



RFC WELLNESS NEWSLETTER

HEALTH is BEAUTIFUL

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

INSIDE THIS ISSUE:

[*Watch Here](#)



May is...
Mental Health Awareness MONTH*

[Link *HERE](#)

Pose of the Month *Sphinx Pose*

About the Pose

What is Sphinx Pose?

- This pose boosts your immune system.

How does Sphinx Pose work?

- This pose encourages good posture, opens the heart and stretches the chest.

What are some benefits of the Sphinx Pose?

- Stimulates abdominal organs
- Stretches shoulders and spine
- Helps relieve stress

Article - [HERE](#)

Video Tutorial - [HERE](#)

Step by Step

- Lie on your belly, legs side by side, and bring your elbows right under your shoulders.
- Draw your shoulders away from your ears and keep your head lifted. Actively press your forearms and legs onto the floor as you lengthen the spine.
- Take 5-10 breaths.



- 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

11 Questions

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

Interview with
Dulce Gomez, Parents as Teachers
Program Supervisor

PMR (Progressive Muscle Relaxation)

*Sit or lay down in a safe, comfortable space.
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.
Breathe in and pause. Breathe out and pause again.
Bring your attention to your feet and toes. The next time you breathe in, scrunch your toes tightly. Hold the scrunch while you pause at the top of your breath. Exhale, relax, unscrunch your toes, and pause before you breathe in again.
Focus on your thighs and "seat." The next time you breathe in, contract your thighs and seat tightly. Hold them tight while you pause at the top of your breath. Exhale, relax, your thighs and seat, and pause before you breathe in again.
Repeat with contracting your shoulders.
Repeat with scrunching your face.
Breathe in and out and teach your body what it feels like to relax the muscles and encourage the mind to "relax" as well. ***Try for 5 mins each day.*

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

"My biggest challenge during the pandemic was feeling like I was living in the twilight zone and overstimulation due to media, social platforms, etc. The best part is that it led me to take an offer with RFC as a parent educator and has thus led me to connect with wonderful professionals and work with families/ communities that benefit greatly from our support. ."

2. Are you an early bird or night owl?

"I am a night owl, through and through."

3. What is your favorite self-care activity?

"Setting and reinforcing boundaries to ensure that I am surrounded by love and authenticity so that I can continue to grow, on both a professional and human level. "

4. What is your most-used emoji?



"It reminds me of Esqueleto from Nacho Libre"

5. What is your favorite holiday?

"This is more of a personal tradition, but every year on the day after thanksgiving, instead of going shopping, I go on a hike with my partner and we watch the sunrise. It helps me practice mindfulness and gratitude. "

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

" Move with intention and choose courage over comfort, always."

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

"RFC's mission statement is to treat and prevent child abuse and trauma; strengthen and educate families; and prevent violence in families, schools, and communities and that's exactly what we do here. It fills me with pride and joy to be part of an organization that abides by what it seeks to achieve, and it does so with endless compassion and dedication."

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

"Maximiliano, because it sounds unnecessarily expensive just like my car."

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

"Liver. Still hate it!"

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

" NOPE, because Jordan Peele is a cinematic genius. "

11. What is your favorite dessert?

"Chocolate buttermilk donuts from Randy's Donuts. "

RFC Library Pick

"Progressive Muscle Relaxation"

Muscle Relaxation



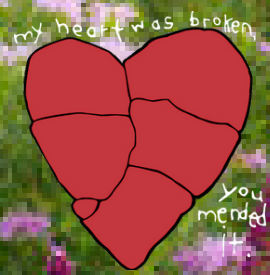
***Want to listen to this amazing audio ?
Head to the Richstone web site and find
"Get Help" and click on the "Resources" tab.**

ONE TO WATCH



Memorial Day: A Forgotten History
Watch Free: [Here](#)

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



Healthy Habit

Correct your Posture



Research has found that correcting your posture through out the day can prevent major aches and pains.

Other benefits include:

- Helps prevent excessive strain on joints and muscles
- May boost your self esteem
- May boost your mood

TED

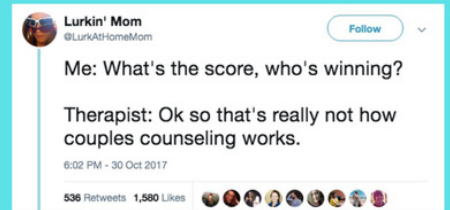
Ideas Worth Spreading

Why Autism Is Often Missed in Women and Girls | Kate Kahle



Watch [HERE](#)

"Tweety" Read



"5 Lessons from Couples Therapy That Can Help Any Relationship" - Psychology Today



Link [HERE](#)

Couples Group

By Lauren Matern, MFT

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 free, in English and virtual. To register please call 310 970 1921 ext: 159 or 125.

Quote of Note

But the true nature of the human heart is as whimsical as spring weather. All signals may aim toward a fall of rain when suddenly the skies will clear.

—Maya Angelou

@weareteachers

We Heart Kids!

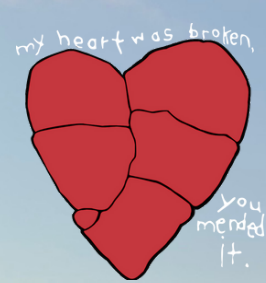
[Family Nature Club](#)

When: May 27th
9am-10:30am
Info [HERE](#)



Article on "Good Posture" - [HERE](#)

Benefits of Good Posture Video - [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: Couples Group June 20th
Free of Cost - Tuesdays, 7pm - 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