



Feature Article: **Understanding Adverse Childhood Experiences**

Discover the profound impact of childhood trauma on lifelong health in our latest article exploring Adverse Childhood Experiences (ACEs). The groundbreaking ACE Study, conducted by the CDC and Kaiser Permanente, reveals the link between childhood trauma—such as abuse, neglect, and household dysfunction—and the risk of serious health and social challenges in adulthood.

Why does prevention matter? The ACE Study's findings clearly show that by addressing trauma early, we can help break the cycle of adversity and improve lives for future generations. From health professionals to educators, everyone has a role to play in recognizing and mitigating the effects of ACEs.

Learn how you can be part of the solution. Read the full article to dive deeper into the ACE Study and explore actionable strategies for prevention and early intervention.

[READ ARTICLE](#)



Family Corner: School Success and Mental Health

School has begun, and we want children to have a successful year! What happens at home sets the stage for success at school. Children need to believe and feel that the adults in their lives care about them and their school life. Parents, Caregivers and other adults can do that by

- Talking with and listening to each child as they share their fears and goals for the coming school year
- Be an advocate for each child as they navigate the school environment and new learning material
- Provide a positive learning environment at home for studying.

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Senior Corner:



Nine “Guide Points” to Enjoying the “Golden Years”



When we were children and later had children in our lives our life revolved around the “Academic year”. September to June was the “School year” and July and August were “Summer vacation” months. Now that we are “retired” we often lose that structure in our lives. Days flow into other days and we lose track of dates and time. This lack of structure and purpose in our lives can lead to confusion, depression, and anxiety. This year let’s put the “Academic year” back into our schedules.

During the fall and spring lets learn something new, read a new book, join a group, provide service to others. During the Winter break and summer months let’s take “vacation”. Putting structure into our lives improves our physical and mental health.

[READ ARTICLE](#)



NATIONAL
**SUICIDE
PREVENTION**
AWARENESS MONTH
SEPTEMBER

Suicide is rising in teens and older adults.

Increase your knowledge so you can offer appropriate support!
Learn ways to help through our articles.

- “Teens and Suicide: Risk Factors and Prevention”
- “Talking About Suicide”

[VIEW OUR ARTICLES](#)

2023-2024 Agency Report

See the programs provided,
children/adults served, and
the resulting data for the
past year.

[VIEW REPORT](#)



What is Happening at The Stephan Center



FREE Classes for Resource Parents

September- December classes are now taking registrations online!

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[REGISTER ONLINE](#)

Healing Through Art Program

Fall series begins:
September 18, 2024

**A 6 week art program for children/youth ages 5-17 who are
experiencing loss in their lives.**

Location: Corona Art Association studio 815 W 6th St Suite
145 Corona Ca.

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[REGISTER ONLINE](#)

Walking A New Path: After Your Spouse Dies

A special virtual 3-part series for those whose spouse/partner has died. Closed Caption available. Open to all partners. Next Series held in November.

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Online Classes

Become Trauma-Informed certified or take a shorter course for professional development. Special discounts for larger groups!

[VIEW ONLINE CLASSES](#)



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