



Feature Article: **Equity, Independence, and Loss**

In our latest blog post, we dive into the heartwarming pursuit of equity, independence, and freedom that connects us all. We explore the challenges we face along the way and the profound impact of loss on our lives.

This insightful article is packed with simple yet powerful actions we can all take to make a positive difference—acknowledging our own losses, challenging biases, and embracing respect and acceptance for everyone.

Let's walk this path together and create a world where everyone can thrive.

[READ ARTICLE](#)



Celebrating Independence for Ourselves, Our family, Our Country!

Understanding Independence... Today, our challenge is more about how to keep ourselves, our communities and the planet we all share alive and well than it is about asserting our independence. This doesn't mean each and every one of us does not have to account for ourselves individually. In fact, self-governance is a key mandate of living a "Hongik" life.

Hongik means that, while each person should live up to his best human potential, he should always be mindful of what impact on or benefit to others, and the earth, his actions will have...

[CONTINUE READING ARTICLE](#)



Family Time:
**Purposeful
Parenting Month:
A Time to Learn
and Grow**

Purposeful Parenting Month is upon us. That's because the U.S. Department of Health and Human Services decided that July would be it, the designated month for **purposeful parenting**. With kids home for the long summer vacation, parents have a chance to really talk with their children and have productive open discussions. Use the Summer months to:

1. Listen to your child's ideas and thoughts
2. Discuss ways to identify and implement values and ideals
3. Develop new skills together
4. Enjoy fun activities and outings

Learn more about Purposeful parenting...the purposeful parent begins by drawing up a "hierarchy of aspirations" for the child. "What would you like your child to experience in this lifetime?"

[READ ARTICLE](#)



Senior Corner:

Humor is good for Our Spirits and relationships!! Summer is a good time to learn and share jokes with family, friends and young people! It stimulates our brain too!

Plan to learn 1-2 new jokes per week and share them by phone, notes or computer with friends, family members and especially with any younger people in your life!! And encourage them to share jokes with you!

Here is one to start you out...**What's the difference between a guitar and a fish? You can tune a guitar but you can't tuna fish.**



July 18th: **National Ice Cream Day**

The **third Sunday of July** is one of the sweetest days in the United States, as it is when we celebrate National Ice Cream Day. In fact, this frozen dairy treat is so popular in America, that in 1984 the whole month of July was decreed to be National Ice Cream Month.

This comes as no surprise, when we find out that Americans eat more ice cream in a year than anyone else in the world! What is your favorite ice cream?

What is Happening at The Stephan Center



Are You Widowed or Know Someone Who is Widowed?

The 3 part series: **Walking A New Path: After Your Spouse Dies** will be offered beginning in August.

August dates: Saturday's August 3,10 and 17 from 9:30-11:00

This series is offered virtually online:
Registration begins on July 15th online.

Only \$15.00 for the series.

VIEW FLYER

REGISTER ONLINE

Training Opportunities

CALLING ALL PROFESSIONALS:

Obtain your Professional development requirements
with the Stephan Center.

Easy...Affordable...Unique Topics and Programs!

Trauma-Informed Certification Program

12 module self- paced series addressing all aspects of trauma and its
impact on children, families and adults. Become certified and earn
your digital badge!

Enroll at:

onlineclasses.thestephancenter.org

Reduced rate for agencies and school districts.

REGISTER ONLINE

Online Classes

Choose from a variety of interesting, unique and informative topics to
enhance your knowledge and skills!

- Self-paced
- affordable
- certificate immediately available upon course completion!

Special discounted rate: Get 3 classes for \$40
with promo code: **3FOR40**

[REGISTER ONLINE](#)

Calling Foster/Resource Parents

FREE classes that meet California licensing requirements starting in August!

[REGISTER ONLINE](#)

Are You A Grandparent or Relative Caregiver?

Monthly Support groups with workshops meeting licensing requirements will start in August.

- Kinship Group on the Fourth Wednesday from 10:00-12:00 (Virtual)
- Grandparent support group on the Third Thursday from 9:30-11:30 (In person-Corona)

[VISIT WEBSITE](#)



Your Support Makes a Difference

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

DONATE NOW



FOLLOW US

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



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!