



Healing With Humor

April 2023



How a "Red Nose" Helps Healing



In the 1980s a film about a Medical Doctor, Patch Adams, was very popular. Based on a true story, Patch Adams is a doctor who uses humor and laughter to support healing in patients reducing additional illness by fostering laughter and a positive outlook on life.

[READ ARTICLE](#)



April is National Child Abuse Prevention Month

It is symbolized by a blue ribbon to represent the black and blue bruising of an endangered child.

But what is child abuse?

Child abuse or child maltreatment is physical, sexual, and/or psychological maltreatment or neglect of a child or children, especially by a parent or a caregiver. Child abuse has long range impact on the abused child even after the abuse stops.

Learn more about by reading our article "From Abuse to Safety".

[READ ARTICLE](#)

Family Corner



Teaching children about community services sets lifelong values and life fulfilling experiences. Use April, National Volunteer Month, to become a “Volunteering Family”. Points to consider when choosing a Volunteer project:

1. What is our family Passion?
2. How Much time do we have?
3. Assess your Skills
4. Research volunteer opportunities
5. Expect to be challenged
6. Make a decision as a family
7. Be willing to try something new
8. Evaluate! Is the project a good fit or should you try another project type?

Senior Thoughts



“Aging isn’t for Sissies”! is a quote from the movie, Quartet. It does help when we can find humor in the aging process, especially when we share our humorous insights and experiences with friends and family. After all, we all age eventually! Consider using some of the points in this article to find the humor and positivity in your life.

Share your insights with others and have a good laugh!

[READ ARTICLE](#)

What is Happening at The Stephan Center



**Are you Widowed..
or Know someone who’s spouse has died?**

This is a very challenging and painful lose. We encourage you to attend the three-part series: **“Waking a New Path: After Your Spouse Dies”**.

Next series of classes begins May 4 ,2023 from 9:30-1130am.
Find registration information on the website after April 19th at:
thestephancenter.org.

[VIEW FLIER](#)

Healing Through Art Series for Grieving Children

Spring series begins April 12th. Free art sessions to assist youth ages 5-17 in exploring their emotions through art media.

Register online at: **thestephancenter.org**

[VIEW FLIER](#)

Supporting Children/Adults who have experienced trauma?

Then you need to complete the certification program; **Trauma-Informed:
Theory to Practice**. Enroll at onlineclasses.thestephancenter.org.
Special rates for agencies and school districts

[VIEW COURSE](#)

Calling Resource Parents, Social Workers and other Professionals:

Complete your Professional Development requirements online with us!
Individual classes are now online

[VIEW CLASSES](#)

YOU ARE INVITED TO ATTEND



Little Mermaid is Coming!

A Free Live Theater Evening for at risk youth on
Thursday May 24, 2023, from 6:00-8:30pm.
Location: Historical Civic Theater, Corona Ca.

Be a SPONSOR and host youth so they can enjoy Live Musical Theater

BECOME A SPONSOR - FLIER

**REGISTER youth 4-17 at: thestephancenter.org
beginning April 10, 2023**

REGISTER YOUTH - FLIER

FREE Virtual Classes for Resource Parents in April!

Register online at: thestephancenter.org

Date	Time	Location	Topic
April 3rd	6:00pm - 8:00pm	Virtual	Understanding Social Anxiety in Teens
April 12th	9:00am - 11:00am	Virtual	The 5 Languages of Love
April 19th	9:00am - 11:00am	Virtual	Understanding Grief Behaviors in Teens

April 24th	6:00pm - 8:00pm	Virtual	Teaching Compassion to Children
April 25th	10:00am - 12:00pm	Virtual	Signs of Depression and Mental Illness

Register at: thestephancenter.org or call 951-310-4944

[REGISTER FOR CLASSES ONLINE](#)

Our Website

**Visit the website at: thestephancenter.org to find information, articles, resources and register for classes and programs

[Visit Website](#)



Your Support Makes a Difference

Donate today so we will be here when you need us.

YOUR SUPPORT

\$15.00 provides an art class for a child experiencing loss

\$25.00 provides a 3 part series for a grieving widowed person

\$50.00 provides training for a foster parent helping a young child

\$100.00 provides additional resources for all persons grieving a loss

Remember a loved one with a donation to the “In Memorial” page and have their name listed on this special website page.

[DONATE NOW](#)

Follow us on social media for weekly Mental Health and/or Foster Parent tips!



The Stephan Center

4d · 🌐



Learning to cook simple meals and snacks helps children build positive family and food relationships. [#fosterparenting](#)

Learn how to help children build positive food and family relationships with online classes at <https://onlineclasses.thestephancenter.org/>



The Stephan Center

March 16 at 12:01 PM · 🌐



Help children develop control with food by providing them with their own supply of healthy snacks in easy reach. [#fosterparenting](#)

Learn more techniques in helping children cope with food insecurity by taking an online class at <https://onlineclasses.thestephancenter.org/>



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