

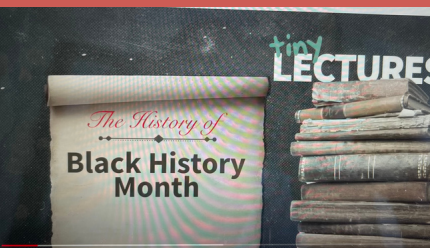
RFC WELLNESS NEWSLETTER

HEALTH is LOVE

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

INSIDE THIS ISSUE:

***Watch Here**



February is...

Black History MONTH*

Link [*HERE](#)

Pose of the Month

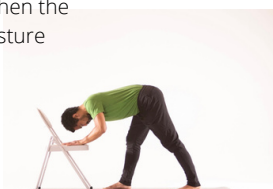
Pyramid Pose

Step by Step

1. From a standing position, place one foot in front to create triangle, like you are walking forward.
2. Depending on your flexibility, straighten your legs or you can have the front knee bent.
3. Lift your stomach and chest up.
4. Put both hands on your hips or you can use a chair to help keep you balanced if needed.
5. Take a big breath to stretch your back.
6. As you breathe out, slowly fold your chest and head down towards your leg that is in front. It is OK to let your back curve a little bit if it is not fully straight.
7. Move your hands from your hips, bring them to the outside of your feet, and place them on the floor to keep you stable. If your hands do not reach the floor, you can use blocks, books, or a chair to make the distance from the floor and your hands shorter.
8. As you breathe, this will stretch your spine and send the blood in your body to your brain. Stay for two to five breaths.
9. When finished, bring your hands back to your hips and slowly lift your head and back so they are straight up.
10. From here, you can bring the leg from the front and your back leg together to stand.
11. To keep the body in balance, repeat on the other side.

About the Pose

1. What is Pyramid Pose?
 - a. This pose is a deep stretch for the legs and helps send blood to the brain..
2. How does the Pyramid (Parsvottanasana) Pose work?
 - a. This pose stretches and strengthens the legs and shoulders.
 - b. Bending forward helps send blood to the brain.
3. What are the benefits of Pyramid Pose?
 - a. There are many benefits to Pyramid Pose, including: i. Calm the brain
 - ii. Stretch the back
 - iii. Strengthen the legs and back
 - iv. Improve posture
 - v. Aid digestion



Article - [HERE](#)
Video Tutorial - [HERE](#)

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

- Current Groups
- Group Highlight
- Resources
- Help Lines





Mindfulness Exercise of the Month

Mindfulness Leaf Exercise



What is the Mindfulness Leaf Exercise

The mindfulness leaf exercise is another mindful exercise in which you stay in the present moment by observing a leaf.

How does it work?

You pick a leaf and look at it for 3-5 min.

What are the benefits?

- a) Improve concentration
- b) Decrease anxiety and stress
- c) Less emotional reactivity



Step by Step:

- 1) Find a leaf and place it in your hand.
- 2) Bring your full attention to the leaf.
- 3) Notice the things about its physical characteristics. Turn it over and around and follow the patterns and form.
- 4) Describe it to yourself like you are daydreaming.
- 5) Notice the colors, textures, and shapes without judging them as bad or good, unpleasant or pleasant, beautiful or ugly.
- 6) Resist any urge to think about or assess the leaf. Simply observe it for what it is.
- 7) Do this mindfulness exercise for as long as you can. Every time you notice your mind has wandered, simply draw it back to the exercise with gentleness.

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)


11 Questions

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



Interview with:

Valerie Rumery, LMFT, Contract Coordinator & Quality Assurance Specialist

1. **What was the hardest part for you during the pandemic, what was the best part?**
"The hardest part was not seeing my grandparents and far away family for a long time. The best part was getting a puppy."
2. **Are you an early bird or night owl?**
"Night Owl"
3. **What is your favorite self-care activity?**
"Jogging and cooking. I love making soups this time of year."
4. **What is your most-used emoji?**

5. **What is your favorite holiday?**
"Christmas. I love everything about it."
6. **What's the best piece of advice you've ever been given?**
"This too shall pass."
7. **What is the thing about working at RFC that you like the best?**
"The best part of the job is being a part of an organization that does so much for the community."
8. **Does your current car have a name? If so, what is it?**
"Yes, 'Marshmallow.'"
9. **What was your least favorite food as a child? Do you still hate it, or do you love it now?**
"Tapioca pudding was my least favorite thing as a kid, and I still hate it."
10. **What was the last great movie you saw? Why would you recommend it?**
"Elf, still a fun movie."
11. **What is your favorite dessert?**
"Chocolate covered gummy bears."

RFC Library Pick

"Boundaries Visualization" with Juliette Horwitz, AMFT

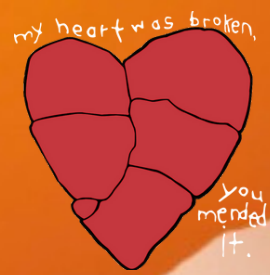


*Want to listen to this amazing audio ?
Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.

ONE TO WATCH



Mariam Veiszadeh - How to Recognize Privilege - and Uplift Those With it
Watch Free: [Here](#)



Healthy Habit



Having Indoor Plants



Research suggests that having indoor plants has several amazing benefits to your overall health.

Some benefits include:

- May help reduce stress levels
- Having plants can be therapeutic
- May help recover from illness faster
- May boost productivity
- May improve quality of indoor air

So what are you waiting for?



Make a trip to the next nursery and find some beautiful indoor plants for your space!

Article on "Indoor Plants" - [HERE](#)

Indoor Plants Benefits Video - [HERE](#)

TED

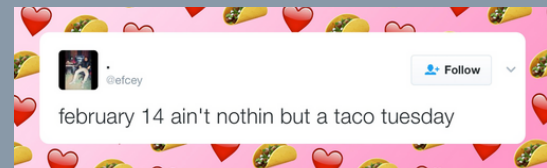
Ideas Worth Spreading

Cultivating Unconditional Self-Worth | Adia Gooden



Watch [HERE](#)

"Tweety" Read



"8 Elements of a Healthy Relationship"

Psychology Today
Link [HERE](#)

Couples Group

By Lauren Matern, MFTT

"We are excited to announce that Richstone Family Center is now offering a Couples Group which will begin on February 7th at 6pm. The group will focus on developing communication skills, the repair process, and increasing empathy & connection. Some details about the group: it is an open group, free, English, virtual, & runs for 12 weeks." To register please call 310 970 1921 ext: 159 or 146.



We Heart Kids!

Family Theatre: The Spirit of Black Folklore

When: February 25th @ 11am

Info [HERE](#)



Quote of Note

"How you love yourself is how you teach others to love you."

—RUPI KAUR, MILK AND HONEY





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: Couples Group
Free of Cost - February 7th, 6pm - 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