



# RFC WELLNESS NEWSLETTER

## HEALTH is Carving out Time for Yourself

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

INSIDE THIS ISSUE:

**\*Watch [Here](#)**



**October is...**

**Domestic Violence Awareness MONTH\***

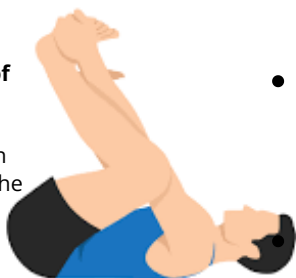
[Link \\*HERE](#)

## Pose of the Month

### Happy Baby Pose Step by Step

- Lie on your back, then bend your knees into your belly.
- Inhale, grip the outsides of your feet with your hands. Open your knees slightly wider than your torso, then bring them up toward your armpits.
- Position each ankle directly over the knee, so your shins are perpendicular to the floor. Flex your feet.

Take 5-10 breaths here.



### About the Pose

What is Happy Baby Pose?

- Happy Baby Pose is a restful and restorative pose.

How does the Corpse Pose work?

- By laying down on your back, and grabbing your feet, you'll stretch your hamstrings, hips and inner thighs.

What are some benefits of the the Pose?

- reduces lower back pain
- realigns and stretches the spine
- lowers heart rate

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
- Feature of the month
- 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 Nasya Lumanauw, Parent Educator

## Observe Your Thoughts Exercise

### What is Observe your Thoughts Exercise?

This exercise is designed to simply learn and pay attention to your thoughts without any judgement.

### Step by Step:

- 1) Sit or lie down and close your eyes.
- 2) Start focusing on your breathing
- 3) Change focus to your thoughts. Be aware of what comes into your head but resist the urge to label or judge these thoughts. Think of them as a passing cloud in the sky of your mind.
- 4) If your mind wanders to chase a thought, acknowledge whatever it was that took your attention and gently guide your attention back to your thoughts.

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)

#### 1. What is the best vacation you ever took and why?

"Indonesia! It's where my family is from and I just love the scenery, the food, and connecting with relatives I don't see very often."

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

"Unfortunately, neither. I have a hard time waking up in the morning and am usually the first one to fall asleep."

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

"Going to my indoor cycling classes."

#### 4. What was your favorite age growing up and why?

"The level of imagination and play my sister and I had at 6-7 years old made life so much fun. It still cracks me up to this day how we used to put baby powder on one side of our faces to imitate a scene from Mulan, where she takes off her makeup in one swipe, and sing Reflection in the mirror."

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

"Christmas is one of my favorite times of the year. I enjoy everything about it! I'm that person who plays Christmas music all month."

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

"Don't close yourself off to others solutions. There's always a way."

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

"I love the connections I have built with the families I've worked with. It's such a rewarding experience to be a part of their lives with each stage of their child's development and their parenting journey."

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

"I don't have a name for my car but I seem to refer to my car as my son."

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

"I thought broccoli was awful as a child but it's now one of my favorite vegetables!"

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

"The last movie I saw recently was Elemental. It was a really sweet movie about family, love, and sacrifices and reminded me of my experiences with my family."

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

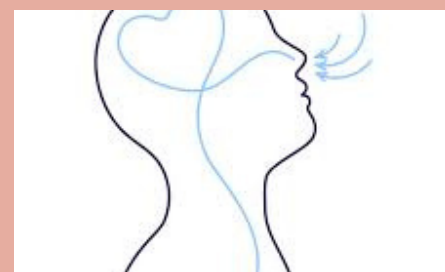
"Anything with chocolate is my go to."

**ONE TO WATCH**

History of Halloween  
Watch Free: [Here](#)

## RFC Library Pick

"10 Breaths Audio" by 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.





# Healthy Habits

## Have Something to Look Forward To

Research has found that people who have things to look forward to are less likely to dwell on negative thoughts.

Experts say, "It can increase motivation, optimism and patience and decrease irritability."

Additionally experts say that you do not need to plan big events such as trips, concerts, or other events, it can be as simple as the food you'll eat the next day, the book you are going to start reading, the walk you'll take with a friend. It's simply the accumulation of these little things that helps people to look forward to the future. Hence decrease stress and negative thoughts.

Article [-HERE](#)

# TED

Ideas Worth Spreading

## Why I Stayed, Why I Left | Mada Tsagia-Papadakou



## Watch [HERE](#)



## We Heart Kids!

### [Pumpkin Race Festival](#)



When: Sunday, October 29th @ 12pm  
Info: [HERE](#)

## "Tweety" Read



Simon Holland  
@simoncholland

Why would I spend \$5 on a bag of apples at the store when I can wear warm fall clothes in 88° weather and pay \$56 for our family to pick them ourselves.



"How Spending Quality Time Can Really Strengthen Families"

Psychology Today

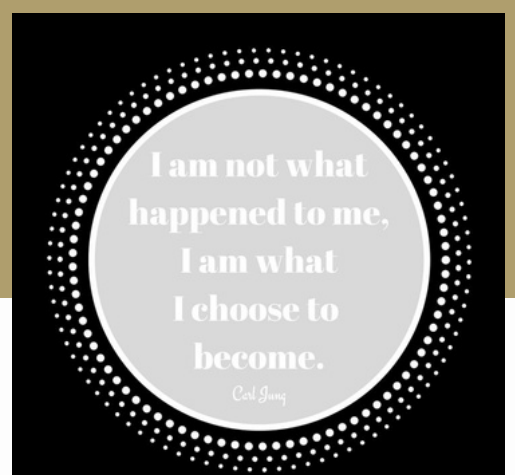
Link [HERE](#)



## Shout Out

Jessica Brandin, AMFT and Ericka Franklin, AMFT attended back to school night at Bud Carson Middle School where they spoke with parents about RFC services and the work with Hawthorne School District.

## 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]

### **Couples/Parejas [online/virtuales]**

Co-Parenting Group (English) - 18+ - FREE - Thursday @ 5-6pm

- Co-Parenting Group (Spanish) - 18+ - FREE - Saturdays @ 9-10am

Couples Group (English) - 18+ - FREE - Tuesday @ 6-7pm

**NEW: Teen Group,  
Free of Cost - Fridays @ 4pm - 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