

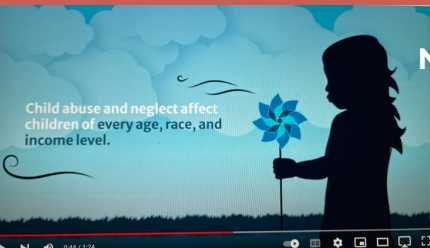
WELLNESS NEWSLETTER

HEALTH is being Resilient

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

INSIDE THIS ISSUE:

*Watch Here



National Child Abuse Prevention MONTH*

Link [*HERE](#)

Feature of the Month

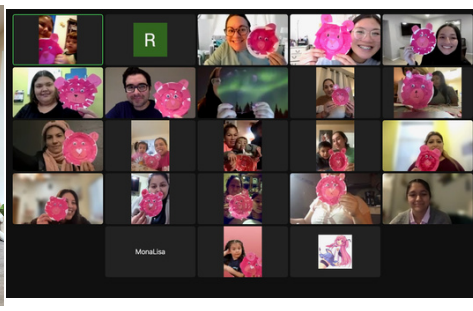
Let's Celebrate Home Visiting Day

On April 21, 2023, we are joining the L.A. County Board of Supervisors and 60+ local organizations and hospitals in celebrating home-visiting teams across our county! Help us get the word out about the free support services for those who are pregnant or have recently given birth. Richstone Family Center Home Visiting Program offers free home visiting services for families with children under the age of 5 or families currently expecting that live in West LA or South Bay. If you would like more information about our Home Visiting Program please give us a call at (323) 970-1921 ext. 401.

From the Home Visiting Team, we would like to give a big Thank You to all the families enrolled in our program that are always ready to participate in their visits, want to learn more about their child's development,

and are always advocating for their needs. A big thank you to the Home Visiting Team for continuing to provide services and support to the families in our Home Visiting Program.

To find services in another part of L.A. County, go to eDirectory.HomeVisitingLA.org.



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

- Current Groups
- Group Highlight
- Resources
- Help Lines





Interview with
Mayra Zacarias, Associate Marriage
and Family Therapist

Mindfulness Exercise of the Month

Taking 10 Deep Breaths

Sit or lay down in a safe comfortable space. (This can be sitting in the car or "hiding" on the bathroom floor:)

Feel the outer edges of your body. - notice the top of your head and the tips of your fingers and toes.


Breathe in and notice the air filling your lungs. Breathe out and notice your lungs push the air out.

Breathe in and out and say "1" Breathe in and out and say "2" Breathe in and out and say "3" Breathe in and out and say "4" Breathe in and out and say "5" Breathe in and out and say "6" Breathe in and out and say "7" Breathe in and out and say "8" Breathe in and out and say "9" Breathe in and out and say "10"

Repeat 1-3x per day or whenever you feel overwhelmed or anxious.

11 Questions

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 during the pandemic was being away from my family and the fear of my loved ones and I getting sick. The best part was not commuting to school or work."
- 2. Are you an early bird or night owl?**
"I am an early bird."
- 3. What is your favorite self-care activity?**
"My favorite self-care activity will be going for walks or spending time with my 2 dogs."
- 4. What is your most-used emoji?**

- 5. What is your favorite holiday?**
"My favorite holiday is Christmas. I love everything about it, spending time with my family, food, watching Christmas movies."
- 6. What's the best piece of advice you've ever been given?**
"Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do."

- 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 support I have received from my supervisors and colleagues and the opportunities given to me throughout my time here."
- 8. Does your current car have a name? If so, what is it?**
"It currently 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?**
"My least favorite food as a child was seafood, I love some seafood now."
- 10. What was the last great movie you saw? Why would you recommend it?**
"The last movie I saw was Everything Everywhere All at Once. It's a sci-fi, comedy, adventure movie, I recommend it."
- 11. What is your favorite dessert?**
"I love ice-cream, especially the butter pecan flavor."


RFC Library Pick

"10 Breaths Audio" with Cleandra Waldron



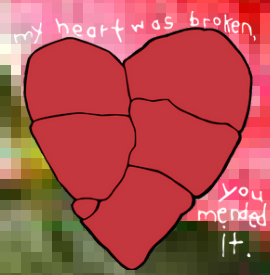
***Want to listen to this amazing audio ? Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.**

ONE TO WATCH



One Earth - Environmental Short Film
Watch Free: [Here](#)

Link Article [HERE](#)
Link to Video Tutorial [HERE](#)



Healthy Habit

Getting Regular Check Ups

Research has found that having regular medical and dental check ups can prevent sickness, reduce major dental work and overall improve overall health.

Other benefits include:

- Detect potentially life-threatening health conditions or diseases early
- Increase chances for treatment and cure
- Reduce healthcare costs over time by avoiding costly medical services

What are you waiting for? Schedule your annual medical and dental check up!



Article on "Importance of regular check ups" - [HERE](#)

"Annual check ups" Video - [HERE](#)

TED

Ideas Worth Spreading

How Long It Takes To Change Your Life? | Nwal Hadaki



Watch [HERE](#)

RICHSTONE FAMILY CENTER PRESENTS: TEEN TALK

WHO: TEENS AGES 14-17
WHEN: FRIDAYS @ 4PM
WHERE: HAWTHORNE OFFICE

Facilitated By:
 Alexandra Hoatus, AMFT and
 Veronica Williams, AMFT

To Register Call:
 (310) 970-1921, ext. 216 or 119

Begins: April 21, 2023

Do you have things on your mind & wish you had someone to talk to? You're not alone. Join us for 10 weeks of conversation & connection with teens just like you.

"Tweety" Read

Simon Holland @simoncholland

If you hide 48 eggs and tell your kids there are 50 you can get a little nap in.



"How To Revive From Parental Burnout" - Psychology Today

Link [HERE](#)



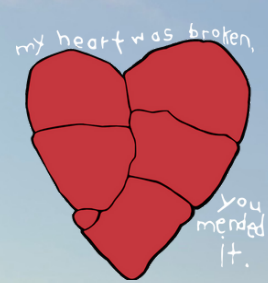
Teen Group Starting April 21, 2023

Quote of Note



We Heart Kids!
 Kids Earth Day Nature Hike - Griffith Park

When: April 22, 2023
 9:30am
 Info [HERE](#)



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 Group
Free of Cost -Start April 21 - 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