



## Director's Thoughts

While violence is a part of our reality sometimes it is heightened by circumstances difficult to understand and process. This is occurring now in several parts of the world and parts of our country. The starvation of people is never an acceptable action. The impact on children is lifelong both physically and mentally.

Deliberately instilling fear is also never an acceptable action. It disrupts our core sense of safety which increases violence as a natural reaction to being attacked. While all people are impacted by aggression the impact on children is more intense and long-lasting. They do not have the ability to comprehend what is occurring nor the life experiences to cope with the results.

As a nation and as part of a world community we all need to take action to stop wide reaching violence nationally and worldwide for the sake of children everywhere.



## Feature Article: The Impact of Violence on Children

Children are being raised in a number of violent situations from domestic violence in the home to street/gang violence in the neighborhood, to violence on the television and war around the world.

All types of violence, whether watched on television or experienced first-hand, has damaging long term impact on children. When children experience violence in their childhood their perception of the world is altered for the rest of their life. They see, feel and perceive the world from a different perspective...

Continue reading the article by clicking the button below.

[READ ARTICLE](#)



# National Grief Awareness Day

August 30th

National Grief Awareness Day, observed on August 30th, strives to foster empathy, support, and open conversations about grief, increasing awareness and understanding of its impact.

For ideas on how to commemorate losses in your life, family and community go to: <https://www.drlogy.com/day/national-grief-awareness-day>



Family Time

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 our article "School Success and Mental Health" for more ideas you could do to support children.

[READ ARTICLE](#)



## Senior Corner

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 conflicting, 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 the article "Connecting Through the Clouds" for more information on how to connect through generation.

[READ ARTICLE](#)



## Calling “Helping” Professionals

It is a special life “calling” to serve in the “helping” professions; First Responders, Medical professionals, Social Workers, Counselors/Therapists, Educators, Faith Leaders. Often Professionals in these fields are so busy helping others they do not take good care of themselves. To care for others, one must first care for yourself. Think about the points in this article and make a “self-care” plan for yourself.

[READ ARTICLE](#)

---

## What is Happenings at

# The Stephan Center



## **FREE Virtual Foster/Resources Parent Classes**

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

[VIEW CLASSES OR REGISTER ONLINE](#)

## **Healing Through Art Program**

for grieving children will begin in late September.

Watch for registration information later in August.

[VIEW FLYER](#)

## **Website Updates**

Visit the website for new resources and information

[VISIT WEBSITE](#)



## Donations support these unique programs

- Free Weekly tips to maintain positive Mental Health
- Free Foster Parenting tips (appropriate for all parents/grandparents)
- Free Monthly e-newsletter with a variety of resources, articles and information
- Free Robust website with information, resources, articles and educational opportunities with Special designated pages for Fathers and in Spanish
- Website is a resource for agencies and service organizations internationally

[DONATE TODAY](#)



**FOLLOW US**

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



The Stephan Center | PO BOX 77813 | Corona, CA 92877 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!