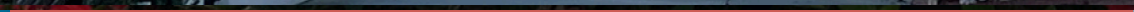


RFC WELLNESS NEWSLETTER

HEALTH IS BRIGHT

PREVIOUS MONTHS OF THE RFC WELLNESS NEWSLETTER ARE AVAILABLE ONLINE. HERE

INSIDE THIS ISSUE:



[*Watch Here](#)



July is...

National BIPOC Mental Health Awareness [MONTH*Link*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

Pose of the Month

The Angle Pose (Konasana)

Step by Step

- Stand straight with feet about hip width distance apart and arms alongside the body.
- Breathe in and raise the left arm up so that the fingers point towards the ceiling.
- Breathe out and bend to the right, first from the spine, and then move your pelvis to the left and bend a little more. Keep your left arm pointing up.
- Turn your head to look up at the left palm. Straighten
- the elbows.
- Breathing in, straighten your body back up.
- Breathing out, bring the left arm down.
- Repeat with the right arm.

About the Pose

What is Angle Pose?

- This pose is a side stretch pose

How does Angle Pose work?

- This pose stretches the side of the spine

What are some benefits of the the Pose?

- Can help relief back pain
- Increases the flexibility of the spine.
- Helps in toning of arms, legs, and abdominal organs.



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

Current Groups -
Feature of the Month -Resources
-Help Lines





Mindfulness Exercise of the Month

Dragon Breathing Mindfulness Exercise for Children

What is Dragon Breathing?

Dragon Breathing is a mindfulness exercise in particular for children to learn to take deep belly breaths and calm their nervous system.

How to do the Dragon Breathing

- Instruct your child to take a deep breath in, filling their belly and chest.
- When they're ready, instruct them to "breath out their fire" with a long, slow exhale.
- If you have paper available, it can be extra fun to watch the paper blow as the kids breathe out. Just instruct them to hold it about 6 inches away from their mouths and let go as they exhale.

Link Article [HERE](#)

11 Questions

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

Interview with Ana Calderon, Parent Educator, PAT Program

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

"The best vacation I've ever been on would be back in 2020. It was my first time back to Puebla Mexico since I was born. The feeling was so nostalgic. I absolutely loved everything about Puebla."

2. Are you an early bird or night owl?

"I consider myself to be a night owl simply because everything is a lot more peaceful and time seems to go by slower."

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

"My Favorite self care activity is getting my nails done. I cannot function properly if I do not have my nails done."

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

"I would say my current age. I am at an age where I do not feel too young or too old and I feel like I have full control of my own life and decisions. Being an adult definitely has more pros than cons."

5. What is your favorite holiday?

"My favorite Holiday is the 4th of July because my Birthday is the day before, meaning I celebrate my birthday all week."

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

"The biggest advice I've ever been given is to Live my life as I please and to never let anyone influence my dreams. As life only comes with one chance to live. There is no room for doubt and regret."

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

"I love the environment here at RFC. All the employees here at RFC are very dedicated and hardworking."

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

"Unfortunately my car does have a name yet."

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

"My least Favorite food as a child was anything with Mayonnaise. Till this day I cannot eat it or even smell it without feeling sick to my stomach."

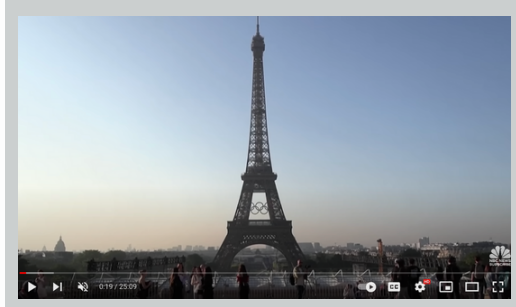
10. What was the last great movie you saw? Why would you recommend it?

"The last great movie I saw was Coraline. Coraline has remained my favorite movie ever since it came out."

11. What is your favorite dessert?

"My favorite dessert will forever be Funnel Cake with strawberry topping."

ONE TO WATCH



"Road to the Olympic Games 2024" Watch Free: [Here](#)



RFC Library Pick

"Building Healthy Relationships" Presentation by Christina Gutierrez, AMFT



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





Healthy Habit

Starting the Day with Positive Affirmations

What are Positive Affirmations?

Positive affirmations are simple short sentences that can help rewire your brain to think more positively and silence your inner critic.

They can help improve your overall mental health and increase self esteem and confidence.

How to Practice Positive Affirmations?

Start your day with a positive affirmation to already get you into the right mindset and set you up for a successful day. Before you get out of bed say your positive affirmation out loud to evoke a feeling. For example, I am doing my best, I am enough, I am proud of myself, I am confident, my life is abundant, I believe in myself, I am open to opportunities, I know my worth. Create a habit and do it every morning.

Article [-HERE](#)

TED

Ideas Worth Spreading

A Master Chef's Take on Food, Culture, and Community | Marcus Samuleson



Watch [HERE](#)

"Tweety" Read



"7 Lessons That Can Change How You Engage With Your Children" - Psychology Today

Link [HERE](#)

From Adversity to Advocacy: BIPOC Mental Health Month

"Mental health affects us all. Inspired by Bebe Moore Campbell's legacy of addressing the mental health needs of underrepresented groups, July was designated Bebe Moore Campbell National Minority Mental Health Awareness Month by the U.S. House of Representatives. The month highlights the unique mental health challenges faced by Black, Indigenous, and people of color (BIPOC) communities. The 2024 theme by Mental Health America focuses on dismantling stigma, fostering generational conversations, and promoting mental health equity" (Oaksintcare.org)



Quote of Note

YOU ARE THE AUTHOR OF YOUR OWN STORY. IF YOU DON'T LIKE WHERE THIS CHAPTER IS GOING, IT'S OK TO START A NEW ONE.



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: 206-324-3333)
(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)

Postpartum Support
International Helpline

English - (800) 944 - 4773
Spanish-(971) 203 - 7773

Los Angeles LGBT Center

Center South
Call: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

Call: 800-540-4000