



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.

[READ ARTICLE](#)



Senior Corner

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 2026!

[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 learn *10 Tips to 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 or contact us directly.

[VISIT WEBSITE](#)

[EMAIL US](#)



Bring The Consoling Ministry Program To Your Congregation:

This unique year -long training develops a “continuity of care” support program for parishioners provided by specially trained lay ministers.

Visit the website under “programs” to learn more (thestephancenter.org) or call the office at **951-310-4944**.



We Remember: Martin Luther King (Jan 18th)

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



National Human Trafficking Prevention Month

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

[LEARN MORE](#)

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

National
Winnie the Pooh
day



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.”



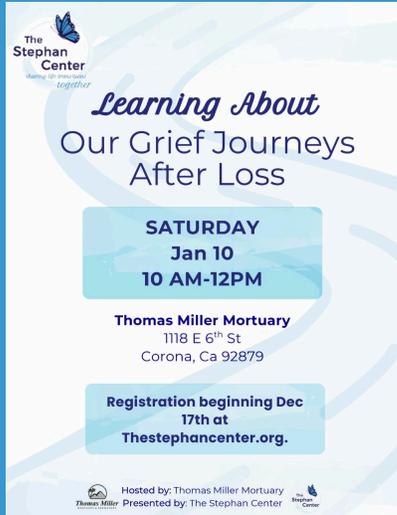
Jan 29th is Puzzle Day

Even the hardest puzzles have a solution!

A good reminder for our day-to-day losses and challenges.

What's Happening at

The Stephan Center



Free Workshop: Learning About Grief Journey's After Loss

When: Saturday January 10, 2026

From: 10 AM - 12 AM (In person)

Location: Thoms Miller Mortuary

Address: 1118 E 6th St Corona, Ca.

[EMAIL US TO REGISTER](#)



Healing Through Art Program: For Grieving Children

Next Series Begins: January 28, 2026

Registration Begins: January 14th (Online)

[LEARN MORE](#)

**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 Two Hour Online Course

Choose from many topics!

[VIEW CLASSES](#)



**FREE
CLASSES**

**Resource
Parents
Classes**

(Foster, Kinships,
and Grandparents)

English Classes

Date	Time	Topic
1/12/26	6:00-8:00	Developing the Art of Listening (FKCE - Virtual Class)
1/15/26	10:30-12:30	The 5 Live Languages of Teenagers (GRG - In Person Class)
1/28/26	10:00-12:00	Setting Trauma Informed Goals (Kinship Class Virtual)

Spanish Classes

Date	Time	Topic
1/15/26	10:00-12:00	Los 5 Lenguajes del Amor del Adolescente (Kinship Virtual Clase)
1/19/26	10:00-12:00	Los 5 Lenguajes del Amor del Adolescente (FKCE - Virtual Clase)
1/28/26	6:00-8:00	Fomentando la Autosuficiencia a través de los Estilos de Crianza (FKCE - Virtual Clase)

[VIEW CLASSES OR REGISTER ONLINE](#)

Resources:

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

[VISIT OUR WEBSITE](#)

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

[VISIT OUR WEBSITE](#)



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The Stephan Center | PO BOX 77813 | Corona, CA 92877 US

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