



Purpose Brings Meaning

January 2022



Taking Stock, An Annual Goal

As the new year begins, we often commit to making changes in our lives. After a few days or weeks those commitments fall to the wayside! While our goals may be too ambitious, or we lose motivation and interest the idea of “taking” stock of our lives on an annual basis is a good idea.

[READ MORE](#)

Senior Corner



Having a purpose in our lives at every age brings meaning and joy. Now is a good time to evaluate the “Nine Guide Points” for a happy life. Read the article and make plans for 2023!

[READ ARTICLE](#)

Family Time: Teaching Children About Teamwork



We all need to work together in our homes, schools, work environments and communities. Teach children how to be a productive team member through

family meetings. Even the youngest children can participate.

Click the button below to read an article on "10 Tips for Holding a Family Meeting".

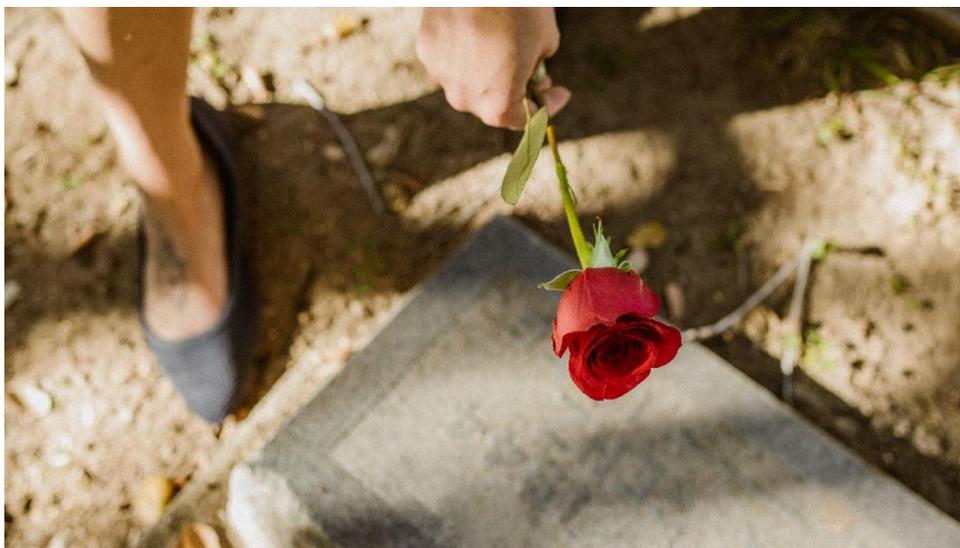
[READ ARTICLE](#)

Family Activities



Practice team work with family activities. During the winter months, when the weather is “iffy”, is a good time to learn new team building skills and create family traditions. Make crafts, build items, learn a musical instrument, play games together , cook meals as a family. Having fun and learning together strengthens family bonds and relationships.

Clergy/Faith Leader Resources



Do you need resources to support your congregation in the area of grief/loss and trauma? Find information, articles and resources on the website at: thstephancenter.org or Contact our office at: thestephancenter@juno.com.

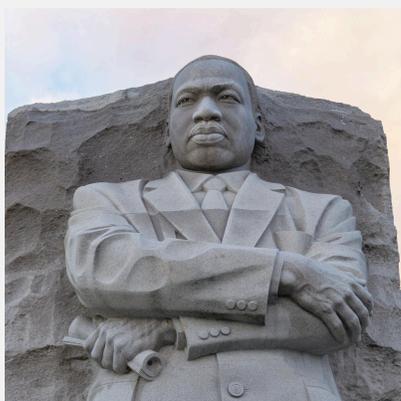
National Human trafficking Month

Recognize the signs of human trafficking. Human trafficking effects children and adults leaving lifelong traumatic impact.

www.state.gov › national-human-trafficking

“Human trafficking is... a crime against humanity.” - Pope Francis

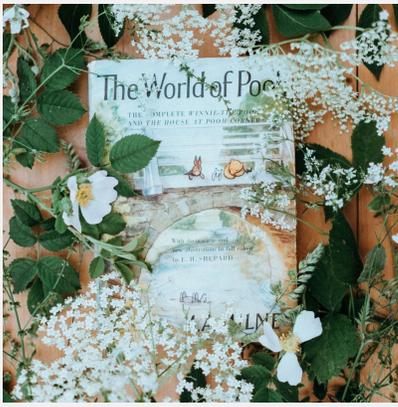
Special January Days



Jan. 18th is Martin Luther King Day

“I have decided to stick to love...Hate is too great a burden to bear”.

- Martin Luther King Jr.



Jan. 18th is Winnie the Pooh Day
Read your favorite Winnie the Pooh tale with a young friend!!

"But the most important thing is, even if we're apart... I'll always be with you." - Winnie the Pooh



Jan. 29th is Puzzle Day

Even the hardest puzzle has a solution!

What is Happening at The Stephan Center



Expand Your Knowledge and Meet Professional Development Goals

- Become Trauma-Informed certified with the 12-hour online program exploring theories, research and best practices to support those experiencing trauma.
- Take a 2-hour online course. Choose from many topics!

[VIEW CLASSES](#)

Walking a New Path: After Your Spouse Dies:

Next series begins Saturday Feb. 11th from 9:30-11:30

Registration begins January 15, 2023 online or by mail.

[REGISTER NOW](#)

Healing Through Art Program

For grieving children.
Next series begins Jan. 25.
Registration begins January 13th online.

[REGISTER NOW](#)

FREE classes for Resource Parents (Foster, Kinship, Grandparents) January Class Schedule

Date	Time	Location	Topic
January 19th	10:30-12:30	GRG Corona USD Parent Center	The Importance of Self Care
January 26th	10:00-12:00	GRG; Paloma HS Menifee	The Importance of Self Care
January 31st	10:00-12:00	Kinship: Virtual	The Importance of Self Care

[REGISTER FOR CLASSES](#)

Resources

Find resources, books and articles on many areas related to loss and grief on the website at: thestephancenter.org

[VIEW RESOURCES](#)

Español: Find articles, information and resources in Spanish on the agency website.

VIEW SPANISH RESOURCES



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

DONATE NOW

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



The Stephan Center

Published by Hootsuite · December 29, 2022 at 8:03 AM ·

Children need your recognition of their need to be alone to process separation from their own family during the holidays.

[#fosterparenting](#)



The Stephan Center

Published by Hootsuite · December 27, 2022 at 10:03 AM ·

Cultivating inner peace allows us to develop sources of joy regardless of the situation. [#mentalhealth](#)



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