



RFC WELLNESS NEWSLETTER

HEALTH is Carving out Time for Yourself

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

INSIDE THIS ISSUE:

[*Watch Here](#)



October is...

Domestic Violence Awareness MONTH*

[Link *HERE](#)

Pose of the Month

Happy Baby Pose Step by Step

- Lie on your back, then bend your knees into your belly.
- Inhale, grip the outsides of your feet with your hands. Open your knees slightly wider than your torso, then bring them up toward your armpits.
- Position each ankle directly over the knee, so your shins are perpendicular to the floor. Flex your feet.

Take 5-10 breaths here.



About the Pose

What is Happy Baby Pose?

- Happy Baby Pose is a restful and restorative pose.

How does the Corpse Pose work?

- By laying down on your back, and grabbing your feet, you'll stretch your hamstrings, hips and inner thighs.

What are some benefits of the the Pose?

- reduces lower back pain
- realigns and stretches the spine
- lowers heart rate

Article - [HERE](#)

Video Tutorial - [HERE](#)

- Pose of the Month
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- 11 Questions
- Healthy Habit
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- Feature of the month
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Current Groups -

Group Highlight

Resources

-Help Lines



my heart was broken



Mindfulness Exercise of the Month

Observe Your Thoughts Exercise

What is Observe your Thoughts Exercise?

This exercise is designed to simply learn and pay attention to your thoughts without any judgement.

Step by Step:

- 1) Sit or lie down and close your eyes.
- 2) Start focusing on your breathing
- 3) Change focus to your thoughts. Be aware of what comes into your head but resist the urge to label or judge these thoughts. Think of them as a passing cloud in the sky of your mind.
- 4) If your mind wanders to chase a thought, acknowledge whatever it was that took your attention and gently guide your attention back to your thoughts.

Link Article [HERE](#)

Link to Video Tutorial [HERE](#)

10 Questions: New Holiday Edition!

Interview with
Alexandra Seymour, LMFT,
APCC

Getting to know the people at RFC a little bit more...

1. What is your favorite candy?

"Reeses peanut butter cups or the nerds rope clusters, it depends on the day!"

2. What is your least favorite candy?

"Carmel chews. I don't like them getting stuck in my teeth."

3. What is your favorite halloween tradition?

"Dressing up! I love coming up with a unique or funny costume and going all out. I'll sometimes do something with really interesting or scary make-up. I really enjoy putting costumes together myself, and making something of my own."

4. Do you like getting scared?

"Depending on the circumstances, I do. I love going to Halloween Horror nights, or other haunt themed experiences. I just have to know what I'm getting myself into before hand."

5. If you could be any Halloween creature what would you be and why?

"I'd probably be a witch, I'd love to be able to cast spells, and traveling by broom would save a lot on gas."

6. Will you dress up for Halloween this year, and if so what will you be?

"I didn't plan ahead this year which I'm sort of sad about now because Halloween is my favorite holiday, but I have a few last minute ideas I'm still rolling around. If all else fails, I might have to live out my answer to question 5 and be a witch!"

7. What was the last age you went trick or treating?

"31 - I took my niece's trick-or-treating last year, and might have gotten a piece of candy or two from the nice neighbors."

8. Do you ever dress up your pets for Halloween?

"I haven't recently, but a few years ago my roommate and I dressed her dog up as a spider and it was our favorite halloween costume for her. She had many, but the spider was the most adorable and hilarious."

9. What is your favorite Halloween movie?

"There's so many to choose from! Probably Beetlejuice, Hocus Pocus, or Practical Magic, all the greats."

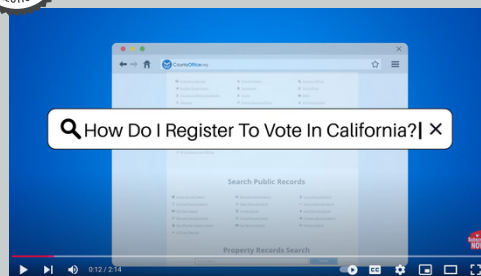
10. Trick or Treat?

"Trick!"

Be sure to check back next month for more Holiday-themed questions!



ONE TO WATCH



How to Register to Vote in California
Watch Free: [Here](#)



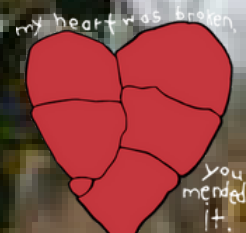
RFC Library Pick

"10 Breaths Audio" by Cleandra Waldron



*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

Have Something to Look Forward To

Research has found that people who have things to look forward to are less likely to dwell on negative thoughts.

Experts say, "It can increase motivation, optimism and patience and decrease irritability."

Additionally experts say that you do not need to plan big events such as trips, concerts, or other events, it can be as simple as the food you'll eat the next day, the book you are going to start reading, the walk you'll take with a friend. It's simply the accumulation of these little things that helps people to look forward to the future. Hence decrease stress and negative thoughts.



Article [-HERE](#)

TED Ideas Worth Spreading Mind over Matter: Why You're Capable of More Than You Think | Paneez Oliai



Watch [HERE](#)

An Upcoming Change

Just as the seasons change, so does our newsletter... and we hope you enjoy reading it as much as we enjoy making it! We wanted to let you, our lovely readers, know that for the remainder of this year we will continue to send out a newsletter each month, just as we always have. However, beginning in 2025 we will be sending it out once each quarter!

Want to see something new in the New Year? Let us know! We're happy to hear from you!



We Heart Kids!

Trick or Treat!



When: October 31st

Where: See Website Below
for Locations throughout
SoCal

Info: [HERE](#)

"Tweety" Read



Sydney Battle
@SydneyBattle



my parents are fighting bc my mom was letting a big spider live in the kitchen window bc he's "perfect for halloween" and my dad killed it

"Manage Conflict: The Aftermath of a Fight"

The Gottman Institute

Link [HERE](#)

Quote of Note

There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do, and mostly live.

Dalai Lama



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

- Co-Parenting Group (Spanish) - 18+ - FREE - Saturdays @ 9-10am

Couples Group (English) - 18+ - FREE - Tuesday @ 6-7pm

Interested in joining a group? Call our Receptionist, Citlali, at (310)970-1921 to register!

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