

RFC WELLNESS NEWSLETTER

HEALTH is Creativity

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

INSIDE THIS ISSUE:

[*Watch Here](#)



December is...
Universal Human Rights **MONTH***
[Link *HERE](#)

Pose of the Month

Legs Up the Wall Pose

About the Pose

What is Legs up the wall Pose?

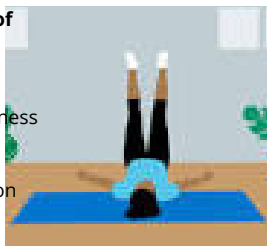
- It is a restorative pose with many health benefits

How does legs up the wall Pose work?

- This pose helps you let go of stress, anxiety and regulates breathing.

What are some benefits of the the Pose?

- Improve digestion
- Alleviate low back tightness and discomfort
- Improve circulation
- Alleviate mild depression



Step by Step

- Sit with your right side against the wall, with bent knees and your feet drawn in toward your hips.
- Swing your legs up against the wall as you turn to lie flat on your back.
- Place your hips against the wall or slightly away.
- Place your arms in any comfortable position.
- Stay in this position for up to 20 minutes.
- To release the pose, gently push yourself away from the wall.
- Relax on your back for a few moments.
- Draw your knees into your chest and roll onto your right side.
- Rest for a few moments before slowly moving into an upright position.

- 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

Interview with Lucinda Loveland, Marriage and Family Therapist Trainee

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

Alternate Nostril Breathing

What is Alternate Nostril Breathing?

Alternate nostril breathing is a mindfulness exercise in which one breathes through one nostril at a time. Research has found many benefits to this mindful breathing technique including but not limited to: help ease anxiety, lower blood pressure, help ease stress and lower heart rate.

Step by Step:

- 1) Sit in a comfortable position.
- 2) Place your two right peace fingers in between your eyebrows. Thumb on one nostril, ring finger on the other.
- 3) Close off your right nostril with your thumb.
- 4) Inhale through left nostril counting, 1, 2, 3.
- 5) Close off both nostrils and count 1,2,3,
- 4) Open right nostril and exhale, 1,2,3,
- 6) Repeat 5-10 times.

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

[HERE](#)

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

"Delft in the Netherlands. It's a giant playground for adults because the infrastructure is designed for bike riding. On top of that, the cheese is so exquisite and diverse. A store showcased it like perfume on glass shelves with flowers. I dream about having the lavender cheese from that store, wishing I could have it every day."

2. Are you an early bird or night owl?

"I feel more like a midday bear. I'm most awake and active at midday. It might be because I don't drink coffee."

3. What is your favorite self-care activity?

"A bath with a scented candle. I'd do this more often if it took less time. Something I do frequently is singing show tunes while I prepare food. That fills my soul."

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

"Seven years old. My cousins on my mom's side are 12 years older than me or more, and I'm the only girl; I didn't have someone my age to play with, but this was the ideal age to be in their care before they started careers, got married, and had kids. Although they all lived in Mexico, we saw each other often, or they'd stay with us for a few months, and I'd visit every summer. It was a time of no responsibilities for them and all day at the pool for me."

5. What is your favorite holiday?

Being split between 2 cultures almost equally makes choosing one tradition or holiday nearly impossible. So it's dancing all night with my mom at family holiday parties in warm Guanajuato and building a giant family puzzle near the fireplace on a snowy day in Oregon."

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

Quoting Marie Forleo: Progress, not perfection

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

"I feel incredibly fortunate and honored to be a part of RFC. The leaders are compassionate, intelligent, and experienced. All the staff I've met are so kind. RFC offers so many services and support and truly cares about the clients. Also, as a therapist learning and growing, we are given a lot of room to grow and try new things, from leading groups to applying a theory of our choosing. RFC is allowing me to bring my best assets while giving me the experience to grow as a therapist."

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

"I like to say, "Hello, darling." Or, "Goodnight, darling." So I guess my car is Darling."

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

"The list is long of foods I didn't like as a kid. Leafy greens could only appeal to me if it was in a hamburger. Now I eat it daily, mostly Kale for shakes or air frying to crunch on them."

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

"I watched Queen of Katwe on DisneyPlus with my son. It's based on a true story, and my son and I share a love for chess and learning unknown stories of strong women or girls."

11. What is your favorite dessert?

"Tiramisu at Lady M Cake Boutique in Irvine (made with layered crêpes)."

ONE TO WATCH



Winter Celebrations Around the World

Watch Free: [Here](#)

RFC Library Pick

"Mindfulness Exercise for Couples" with Rebecca Hotzel, LMFT



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



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