

# RFC WELLNESS NEWSLETTER

## HEALTH is POWERFUL

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

INSIDE THIS ISSUE:

**\*Watch Here**



**March is...**

**Women's History MONTH\***

Link **\*HERE**

## Pose of the Month

### Three-Legged Dog Pose Step by Step

### About the Pose

1. What is Three-Legged Dog Pose?

a. This pose is a balancing pose.

2. How does the Pose work?

This pose opens up your hips and ribs and helps improve your overall balance.

3. What are the benefits of Three-Legged Dog Pose?

a. Full -body stretching

b. Strength building

c. Energizing and rejuvenating the nervous system

d. Relief from stress, headaches, fatigue, poor digestion, and back pain



Article - [HERE](#)

Video Tutorial - [HERE](#)

1. Start on all fours. Shoulders stacked over elbows and wrists. Hips stacked over knees
2. Walk the hands 2 inches in front of your shoulders, spread your fingers wide and firmly root hands into the earth with the weight distributed evenly throughout your hands.
3. On an exhale, tuck the toes, lift the knees off the earth and shift the hips up and back.
4. Create an upside down V with your body. Gently straighten your legs. Reach your heels towards the earth (they don't have to touch) and press the floor away with your hands.
5. The hands are shoulder distance apart and the feet hip distance apart.
6. Lengthen your spine. \*You can bend your knees as much as you need to in order to do this.
7. Draw your shoulders away from your ears, relax the hand slightly and bring your gaze to your thighs or navel
8. On an inhale, lift the right leg up and back. Square the hips off to face the earth. Activate the lifted leg and keep lifting it from the inner right thigh. Flex the right toes and reach the heel and the ball of the right foot.
9. To get out of Three Legged Down Dog gently place the right foot back on the earth to come back to down dog, bend the knees and gently release them back onto the earth. Repeat on the opposite side

- 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

### Mindful Listening Exercise



#### What is the Mindful Listening Exercise

The mindful listening exercise is another mindfulness exercise that involves your ears.

#### How does it work?

This exercise will open up your ears in a non-judgmental way. The idea of this exercise is to listen to some music from a neutral standpoint, with a present awareness that is unhindered by preconception.

#### What are the benefits?

- a) Improve concentration
- b) Letting go of preconceptions
- c) Improve listening skills

#### Step by Step:

- 1) Select a piece of music you have never heard before.
- 2) Close your eyes and put on your headphones.
- 3) Try not to get drawn into judging the music by its genre, title or artist name before it has begun.
- 4) Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyze each one by one. Home in on the vocals: the sound of the voice, its range and tones. If there is more than one voice.
- 5) Be free of judgement and stop thinking and just LISTEN.

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  
Robert Lopez, Marriage and Family  
Therapist Trainee

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

"Hardest part for me would be the face to face connection with everyone. It was nice working from home, but I thrive on that connection. The best part would be saving money on gas."

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

"Early Bird"

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

"I love going on hikes alone!"

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



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

"Thanksgiving, cant go wrong with food and family."

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

"Whatever you do give it 110%."

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

"I love that I get to work with so many talented individuals!"

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

"No name for my car."

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

"I hated onions growing up, but I've learned to like them as an adult now!"

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

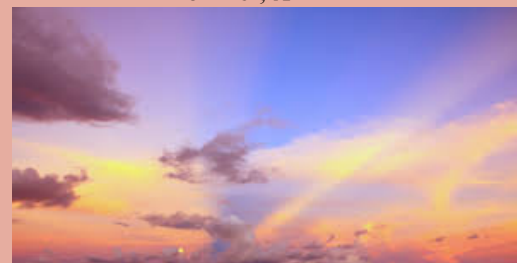
"Last movie I saw was a man called otto which was interesting."

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

"Tiramisu"

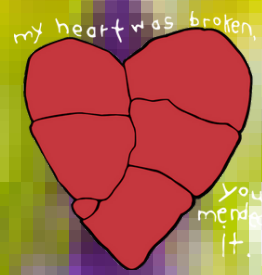
## RFC Library Pick

"Expansion Meditation" 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.





## Healthy Habit

### Start your Day with Lemon Water



Research has found that drinking water with lemon first thing in the morning has major health benefits.

#### Some benefits include:

- Aids in digestion
- Helps you stay hydrated
- Provides healthy dose of vitamin C
- Helps prevent kidney stones
- Provides a potassium boost

#### How to:

When you wake up in the morning, take a glass and fill it with water. Take a lemon, wash it and squeeze lemon juice into the glass. Squeeze in as much or as little as you want. You can also warm up the water and drink it warm.

Article on "Water with Lemon"-  
[HERE](#)

Water with Lemon Benefits  
Video - [HERE](#)

# TED

Ideas Worth Spreading

### "A Seat at the Table" Isn't the Solution For Gender Equity | Lilly Singh



Watch [HERE](#)

## "Tweety" Read



Happy "my car clock is right again" day to all who celebrate

4:51 AM · Mar 13, 2022 · Twitter for iPhone

14.3K Retweets 1,192 Quote Tweets 153.6K Likes



"11 Things to Know about  
Natural Light and Your  
Health" -  
Healthline  
Link [HERE](#)

(Spring Forward = Extra Sunlight,  
yay!)



## Couples Group

By Lauren Matern, MFTT

We are excited to announce that Richstone Family Center is now offering a Couples Group. The group focuses on developing communication skills, the repair process, and increasing empathy & connection. Some details about the group: it is an open group, free, English and virtual. To register please call 310 970 1921 ext: 159 or 146.

## We Heart Kids!

César Chávez Family Day

When: Sunday, March 26  
12-4pm  
Info [HERE](#)

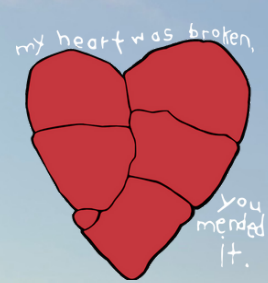


## Quote of Note

“

What you do makes  
a difference, and you  
have to decide what  
kind of difference  
you want to make.

*Jane Goodall*



## 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 - Tuesdays, 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