

RFC WELLNESS NEWSLETTER

HEALTH is Routine

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

INSIDE THIS ISSUE:

[*Watch Here](#)



August is...

National Immunization Awareness **MONTH***

[Link *HERE](#)

Pose of the Month

Upward Boat Pose

Step by Step

- From a seated position bend the knees, bringing the feet flat to the floor with the legs together. Slide the hands behind your hips with the fingers pointed forward and elbows bent away from you.
- Lean back to lift the heels an inch or two off the floor. Draw the shoulder blades together to lift and open the chest.
- Slowly begin to straighten the legs, kicking out through the heels, lifting the legs up as high as comfortable. Release the arms forward, parallel to the floor with the palms facing down. Keep the chest open and the shoulders down and back.
- Breathe. Put as much effort into lifting the chest as you are in lifting the legs.
- To release: exhale and bend the knees, lowering the feet back to the floor.

About the Pose

What is Upward Boat Pose?

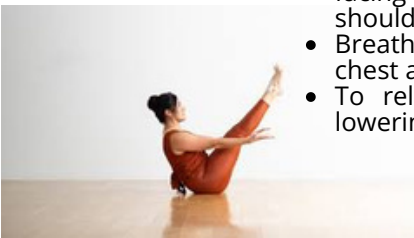
- This Pose builds focus and body awareness

How does the Pose work?

- This pose strengthens the core and thighs.

What are some benefits of the the Pose?

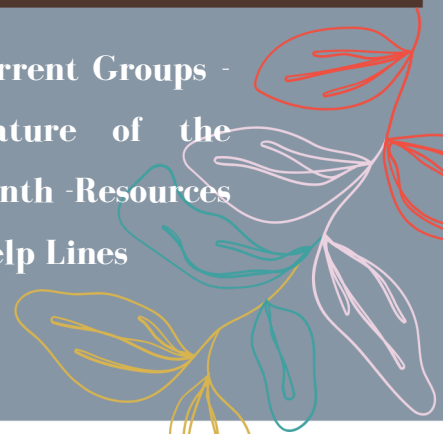
- Can boost energy and fight fatigue.
- Can improve posture
- Can help build confidence and empowerment.



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

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Mindfulness Exercise of the Month

Ocean Mind

Sit or lay down in a safe comfortable space. Maybe turn your phone on silent and tell your family/roommates that you will be "back" in 5 mins.

Sit with your back to the wall or chair and make sure you feel safe and supported by the floor or chair underneath you.

Either close your eyes or let the focus of your vision become "soft" as you stare at something in front of you.

Breathe in and out and listen to the sound of your breath.

Begin to breathe out of your mouth like you were blowing "fog" onto a mirror or to clean glasses. Hear the "ocean sound"

Continue to breathe in and out like this, hearing the ocean sound of the breath as you exhale.

Begin to notice the thoughts that might pop into your mind. Maybe a thought pops in about work/school, or a memory. Imagine that you are sitting on a beach and the thought is written on the sand by the shore.

The next time you breathe out, imagine a wave washing the thought off the sand on the beach. The sand is clean again. Repeat with each new thought.

Breathe in and out and let your breath wipe each new thought away.

***Try for 5-10 mins.

11 Questions

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

Interview with Samara Whitney, School Based Therapist

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

"My honeymoon in 2022! We went to Paris, Versailles, and the Amalfi Coast."

2. Are you an early bird or night owl?

"Early bird."

3. What is your favorite self-care activity?

"Reading and going for a walk!"

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

"My favorite age was 9 years old because I was still not "too cool" for a lot of kid things and there was no real homework yet!"

5. What is your favorite holiday?

I am Jewish, but I love Christmas! The food is the best and we usually do a Harry Potter movie marathon."

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

"Comparison is the thief of joy."

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

"I love how supportive everyone has been!"

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

Yes! I named my car Angelina after Angelina Jolie."

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

"Any fish! I do like fish now, but it is probably not my first choice, except I love sushi!"

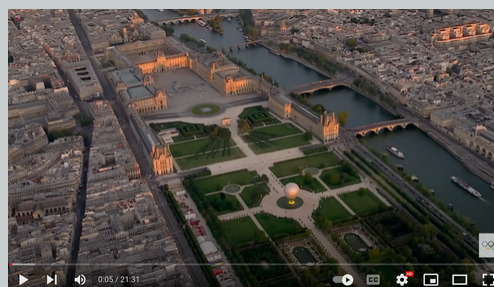
10. What was the last great movie you saw? Why would you recommend it?

"The Fall Guy! I would recommend it because it was so fun."

11. What is your favorite dessert?

"Marble chocolate chip cake with vanilla buttercream frosting from Hansen's Bakery on Fairfax!"

ONE TO WATCH



"Olympics 2024 Closing Ceremony Highlights"

Watch Free: [Here](#)

RFC Library Pick

"Breathing Exercise for Children by Rebecca Hotzel, LMFT"



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



Healthy Habit

Squeeze in 2 Minute Walks Throughout your Day

Research has found that two-minute walks every hour can eliminate a lot of health issues and have tons of **POSITIVE** effects on our **BODY**.

Health Benefits

- Increased brain function
- Vital organ health
- Eliminating back and neck issues
- Improved circulation in legs and feet

HOW TO DO IT?

Set a timer on your phone or watch every hour. Make bathroom breaks, coffee breaks, snack breaks, or lunch breaks a time for walking instead of lounging. When working at an office, go talk to a coworker rather than sending an email.

Article [-HERE](#)

TED

Ideas Worth Spreading

Are Your Coping Mechanisms Healthy? | Andrew Miki



Watch [HERE](#)

"Tweety" Read



"Building a Back-to-School Routine"

Mayo Clinic

Link [HERE](#)



August is National Breastfeeding Month

National Breastfeeding Month, observed annually in August in the United States, traces its roots back to the early 1990s. Initially established by the United States Breastfeeding Committee (USBC) as National Breastfeeding Week, it expanded to a month-long observance in 2011. This expansion aimed to raise awareness about the benefits of breastfeeding, address common challenges, and support breastfeeding mothers through advocacy and public education ([U.S. Breastfeeding Committee](https://www.usbreastfeeding.org/national-breastfeeding-month.html)) <https://www.usbreastfeeding.org/national-breastfeeding-month.html>.

We Heart Kids!

Free Saturday Family Theatre

When: August 31st, 2024, 11am-12pm in Long Beach

Info: [HERE](#)

Quote of Note

Sometimes the smallest step in the right direction ends up being the biggest step of your life

- Naeem Callaway



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](#)

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