

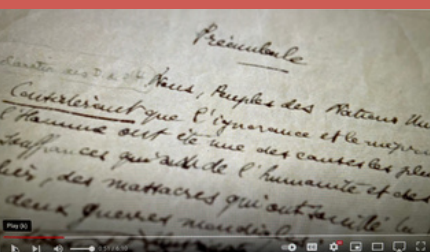
# RFC WELLNESS NEWSLETTER

**HEALTH is  
Visible**

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

## INSIDE THIS ISSUE:

### \*Watch Here



### December is...

**Universal Human Rights Month\***

Link [\\*HERE](#)

## Pose of the Month

### Standing Forward Bend

What is Standing Forward Bend Pose?

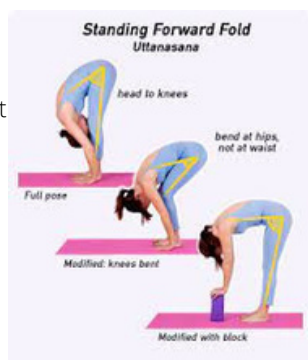
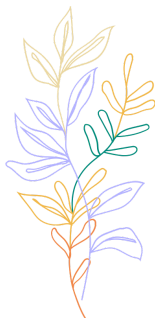
- This pose is considered a calming and relaxing pose.

How does Standing Forward Bend Pose work?

- This pose activates the relaxation response and deactivates the stress response part in the brain.

What are some of the benefits of Standing Forward Bend Pose?

- Improves body awareness and balance
- Can help manage stress since it activates the relaxation response in the brain.
- Stretches various muscle groups.



## Step by Step

- Begin by standing with feet hip width distance apart.
- Bend your knees slightly and fold your torso over your legs, hinging from the hips not the lower back.
- Let your arms hang, your hands may hang, touch your feet or the ground.
- Inhale, and extend your chest to lengthen your spine.
- Exhale, extend your torso down without rounding your back.
- Lengthen your neck, extending the crown of your head toward the ground.

- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- Anger Management Class
- We Heart Kids!
- One to Watch
- RFC Library
- Quote of Note

- Current Groups
- Group Highlight
- Resources
- Help Lines





## Mindfulness Exercise of the Month



Sit or lay down in a safe comfortable space. Maybe turn your phone on silent and tell your family/roommates that you will be "back" in 5 mins. Sit with your back to the wall or chair and make sure you feel safe and supported by the floor or chair underneath you. Either close your eyes or let the focus of your vision become "soft" as you stare at something in front of you. Breathe in and out and listen to the sound of your breath. Begin to breathe out of your mouth like you were blowing "fog" onto a mirror or to clean glasses. Hear the "ocean sound." Continue to breathe in and out like this, hearing the ocean sound of the breath as you exhale. Begin to notice the thoughts that might pop into your mind. Maybe a thought pops in about work/school, or a memory. Imagine that you are sitting on a beach and the thought is written on the sand by the shore. The next time you breathe out, imagine a wave washing the thought off the sand on the beach. The sand is clean again. Repeat with each new thought. Breathe in and out and let your breath wipe each new thought away. \*\*\*Try for 5-10 mins

# 11 Questions

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



Interview with:  
**Veronica Williams, AMFT and  
Community Outreach  
Coordinator**

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

"I think the uncertainty and fear concerning COVID was very troubling for me. I also think the isolation and disconnection from the people in my life was difficult. The best part of the pandemic was experiencing the benefits of telehealth. I prefer in person service in certain circumstances, but telehealth is a useful therapeutic tool that I might not have experienced if it weren't for the pandemic."

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

"I am a night owl."

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

"I enjoy reading and listening to music. I also enjoy spending time with people that I feel close to. Anything that makes me laugh is also a great self care activity for me."

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

😊 and 💖 are my most used emojis."

### 5. What is your favorite holiday?

"I love Christmas! During the Christmas season I have to drink at least one cup of cocoa and watch sappy Christmas movies."

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

"During graduate school my favorite professor told me to be myself during my therapy sessions and that advice has served me well"

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

"The thing I like most about working at RFC is the sense of community among the staff and clients."

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

"My car does have a name and it is JC after my Uncle Joseph."

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

"When I was a kid I hated liver and mixed vegetables and I still hate them both."

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

"I have been watching a lot of Christmas movies lately. I can't think of one that I like more than the others. I like Christmas movies because of the beautiful scenery and the spirit of love and kindness."

### 11. What is your favorite dessert?

"I love chocolate! Anything chocolate is a pretty safe bet for me, but one of my aunts makes a very good chocolate cake and I really like that or chocolate chip cookies are great."

## ONE TO WATCH Be Kind



10 minutes of Jimmy Darts Touching People's Hearts  
Watch Free: [HERE](#)

## RFC Library Pick

### "How to use Connect"



**\*Want to know how to use Connect?**  
**Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.**



## Healthy Habit

### Floss Your Teeth



*Research has found that flossing teeth in addition to toothbrushing reduces risk for gum disease, cavities, soreness and puffiness*

#### How to do it:

- Break off about 18 to 24 inches of dental floss. To hold the floss correctly, wind most of the floss around both of your middle fingers. Leave only about 1 to 2 inches of floss for your teeth.
- Next, hold the floss taut with your thumbs and index fingers.
- Place the dental floss in between two teeth. Gently glide the floss up and down, rubbing it against both sides of each tooth. Don't glide the floss into your gums. This can scratch or bruise your gums.
- As the floss reaches your gums, curve the floss at the base of the tooth to form a C shape. This allows the floss to enter the space between your gums and your tooth.
- Repeat the steps as you move from tooth to tooth. With each tooth, use a new, clean section of floss.

Article - [HERE](#)

Video Tutorial - [HERE](#)

## TED

### Ideas Worth Spreading

#### Why You Feel Anxious Socializing (And What To Do About It) | Fallon Goodman



Watch [HERE](#)

## "Tweety" Read



**M@thew** @TweetPotato314 · 1d  
the twelve days of christmas is completely unrealistic there is no way that you're still accepting gifts from someone after four days of birds



99



4,586



34.9K



"The Importance of Giving Back During the Holiday Season"

The Camden Chronicle  
Link [HERE](#)



## Anger Management Class

By Seth Madej, AMFT

Anger is a natural and appropriate emotion but inappropriately dealing with anger can be damaging to ourselves and to others. Richstone's Anger Management class helps participants to improve their relationships, reduce their distress, and benefit their physical health by learning to control their anger responses. Skills covered in this 15-session course include coping with triggers, conflict management, relaxation techniques and more. Classes are available for both adults and teenagers and for both English- and Spanish speakers. For more information visit [richstonefamily.org](http://richstonefamily.org) or call 310-970-1921.



### We Heart Kids!

[LA County Holiday Show](#)

When: December 24th, 3-6pm

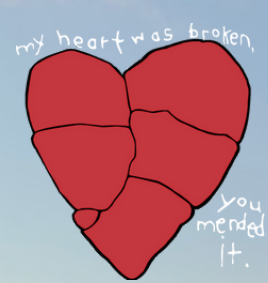
Info [HERE](#)



## Quote of Note







## 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**  
**January 2023 - 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