



# Coping with Holiday Challenges

December 2023



Feature Article:

## Balancing the Past & Present During the Holidays

For those who have experienced great losses, whether loss of loved ones, separation from family, or other tragedies our emotions during the holidays are always a balancing act. The awareness of missing those who are not with us is offset by the festive surroundings as others prepare for the holiday celebrations.

We are constantly reminded of our past celebrations when we were with those we love and cherished memories flood our thoughts and hearts. On the other hand we are also drawn into the present activities with other family members, friends or just the community events as we travel around our local area.

How do we balance those two realities in our lives; remembering and grieving the past while figuring out how to fit into the present?

We offer these suggestions...

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## Senior Corner: **Finding Enjoyment in the Holidays**

The holidays, with all its Cheer and festivities, can still be challenging, especially when family is not near. It is normal to miss the way things were and the people we love. We can choose to let our sad feelings dictate our participation or we can find ways to create an enjoyable holiday wherever we find ourselves! Click the button below to read the article "Finding Enjoyment in the Holidays" for ideas to stay engaged and to bring joy to ourselves and to others.

[READ ARTICLE](#)



## Family Time: **Teaching the Joy of Giving**

Help children develop empathy for others and understand the true meaning of the Christmas holiday by participating in community giving programs.

**Some ideas include:**

- Plan to visit Seniors in their homes or facilities taking cards and gifts but also giving of your time to read together and listen to their stories.
- Help wrap gifts for distribution to families in need.
- Serve at a food kitchen or pantry.
- Collection items to send to Service persons.



## Preserving Family Traditions During The Holidays

We all carry within us memories of traditions passed down from generation to generation that celebrate these holidays and touch our core human needs of love, acceptance, and belonging.

How do we preserve those family traditions, passing them on to the next generations including the special memories and “essence” of those no longer with us? What can we do? What should we do? For without those traditions, without those shared stories and memories, we lose the core human needs of love, acceptance, and belonging.

We offer these suggestions...

[READ ARTICLE](#)

# What is Happening at The Stephan Center



## FREE Foster Parent Classes for December and January

### December (Virtual)

Date	Time	Topic
12/13	9:00-11:00	The Myths of Christmas

### January (Virtual)

Date	Time	Topic
1/15	6:00-8:00	Trauma-Based Assessment and Counseling
1/17	9:00-11:00	Trauma-Based Assessment and Counseling
1/24	10:00-12:00	Teaching Compassion to Children (Virtual)

To register click on the button below or call 951-310-4944

[REGISTER ONLINE](#)

## Online Classes

Take classes on: Grief/Loss, Adverse Childhood Experiences, the “Fathers Speaking Out” series, and many more topics. Meets Professional Development

requirements in Early Childhood education, Foster parenting, School Counseling, Law Enforcement, Faith Leaders/Chaplains and more.

[VIEW CLASSES](#)

## Are You Trauma-Informed Certified?

Join this unique team of Professionals and earn your "Badge". 12 modules, 24 hour virtual online program covers trauma -based research, theory and application in multiple situations impacting children, families and adults.

[REGISTER ONLINE](#)

## Healing Through Art Series Begins: January 24, 2024



Online registration begins:  
**January 3, 2024**

Classes are available for children 5-7, 8-12, and 13-17.

[REGISTER ONLINE](#)

## Foster Families: "Live Theater" Program Returns For The 6th Season

Mark your Calendars for Wednesday March 6th at 6:30. The Musical will be "The Lion King". Registration will begin January 15, 2024,online. Watch for more information in the January e-newsletter To Become a Sponsor of this event email to: [thestephancenter@juno.com](mailto:thestephancenter@juno.com)



## Your Support Makes a Difference

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