



Message From the Director:

As we enter February, the month of “Love and Compassion” we are all mindful of the extreme trauma being experienced around our country; from the wildfires in California, to the Storms on the East Coast, to unexpected air collisions, to the decisions being made by the new leadership in Washinton DC.

Each trauma impacts us both individually and collectively as families, communities and a nation. In most cases we have no control over the trauma, but we do have the ability to take action to support the healing through our words, our behavior and our commitment to the ideals of our nation.

We are committed to supporting all who are grieving now and in the future through our resources, information and programs. Please join us wherever you are by sharing what you find through our website and by making a difference wherever you are.

Thank you,

Victoria Stephan





Feature Article: Healing Our “Emotional” Heart

We often say things like “I have a broken heart” or “That’s heart-wrenching,” but is there more to these phrases than just emotion? Recent research suggests that our heart plays a bigger role in our emotional experiences than we ever imagined.

In our latest blog, we explore the fascinating connection between the heart and emotions, and how understanding this link can help us—and those we support—heal from emotional pain.

Discover why your heart feels emotional pain and how to help it heal.

[READ ARTICLE](#)



Friendship Month: Celebrate Valentine's Day All Month

Celebrate Valentine's Day all month by:

- Contacting friends for a nice phone "catch up session" or outing
- Providing random acts of kindness for neighbors, friends and family
- Remembering those we love who are no longer with us

For more ideas read our blog article "Love Never Ends".

[READ ARTICLE](#)



Family Time

Sharing care for others is a wonderful way to build our “emotional” heart. During February consider these family activities:

- a) Make greeting cards for residents of a local nursing home.** Then take a field trip to deliver them together.

- b) Learn about another culture and history;** their challenges and achievements. Choose one aspect you admire to promote.



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.

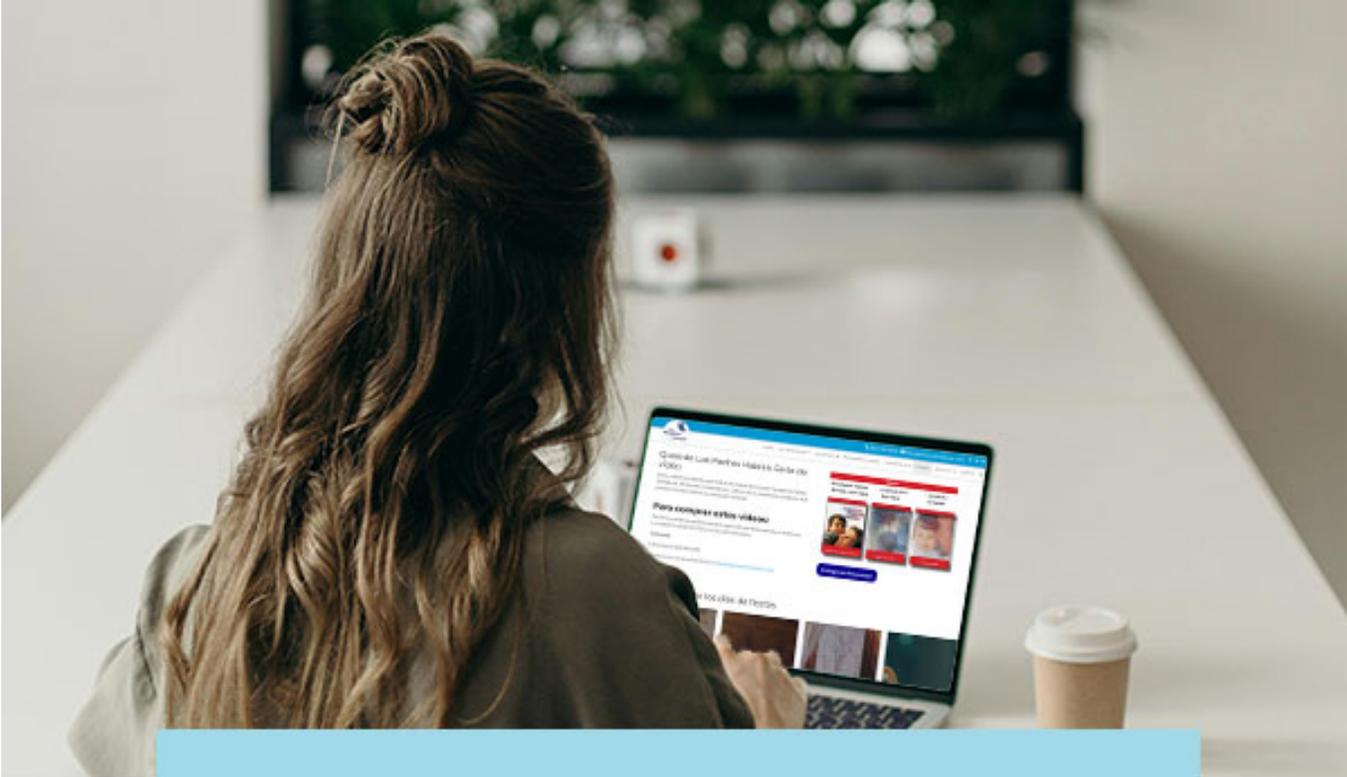
[READ ARTICLE](#)



Faith Leaders Support

Mercy and Compassion are cornerstones of all religious doctrines and theology but creating a “compassion- focused” congregation can be a challenge. It takes the “Three-leg stool” approach: prayer, teaching and action. Consider a starting point by

- a) Reading the article: [Have a Heart](#) and sharing it with your congregation
- b) Praying for guidance in creating a compassionate congregation and
- c) Choosing one action/activity to implement in building a compassionate congregation.



Spanish Articles

Our Resource Articles are now available in Spanish. Find the “Español” page on the website for Spanish information, resources and articles.

[VIEW SPANISH RESOURCES](#)

What is Happening at The Stephan Center

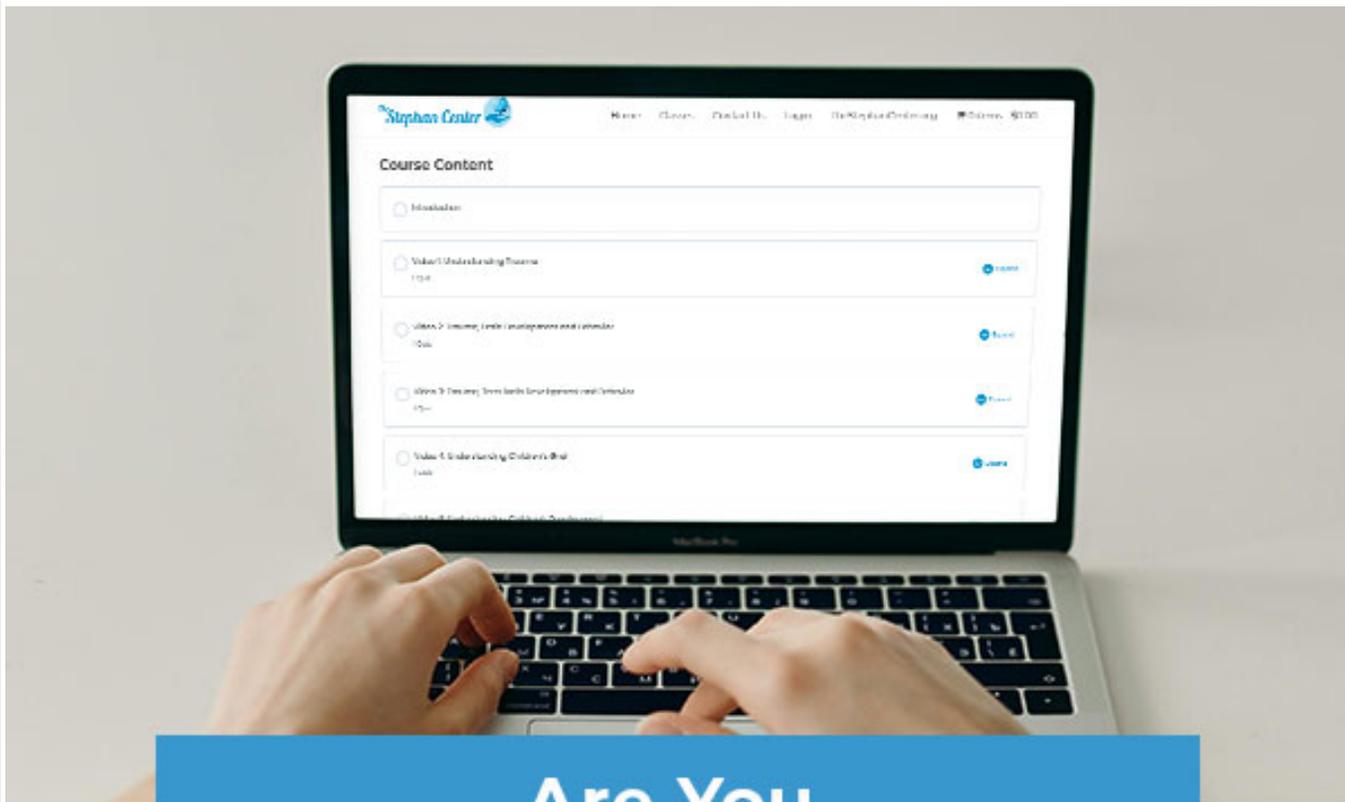


FREE Classes for Resource Parents (Virtual)

| Date | Time | Topic |
|------|------|-------|
|------|------|-------|

| | | |
|---------|-----------|-------------------------------------|
| 2/12/25 | 9am-11am | Trauma and Mental Health |
| 2/26/25 | 10am-12pm | Effective Communication with Teens |
| 3/3/25 | 6pm-8am | The Impact of Trauma and Play |
| 3/12/25 | 9am-11am | Drug Exposure and Brain Development |
| 3/27/25 | 10am-12pm | Trauma and the Teen Brain |

REGISTER ONLINE



Are You Trauma-Informed Certified?

Complete this unique 12 module course which explores research, theory and best practices to create trauma-informed environments for children, families and adults. Earn your certification and digital badge!

REGISTER ONLINE

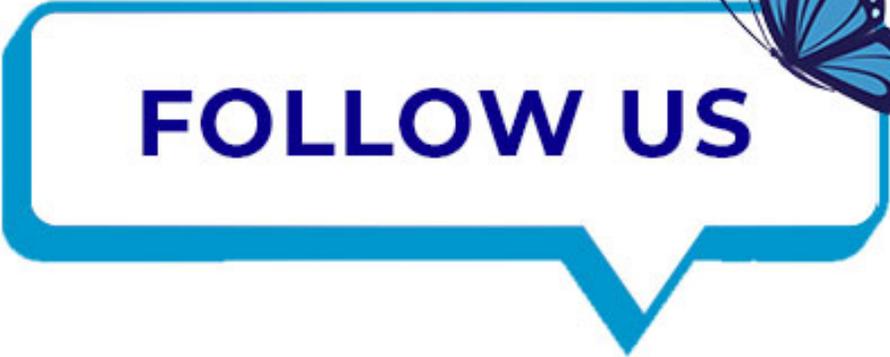


Help Us Keep Vital Resources Available

DONATE TODAY

Consider donating to The Stephan Center to support this e-newsletter, the website and the many programs we provide.

DONATE



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





Try email marketing for free today!