



## Feature Article: Summer Fun Teaching Life Skills

Many children, especially those in out of home placement, have challenges mastering academic and life skills. Yet to be successful and self-sufficient they need caring adults to take the time to ensure that they do master these necessary skill sets.

The more relaxed summer months make an excellent time for caring adults to assess children's skills and design activities that allow children to master necessary skills in fun and creative ways.

**Read here to find ways to have fun and support academic and life skills this summer.**

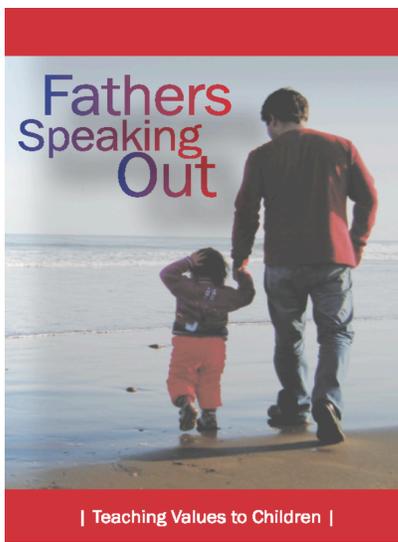


## Family Time

### **Fun Ways to celebrate the “Dads” in your family and in your life:**

Shoot Some Hoops, Play a Board Game, Make His Favorite Meal, Watch His Favorite Movie, Watch “the” Game, Mow the Lawn/ Do Some Yardwork, Have some “Outside” fun, Create a special card, poem or letter.

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## Fathers Speaking Out Video Series:

- Strengthen Your Fathering skills by taking the “Fathers Speaking Out” video class series at [onlineclasses.thestephancenter.org](http://onlineclasses.thestephancenter.org)
- Order the “Fathers Speaking Out” videos to use in parent classes and father support groups at [thestephancenter.org](http://thestephancenter.org). Three topics each in English and Spanish

[VIEW FATHERS SPEAKING OUT](#)

## Check Out The Special Page For Men Who Are Fathering

**Obtain resources**, books and articles for Men and Fathers on The Stephan Center website on the special page just for Men/Fathers.

**Highlighted Article for Fathers: [Taking Care of Dad](#)**

[VISIT WEBSITE](#)



## Senior Corner

June 8<sup>th</sup> is **National Best Friends Day** . Why not celebrate all month by connecting with friends from your past and present? Pick up the phone for a nice “catch up” chat, send a note or card sharing past memories, plan a luncheon, Connect on Facebook or Facetime, Share pictures and fun stories! “There is nothing better than a friend, unless it is a friend with chocolate.” — **Linda Grayson**

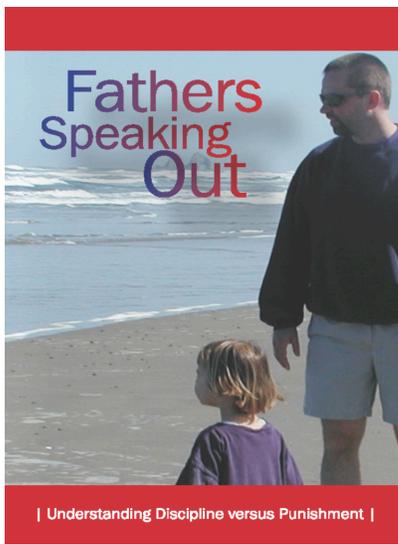


## For Professionals: Understanding Adverse Childhood Experiences

The Adverse Childhood Experiences (ACE) study analyzes the relationship between multiple categories of childhood trauma, and health and behavioral outcomes later in life. The study found that children who experienced certain adverse conditions in the household prior to age 18 are more likely to experience negative consequences as an adult. To learn more about ACEs and long term impact of trauma on various life situations read: **Understanding Adverse Childhood Experiences.**

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### Faith Leader Time



## Fathers Speaking Out

Videos are now available online and for purchase.

Bring this interactive video series to the Men in your Congregation. Consider starting with “Teaching Values to Children” available in English and Spanish.

[VIEW FATHERS SPEAKING OUT](#)

# Summer Happenings at The Stephan Center



## FREE Classes for Foster/Kinship/ Grandparents in June

Classes are in English

Date	Time	Topic
Wed, June 25th	10am-12pm	Fostering Self-Sufficiency (Virtual)

[VIEW CLASSES OR REGISTER ONLINE](#)



## Calling Professionals

In the fields of Education (ECE, K-12), Social Work, Counseling, MFTs, Public Health, Law Enforcement, Probation, Recreation and Youth Ministry Use the Summer break to complete Professional Development hours with these unique and affordable online courses:

- Trauma-Informed Certification Program
- 2 hour individualized courses

[LEARN MORE AND REGISTER ONLINE](#)

## Check Out the Resources

**Struggling with a Life Transition or know someone who needs support?**

Then visit The Stephan Center website for information, articles, resources, online classes and much more.

**Special sections include:**

- Spanish section with Information, resources and articles
- Fathers section with the Fathers Speaking Out video series, educational information and resources

- Classes to activate on line or bring to your agency
- Information on Grief and loss for all ages from infants to seniors
- Links to resources and reading materials addressing over 15 life loss topics

[VIEW WEBSITE](#)



## **Donations support these unique programs**

- Free Weekly tips to maintain positive Mental Health
- Free Foster Parenting tips (appropriate for all parents/grandparents)
- Free Monthly e-newsletter with a variety of resources, articles and information
- Free Robust website with information, resources, articles and educational opportunities with Special designated pages for Fathers and in Spanish
- Website is a resource for agencies and service organizations internationally

[DONATE TODAY](#)



**FOLLOW US**

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Mental Health and/or Foster Parent tips!



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