



Helping Each Other Grieve

August 2023



Feature Article:

Steps To Helping Others As They Grieve

“Don’t walk in front of me...I may not follow. Don’t walk behind me.... I may not lead. Walk beside me...and just be my friend.” – Albert Camus. Day to day support provides the greatest comfort and consolation to those who are grieving. The simple gifts of friendship will make the biggest difference. Here are a few steps to follow along the path of grief.

[READ ARTICLE FOR STEPS](#)

A photograph of three children sitting at a desk in a classroom, focused on their schoolwork. A boy in a denim jacket is writing in a notebook, while a girl with long brown hair is also writing. A third child is visible in the background. The image has a blue overlay on the left side where the text is located.

Family Time:

School Success & Mental Health

School is starting and with-it new changes and routines. It is normal for children and teens to feel anxious about the new school year: new teachers, different subjects, changing friendships. Take time to listen to their concerns. Discuss changes as a family and ways to support each other. Plan activities to celebrate milestones: Completion of the first week of school, finishing a major project, etc.

[READ ARTICLE](#)

Save The Dates

August 25th:

National Banana Split Day

Host a banana split party!!
Gathering with family and
friends is always healing!
And making creative
ice cream concoctions is
delicious and fun.



August 30th:

National Grief Awareness Day

The National Grief Awareness Day on
August 30 is dedicated to raising
awareness of the myriad ways in
which individuals cope with loss.
It offers resources to those going
through personal losses and reminds
us to support people we know who
are grieving.



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Senior Corner:

We All Need To Belong To A Family

We all need to belong to a family-our family. It provides us with a sense of connection, community and legacy. From the first moments we are born we seek that connection with the people who gave us life. Even when our family connections are not successful, we still long for the connection and mourn the loss. An important part of this family connection is the relationship between children and their grandparents.

[READ ARTICLE](#)

What is Happening at The Stephan Center



Welcome to the 23-24 Interns from the Master Program in Public Health, University of Nevada-Reno. Cynthia Cardenas and Rachel Ybarra. We are delighted to have them join our team!

Free Virtual Classes

Classes will begin in late August for “Resource Parents” (Foster, Grandparents, Relative Caregivers). Watch for the complete fall list of classes on the website.

[VIEW FREE CLASSES](#)

Kinship Class

August 30th, 2023

Time: 10-12 (Virtual)

Topic: School Success and Mental Health

**Register by emailing Kathy Williams at: kwilliams@cflckids.org
or registering online at: thestephancenter.org**

[VISIT WEBSITE](#)

Widowed Series: Walking a New Path After Your Spouse Dies

See all dates for 23-24 [here](#)

[VIEW FLYER](#)

[VIEW ONLINE](#)

Healing Through Art Program

for grieving children will begin in late September
Watch for registration information later in August.

[VIEW FLYER](#)

[VIEW ONLINE](#)

New Resources On The Website

The Stephan Center provides these resources for your review.
The Stephan Center does not endorse any specific resource.

Teen Mental Health
Teenmentalhealth.org

Erika's Lighthouse "Teen Toolbox"
Erikaslighthouse.org

Teen Help.com

[VIEW RESOURCES](#)



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here when you need us.

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