

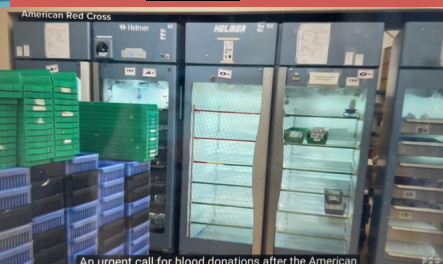
RFC WELLNESS NEWSLETTER

HEALTH is Energy

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

INSIDE THIS ISSUE:

*Watch Here



January is...
National Blood Donor **MONTH***
[Link *HERE](#)

Pose of the Month

Garland Pose

About the Pose

What is Garland Pose?

- It is a pose that releases energy

How does Garland Pose work?

- This pose helps stretch the ankles, groins and back torso.

What are some benefits of the the Pose?

- Improve digestion
- Strengthens metabolism
- Stretches your ankles, lower hamstrings, back and neck
- Can reduce anxiety



MALASANA
THE GARLAND POSE

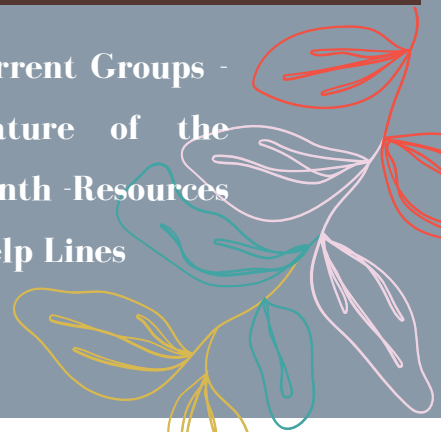
yogicwayoflife.com

Step by Step

- Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat or blanket.)
- Press your elbows against your inner knees, bringing your palms to together like a prayer.
- Stay here for 10 breaths then come back to standing.

- 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
- Feature of the Month
- Resources
- Help Lines





Interview with Lizbeth Zuniga, Parent Educator

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!

Mindful Drinking (Tea)

What is Mindful Drinking?

Mindful Drinking is another mindfulness exercise that focuses on how we prepare and drink something in this case tea. During this exercise you will draw your attention to the sensations, smells, or sounds you observe from the moment you start brewing to the moment you finish your cup.

Step by Step:

- 1) Put on the kettle and listen to the sound it makes when the water is boiling.
- 2) Start noticing how it feels to make the cup of tea.
- 3) Pay attention to the color of the tea leaves, the shape of the mug, the scent that arises, what the tea tastes like, and how it feels in the body as you make and drink the tea.
- 4) If your mind starts wandering, bring it back to the cup of tea.

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

[HERE](#)

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

"The best vacation I ever took was going to Ocotlan, Jalisco. It was my first time going to see the history where my grandparents grew up and seeing the Parroquia del Senor de la Misericordia. It's a church where my grandparents got married. Where my grandparents one day said to me, one day I would like for you to get married in this church."

2. Are you an early bird or night owl?

"Yes, I'm early bird, but I love to sleep in."

3. What is your favorite self-care activity?

"A favorite self-care activity going to Disneyland. Walking on Main Street and having a churro."

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

"Favorite age growing up was 8 years old. I would do a lot of pretend play, acting like I was a teacher. I would pretend to be the teacher and my cousins would be my students. I kind of knew this was my calling."

5. What is your favorite holiday?

"Christmas is one of my favorite times of the year. I enjoy everything about it! I really enjoy making Tamales and champurado on Christmas Day."

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

"One thing I was told growing up was to never give up on my dreams no matter how difficult the circumstances may be."

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

"I like making a change in my community by being able to help families and children who are in need of an education. My job allows me to be the person who makes a life changing impact in the lives of many families in need."

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

"I do not have a 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?

"Lentils, love them now."

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

"I have not seen any great movies lately, but I can tell you my favorite actors are Liam Neeson and Jason Statham."

11. What is your favorite dessert?

"Tres leches cake."



New Year's Eve Around the World
Watch Free: [Here](#)

RFC Library Pick

"Grounding Mindfulness 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.



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
- Parenting Group (Spanish) - 18+ - FREE - Saturdays @ 9-10am
- Couples Group (English) - 18+ - FREE - Tuesday @ 6-7pm

Interested in joining our groups?

Check out our website and call our receptionist, Citlali, to register @ (310)970-1921

Resource

Food Bank Locator Website - [HERE](#)

351 East Temple St. Los Angeles, CA 90012
American Veteran Inc.
(Tel: 213-337-3333)
(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