



Freedom and Independence

July 2023



Feature Article:
**In The Land
Of The Free**

On July 4th and through each year we celebrate the concept of freedom in the US. While freedom can mean different things to different people freedom continues to encompass several key elements to all people who overcome great challenges to find it for their lives.

[READ ARTICLE](#)



Family Time: **Learn How To Teach Life Skills**

To be successful in our lives we all need to learn life skills. Many children, especially those in out of home placement, have challenges mastering academic and life skills. Summer is a good time to teach important age appropriate life skills while enjoying the more relaxed summer schedule. Learn how to teach life skills in the this article.

[READ ARTICLE](#)

Senior Corner: **Remember Ice Cream Socials?**



Remember ice cream socials when we were young? And making ice cream in ice cream machines with lots of crank turning, ice and fresh fruit for flavor? Well so did Ronald Reagan who in 1984 declared the third week of July to be

National Ice Cream week! So why not celebrate good memories and delicious ice cream with a ice cream social in your home with friends and family, at your Church or Social group or just at the local ice cream store! Sharing past memories while making new ones helps us find joy and peace in our lives.

What is Happening at The Stephan Center



Walking A New Path: After Your Spouse Dies

A special 3 part virtual series for those widowed, will begin the 23-24 program year by offering the series in August on the following Saturday August 5, 12 and 19 from 9:30-11:30. Registration will be online beginning July 10th.

[VIEW FLYER](#)

[REGISTER ONLINE](#)

Trauma-Informed Certification Program

Providing 12 modules, 24 hours of course work, at your pace culminating in certification recognition. Appropriate for all professionals serving children, families and adults who have experienced trauma.

Individual 2 hour subject focused classes providing engaging and relevant information on a variety of subjects related to supporting children families and adults heal from grief and loss

[REGISTER NOW](#)

Resources

Find resources to support healing from Trauma and loss on the website at thestephcenter.org. Resources include articles, books and links to agencies and information in over 15 loss related categories.

[VIEW 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

Remember a loved one with a donation to the "In Memorial" page and have their name listed on this special website page.

[DONATE NOW](#)



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Mental Health and/or Foster Parent tips!



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