

RFC WELLNESS NEWSLETTER

HEALTH is Reflection

ALL PREVIOUS MONTHS OF THE RFC WELLNESS NEWSLETTER ARE AVAILABLE ONLINE: HERE

INSIDE THIS ISSUE:

*Watch Here



September is...

Suicide Awareness and Prevention **MONTH***

[Link *HERE](#)

Pose of the Month

High Lunge

About the Pose

What is High Lunge Pose?

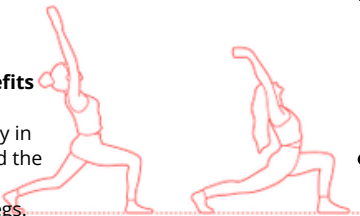
- This pose is a standing Pose

How does High Lunge Pose work?

- This pose targets legs, arms and groins

What are some benefits of the the Pose?

- Helps with mobility in the hip-flexors and the feet.
- Strengthens the legs.
- Improves balance and stability.



Step by Step

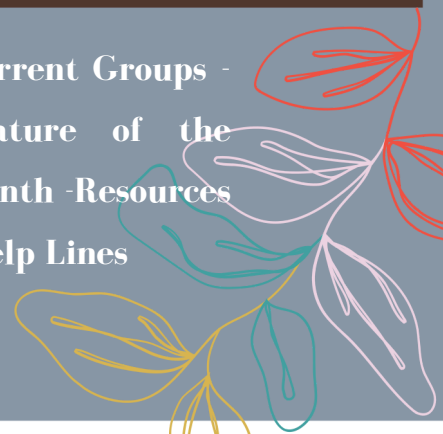
- Stand at the top of the mat with feet together and arms at sides, hands resting on hips.
- Step right foot back until right leg is fully extended, keeping right heel lifted off the floor. Bend left knee slightly and keep it directly over left ankle.
- Lift arms above head and extend toward the ceiling, pull shoulders down and away from ears, and gaze forward.
- Hold for 5 full breaths. Switch sides; repeat.

[Article - HERE](#)

[Video Tutorial -HERE](#)

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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

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."

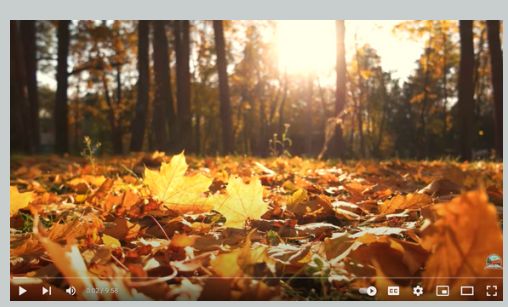
10. What was the last great movie you saw? Why would you recommend it?

"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



"Why Leaves Change Color In Fall" Watch Free: [Here](#)

RFC Library Pick

"Having a Conversation with a Loved one who is Considering suicide" by Seth Madej, LMFT



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





Healthy Habits

Cultivate Gratitude

Why cultivate gratitude?

Research has shown people who practice gratitude and a daily basis increase happiness, improve sleep and may even reduce illness.

How to Practice Gratitude?

Everyday take a moment before going to bed (or at the beginning of the day) and pick out three things that you are grateful for on that day. It can be broad things such as family or health or very specific i.e grabbed lunch with a friend. Try and do this every day. Research has shown that in as little as 30 days people started noticing a shift in feelings and thoughts.

Article [-HERE](#)

TED

Ideas Worth Spreading

How To Hack Your Brain For Better Focus | Sasha Hamdani



Watch [HERE](#)

National Hispanic Heritage Month

"Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period." (Hispanicheritagemonth.gov)



We Heart Kids!

¡Viva la Cultura! Hispanic Heritage Month Celebration

When: September 28, 2024 from 1-4pm

Info: [HERE](#)

"Tweety" Read

James Breakwell, Exploding Unicorn @XplodingUnicorn

My kids understand that the most important part of any five-minute chore is the forty-five minutes they spend fighting over who's going to do it

"Teaching School-Life Balance to Children" - Nationwide Children's

Link [HERE](#)

Quote of Note

Challenges are what make life interesting and overcoming them is what makes life meaningful



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

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)

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