



Our Emotional Heart

February 2023



Healing our "Emotional" Heart

We hear statements such as “He has a broken heart”, “My heart is sad”, “That is a heartache” and we understand that a person is going through a sad and hurtful experience. We associate our heart with emotions; painful, sad, and joyful.

[READ MORE](#)

Family Time

When the weather is challenging outdoors it is a good time for creative family activities.



- Make paper snowflakes or other designs and hang them up in unexpected places around your home.
- Make a pinecone bird feeder using peanut butter and birdseed. Then **hang it outside** a window where you'll get to see the birds enjoy the treat each day.
- Make **greeting cards** for residents of a local nursing home. Then take a field trip to deliver them together.

Senior Corner: Heart Care



“Older adults can make simple changes to reduce their heart failure risk, such as not smoking, engaging in moderate physical activity and maintaining a healthy weight.” **(Explains Liana Del Gobbo, a doctoral student at Tufts)**

Here are some simple and easy tips to help take care of your heart health.

READ TIPS

Friendship Month

Continue celebrating Valentine's Day all month long!



- Contact friends for a nice phone “catch up session” or outing
- Provide random acts of kindness for neighbors, friends and family
- Remember those we love who are no longer with us by engaging in their favorite activities and share memories with others.

READ ARTICLE FOR MORE

What is Happening at The Stephan Center



Trauma Informed Certification Program is here!

Bring this unique and comprehensive training to your agency now
by calling 951-310-4944.

LEARN MORE

Widowed Series: Walking a New Path: After Your Spouse Dies

Next series begins Saturday Feb. 11th at 9:30am (PST)

[REGISTER ONLINE](#)

FREE Foster (Resource) Parents Classes Virtual Class Schedule

Date	Time	Location	Topic
February 27th	6:00 - 8:00	Virtual	TBD
February 28th	10:00-12:00	Virtual	From Grandparent to Parent
March 11th	10:00-12:00	Virtual	TBD
March 16th	6:00 - 8:00	Virtual	Being an Advocate for your Grandchild
March 28th	10:30-12:30	Virtual	Understanding Sexual Orientation/LGBTQ
March 29th	9:00-11:00	Virtual	TBD

[REGISTER FOR CLASSES](#)

Our Website

**Visit the website at: thestephancenter.org to find information, articles, resources and register for classes and programs

[Visit Website](#)

**Watch for a New and Improved Website in Late February



Your Support Makes a Difference

Donate today so we will be
here when you need us.

YOUR SUPPORT

\$15.00 provides an art class for a child experiencing loss

\$25.00 provides a 3 part series for a grieving widowed person

\$50.00 provides training for a foster parent helping a young child

\$100.00 provides additional resources for all persons grieving a loss

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Mental Health and/or Foster Parent tips!





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