Night"

Watch Free: [HERE](#)

Link to Video [HERE](#)



Healthy Habit

Read



Research has found that reading, in particular reading books can positively impact your life. It is said that reading books benefits both your physical and mental health. Some benefits include:

- Strengthens your brain
- Increases your ability to empathize
- Builds your vocabulary
- Helps prevent age related cognitive decline
- Reduces stress
- Prepares you for a good night sleep.
- Helps alleviate depressive symptoms

Take advantage that the days are getting shorter and get your hands on some real books! Research recommends to read anything that you enjoy!

Healthline Article - [HERE](#)

"

Watch it - [HERE](#)



TED

Ideas Worth Spreading

5 Parenting Tips for Raising Resilient, Self-Reliant Kids | Tameka Montgomery



Watch [HERE](#)

"Tweety" Read



Sam Grittner
@SamGrittner

Halloween is coming up and I still have no idea what I'm going to be for the rest of my life.

"7 Ways to Answer 'What Do I Want to Do With My Life'"

Psychology Today
Link [HERE](#)



Richstone Family Center's IPV Group

by Christine Gutierrez, AMFT

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.

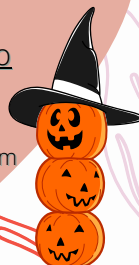


We Heart Kids!

Halloween on the
Boardwalk @ Redondo
Beach Pier

When: October 28 from 6-8pm

Info [HERE](#)



Quote of Note

Embrace the seasons
and cycles of your life.
There is magic in

CHANGE.

Bronnie Ware

SYMPHONY OF LOVE
Photo by Kendra Kanner





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: Teen Talk Group (Ages 14-17)
Free of Cost - Held each Friday @ 4pm starting
October 14th - Call to Register

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