

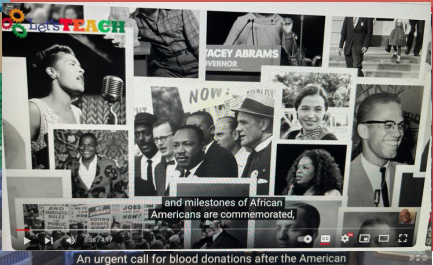
RFC WELLNESS NEWSLETTER

HEALTH is Love

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

INSIDE THIS ISSUE:

*Watch Here



February is...

Black History MONTH*

[Link *HERE](#)

Feature of the Month

Poem by Maya Angelou

Still I Rise



You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.



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

Current Groups -

-Resources

-Help Lines



Article - [HERE](#)
Video Tutorial - [HERE](#)



Mindfulness Exercise of the Month

11 Questions

Interview with Melissa Villanueva Soriano, AMFT and school based therapist

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

Breathing and Counting Exercise

What is the breathing and counting exercise?

The breathing and counting exercise is another mindfulness exercise during which one focuses on breathing as well as counting. This is also a great exercise to try and when having problems falling asleep.

20

Step by Step:

- 1) Either sit or lie down somewhere.
- 2) Take a deep inhale through the nose and exhale out the mouth.
- 3) Take a deep inhale and on the exhale count 20.
- 4) Take another deep inhale, on the exhale count 19.
- 5) Take a deep inhale, exhale count 18.
- 6) Repeat this all the way to 1.
- 7) If you find yourself losing track of the counting, start from 20 again.

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

"I took a road trip around California. I drove to San Francisco, Napa Valley, Lassen National Park, McArthur-Burney Falls, South Lake Tahoe, Old Town Sacramento, and Solvang. It was AMAZING! The highlights of that trip were walking across the Golden Gate Bridge, dining on the Napa Valley Wine Train, stargazing in Lassen, swimming in the waterfall, clear kayaking in Tahoe, experiencing the Delta King riverboat in Old Town Sacramento, and eating yummy pastries in Solvang! It's a trip I'll never forget."

2. Are you an early bird or night owl?

"I am most definitely a night owl!"

3. What is your favorite self-care activity?

"I collect vinyl records and enjoy listening to them on my record player. Putting on a record to unwind helps me regain my peace."

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

"The elementary years were the best because I spent a lot of time with my family enjoying the sun. We would ride our bikes, fly kites, and draw with chalk. To date, we try our best to make time for it. I guess we are still kids at heart."

5. What is your favorite holiday?

"New Year's! On New Year's Eve, I reflect on the year and try to set intentions for the coming year. Nothing big, just simple intentions to keep me grounded in what I want in life. I take time to be grateful for all the wonderful people in my life, the memories created, the life lessons learned, and the progress made. I think it's important to celebrate the tiny victories and enter the new year with a renewed mindset."

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

"You can have anything you want in life and be anyone you want to be, but you will have to work hard for it. Even if there is no path paved for you, you have to be willing to pave it yourself." - The wise words of my Father"

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

"As a school-based therapist, I truly enjoy providing therapy to young children and teens. It's always been an area I wanted to specialize in, so having the privilege to help shape young minds is very rewarding!"

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

"Yes, her name is Faith in gratitude to God for blessing me with a new car."

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

"Pozole, I was not too fond of it then and do not like it now."

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

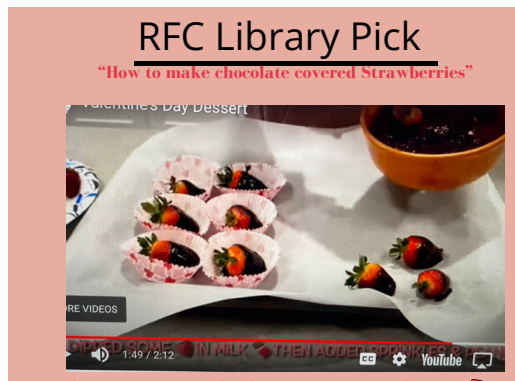
"Yikes, I don't watch movies often, but I think the most recent one was The Choice. I recommend it to anyone who enjoys Nicholas Sparks movies."

11. What is your favorite dessert?

"Hide the blubbery muffins because those are my favorite."



Celebrating Mardi Gras in New Orleans Watch Free: [Here](#)



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





Healthy Habit

Exposure to fresh Air

Research has found that spending 20 minutes outside and breathing in fresh air has many health benefits including, relieve of anxiety and stress, clean lungs, bolsters immune system, increased energy, increased Vitamin D levels.

How to do it?

Try and spend at least 20 minutes a day outside, either in a park, garden, on a balcony, beach, hiking trail, woods, anywhere outside and breath in fresh air. Breath in on a count to 4, hold your breath for 6 and exhale on a count of 8. Repeat this 5-10 times. The rest of the time, observe things around you, be mindful and present. Check in with yourself how you are feeling once you return back inside.

Article [-HERE](#)

TED

Ideas Worth Spreading

Why Matters | Local Black History | Glynis Johns



Watch [HERE](#)

"Tweety" Read

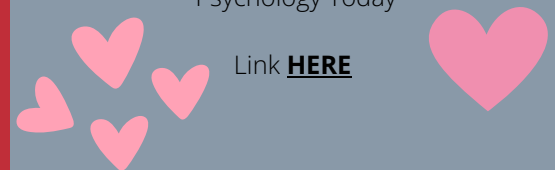
youngest known hag @glamdemon2004

I love Valentine's Day because I love Love! This surprises many, as I also love Hate.

"The 3 Core Qualities of True Love"

Psychology Today

Link [HERE](#)



New Couples Group in Spanish at RFC

A new Couples Group in Spanish has started on Mondays at 6pm. Discover the secret to building a lasting and loving relationship! Join the new couples group in Spanish, where we combine the wisdom of proven methods like the Gottman Method and attachment theory to strengthen the bond between you and your partner. Learn practical tools to communicate effectively, resolve conflict constructively, and cultivate deep, meaningful connections. Don't wait any longer to invest in the future of your relationship!

¡Descubre el secreto para construir una relación duradera y amorosa! Únete a nuestra clase para parejas, donde combinamos la sabiduría de métodos probados como el Método Gottman y la teoría del apego para fortalecer el vínculo entre tú y tu pareja. Aprende herramientas prácticas para comunicarte de manera efectiva, resolver conflictos de manera constructiva y cultivar una conexión profunda y significativa. ¡No esperes más para invertir en el futuro de tu relación!

We Heart Kids!



Museum of Latin American Art Afro-Latinx Festival

When: Sunday, February 25th from 11am-5pm

Info: [HERE](#)



Quote of Note

When you've worked hard, and done well, and walked through that doorway of opportunity, you do not slam it shut behind you. You reach back, and you give other folks the same chances that helped you succeed.
— Michelle Obama



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

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