

my heart was broken
you mended it.



RFC WELLNESS NEWSLETTER

HEALTH is Unpredictable

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

INSIDE THIS ISSUE:

*Watch Here



April is...
National Child Abuse Prevention MONTH*

[Link *HERE](#)

Pose of the Month

Happy Baby Pose

About the Pose

What is Happy Baby Pose?

- Happy baby Pose is a stretching but also a relaxation pose.

How does Baby Pose work?

- Happy Baby pose stretches hamstrings, groins and helps release tension from the lower back and hips

What are some benefits of the the Pose?

- lowers heart rate
- eases stress and anxiety
- improves fatigue and tiredness.



Step by Step

- Lie flat on your back on the floor or a mat.
- With your head flat on the mat, bend your knees toward your chest at a 90-degree angle. Face the soles of your feet up toward the ceiling.
- Reaching forward, grab and hold the inside or outside of your feet. Spread your knees apart, shifting them toward your armpits.
- Flex your heels into your hand and gently rock from side-to-side (like a happy baby). Remain in this position for several breaths, inhaling and exhaling deeply.

- 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





Mindfulness Exercise of the Month

Body Scan

What is a Body Scan?

A body scan is a mindfulness/ grounding technique which can help turn one's focus inward. It helps you tune into your body and notice any sensations that are felt throughout without any judgment. It can help reduce anxiety when your thoughts are racing by bringing the focus to the breath and bodily sensations, or as the beginning of a meditation practice.

Step by Step:

Sit or lie down in a comfortable position. Close your eyes or hold a soft gaze. Start by focusing on the breath and noticing the sensations of your breath moving in and out of your lungs. Starting with your feet, bring focus to each part of your body for a period of time, noticing the feeling of the part against any surfaces, the feeling of clothing on the part, and what sensations are going on internally. Pay attention specifically to each of these sensations, without judgment and without attributing meaning. Spend as long as you like on each body part before moving to the next. From your feet to the very top of your head, then allow yourself to feel your entire body in space, before opening up your eyes.

Link Article [HERE](#)

Link to Video [Tutorial](#)

[HERE](#)

11 Questions

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



Interview with Gaby Gamez,
AMFT

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

1. "The best vacation I've taken so far is to Puerto Vallarta. I went at the end of December, so it was a lot of fun spending NYE out there. I also loved watching the sunsets!"

2. Are you an early bird or night owl?

This one is hard because I do like sleeping in but also like going to sleep early... Hmm... I would say an early bird."

3. What is your favorite self-care activity?

"My favorite self-care activity is going to the gym or watching a movie on Netflix!"

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

"My favorite age growing up was in elementary school around 4th/5th grade. I had a really great group of friends during this time and I am still close to three of my childhood best friends (:"

5. What is your favorite holiday?

1. "My favorite holiday would have to be Christmas. I love the decorations, Christmas lights, and spending time with family. It is also the perfect weather for hot chocolate or champurrado."

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

"The best piece of advice that I've been given is to live in the present moment. "

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

"The people. Since starting at Richstone everyone that I have met has been so kind and helpful. I love working for an agency that has a supportive environment. I appreciate you all!"

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

"Nope. My car is currently nameless.."

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

"I did not like pickles as a child but I do enjoy them now!"

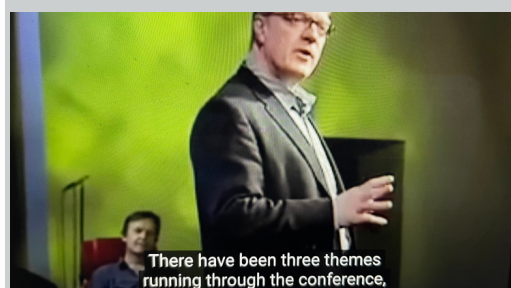
10. What was the last great movie you saw? Why would you recommend it?

"I recently saw Dune 2 and it was sooo good! 10/10 recommend"

11. What is your favorite dessert?

"My current obsession is churros. I definitely have a sweet tooth."

ONE TO WATCH



"Do Schools kill creativity?" by Sir Ken Robinson
Watch Free: [Here](#)

RFC Library Pick "10 Breaths" with Nick



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



Healthy Habit

Eating Healthy Snacks

Research has found that snacking throughout the day can have negative side effects such as weight gain. However, depending on the type of snack you are consuming, it can also have great benefits including but not limited to providing a boost of energy, help curb appetite so you won't overeat at meal time, and can add important nutrients that you may not have gotten at meal time.

What snacks to eat?

- Piece of fruit
- Trail mix (no added salt or sugar)
- Raw veggies
- Hummus
- Yogurt
- Cottage cheese
- Avocado

Article [-HERE](#)

TED

Ideas Worth Spreading

How to Talk to the Worst Parts of Yourself | Karen Faith



Watch [HERE](#)

"Tweety" Read



"Why Being Good Makes Us Happy"
- Psychology Today
Link [HERE](#)

April is also National Autism Awareness Month

"History Fact #1: Autism Awareness Month Started in April 1970. Autism Awareness Month was founded in April 1970 by Bernard Rimland, Ph. D., a psychologist and autism researcher. He chose the month of April to coincide with his son's birthday, as well as the start of spring—a time for new beginnings." (The Deron School of New Jersey)



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
- 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: 213-324-3333)
(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