



Feature Article:

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.

The quality of our lives and the stability of our mental health are based on the value we see and feel about our life. Our relationships, interactions, activities, purpose and philosophy all support our outlook and enjoyment. Let’s consider some areas of our lives we can review and “take stock”.

[READ ARTICLE](#)



Senior Corner:

Nine “Guide Points” to Enjoying the “Golden Years”

Having a purpose in our lives at every age brings meaning and joy. Now is a good time to evaluate the “Nine Guideposts” for a happy life. Read the article and make plans for 2024!

[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 productive team members through family meetings. Even the youngest children can participate.

- [Article on Conducting Family Meetings: 10 Tips for Holding a Family Meeting](#)

[READ ARTICLE](#)



Family Activities

Practice teamwork 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, and cook meals as a family. Having fun and learning together strengthens family bonds and relationships.

Clergy and 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: thestephancenter.org or Contact our office at: thestephancenter@juno.com

VISIT WEBSITE

A photograph of a stone statue of Martin Luther King Jr. He is standing with his arms crossed, wearing a suit and tie. The background is a clear blue sky.

We Remember:
Martin Luther King
(January 18th)

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

A white handprint graphic with a blue awareness ribbon superimposed over the palm area.

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 12th is Hot Tea Day:

A Tea breaks calms us and provides a sense of well-being..
“Where there’s tea there's hope”. Arthur Wing Pinero

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.”

Jan 29th is Puzzle Day:

Even the hardest puzzles
have a solution! A good reminder for our
day-to-day losses and challenges.

What is Happening at The Stephan Center



Healing Through Art Program: For Grieving Children

Next series begins
Jan. 24th, 2024

[Register Online Now](#)



Walking A New Path: After your Spouse Dies

Next series begins **Saturday Feb 10th** from 9:30-11:30

Registration begins January 15, 2023 online or by mail.

[REGISTER ONLINE](#)

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.

[REGISTER ONLINE](#)

Take A 2-Hour Online Course

Choose from many topics!

[VIEW CLASSES](#)

FREE Classes For Resource Parents

January Class Schedule

Date	Time	Topic
1/15	6:00-8:00	Trauma-Based Assessment and Counseling (Virtual)
1/17	9:00-11:00	Trauma-Based Assessment and Counseling (Virtual)
1/18	10:30-12:30	Trauma and Mental (In-Person)
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](#)

Resources

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

[VIEW RESOURCES](#)

Español:

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

New topics include:

- Redirigir el comportamiento de acoso escolar a través de los vínculos familiares
- Separación familiar: Jamás se puede justificarla?
- Entender las experiencias adversas en la infancia
- Un tiempo para el respeto y para la justicia

- Cultivar la amabilidad y el servicio

[VIEW RESOURCES](#)



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