

Feature Article: Equity, Independence and Loss

Throughout the world, in every country and culture, people struggle with the desire for equity, independence and freedom. It is an inherent human drive to be in control of our lives, our decisions, our activities. It is also a human necessity to work cooperatively with others in building families, communities and nations.

While these are all natural, human needs the implementation of these individual needs are often impacted by conflict. The desire to impose our individual needs on to others through control and power, whether between individuals, communities or nations, hinders the equity and independence of all creating individual and communal loss.

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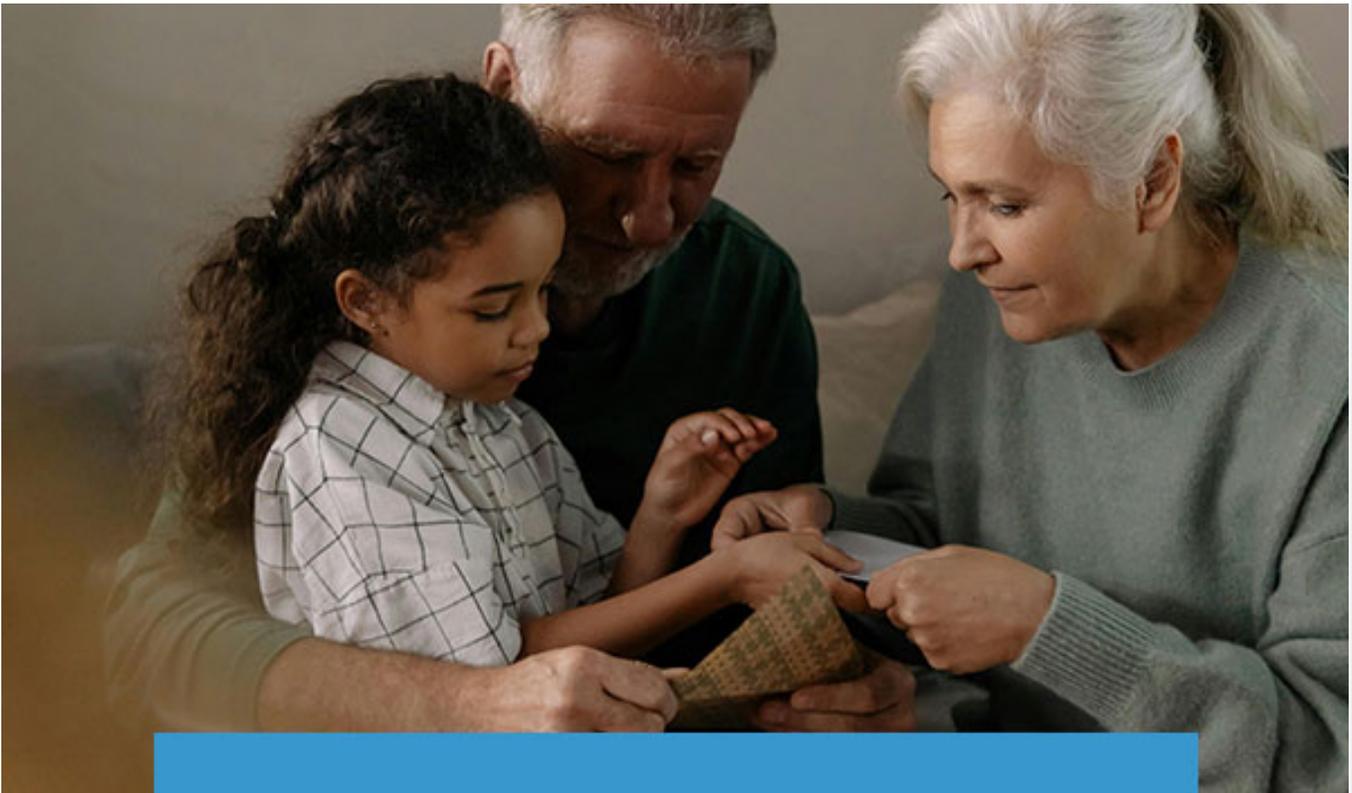
National Human Rights Month

December recognizes National Human Rights Month. This month and every month to follow, everyone in the United States is encouraged to come together and stand up for equality, justice, and the dignity of all humans.

"Where, after all, do universal human rights begin? In small places, close to home — so close and so small that they cannot be seen on any maps of the world. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world." -Eleanor Roosevelt

desecration by the Syrians. It is marked by the successive kindling of eight lights.

- **December 21 Winter Solstice:** The winter solstice, also known as midwinter, is an astronomical phenomenon marking the day with the shortest period of daylight and the longest night of the year. It occurs when one of the Earth's poles has its maximum tilt away from the Sun.
- **December 25th Christmas:** Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration
- **December 26-Jan 1- Kwanzaa:** Kwanzaa is an African-American and Pan-African celebration of family, community and culture. Each day of Kwanzaa celebrates one of 7 principles, known as Nguzo Saba. These include Unity, Self-determination, Collective work and responsibility, Cooperative Economics, Purpose, Creativity and Faith.



Senior Corner

Continue family traditions with all the generations in your family through sharing recipes, baking together, singing favorite holiday songs, passing down holiday decorations and keepsakes. Everyone benefits when they are connected through traditions even if they cannot be together in person.

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Coping During the Holidays When Grieving

With the many devastating events around the world; wars, wildfires, hurricanes, harsh winter weather, etc many people and families are struggling emotionally and physically this holiday season.

We offer these Tips for Coping during the holidays when grieving

- Choose to participate in activities that are meaningful and bring you comfort.
- Balance your days between active tasks and quiet times
- Allow yourself time to feel the sadness of missing your loved one or other losses
- Give yourself permission to limit the traditional activities this year
- Surround yourself with friends and family who give you support
- Find special ways to remember your loved one and special activities, events, and memories



What is Happening at The Stephan Center



Recognition of National Children's Grief Month:

November is National Children's Grief Month. In a commitment to raising awareness of the grief and loss experienced by children The Stephan Center partnered with Leaders in the City of Corona, Counties of Riverside and San Bernardino and The Calif State Assembly to recognize November as National Children's Grief Month.



FREE Upcoming Classes for Foster/Kinship Parents (Virtual)

Date	Time	Topic
12/16/24	9am-11am	Teaching Compassion to Children
1/13/25	6pm-8pm	Trauma-based Assessment and Counseling

1/15/25	9am-11am	Putting the "I" in We... (Caregiver Self Care)
1/29/25	10am-12pm	Setting Realistic Goals

[REGISTER ONLINE](#)

Healing Through Art: Winter Series Begins: January 29th

FREE 6-week sessions are open to children/teens ages 5-17 who are experiencing a loss.

Registration opens on January 13th.

[REGISTER ONLINE](#)



IT'S NOT TOO LATE TO GIVE FOR
GIVING TUESDAY

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