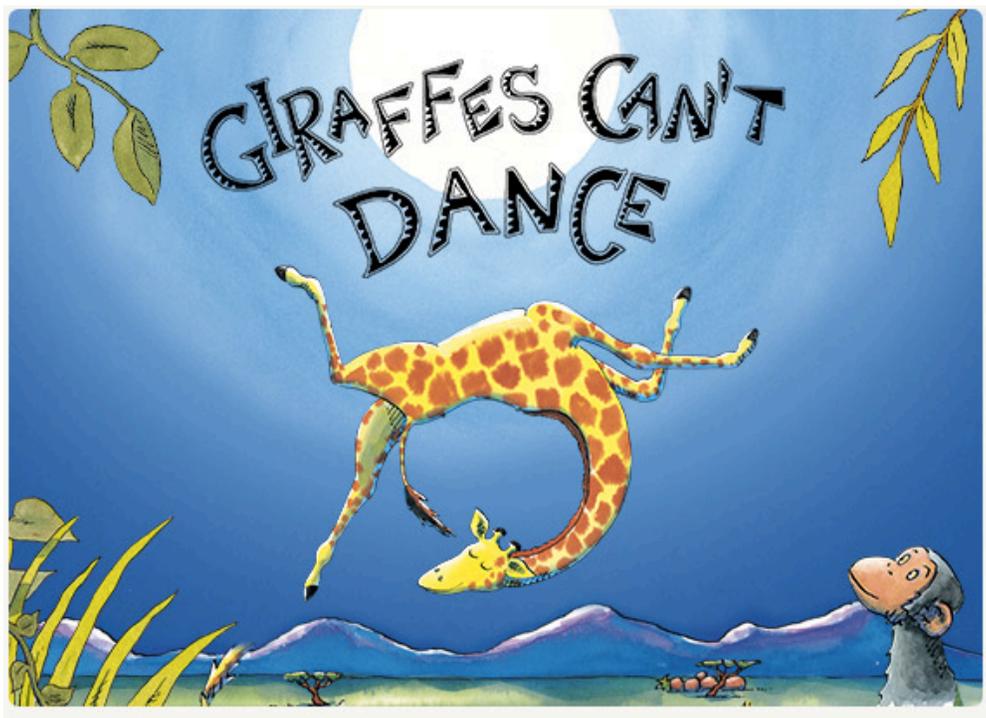




Healing Through The Arts

March 2023



Healing Through the Arts

"Giraffes Can't Dance" is an inspirational story of a Giraffe who believes he cannot dance until one day he finds the music that speaks to his soul. Then he finds that he can dance. We all experience challenges, trauma and sadness in our lives. We encourage everyone to explore different forms of art media, as a way, to find inner comfort, calmness and peace for healing. We offer these ways to connect with a variety of art opportunities.

[LEARN HOW TO HEAL THROUGH ART](#)

Family Time



Use art media, drawing, storytelling, dance, poetry to share feelings and experiences based on a variety of emotions. Choose a family experience or let each family member choose their own experience to share through art media. Plan a time or family meeting for everyone to show/share their creation.

Senior Corner



Use your creative talents; painting, writing, storytelling, to share a memory or experience with your family and/or friends. The younger generation love to hear family stories. It is a wonderful way to pass on family history and traditions.

Nutrition Month

The Academy of Nutrition and Dietetics has announced the theme for National Nutrition Month(R) in March of 2023, Fuel for the Future.



Fuel for the Future

Fuel for the Future helps everyone realize the importance of a plant-based diet for health and food sustainability issues. It is an excellent time to teach and learn about global warming, world population growth, and the future of food systems.

[LEARN MORE](#)

Good nutrition keeps us physically and mentally well!

March 17th: St Patrick's Day! Fun Facts



- Blue was the color originally associated with St. Patrick, but green is now favored.
- The first St. Patrick's Day parade in the American colonies was held in New York City on this day in 1762.
- St. Patrick's Day is the traditional day for planting peas, even in the snow! See our fun video on [how to plant peas](#).
- Cabbage seeds are often planted today, too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes! See our [Cabbage Growing Guide](#). No PJs required!

What is Happening at The Stephan Center



Time to meet your certificate/licensing requirements! Sign up for:

Online Classes

A variety of unique classes for Educators, Social Workers, Counselors, Faith Leaders, Law Enforcement, Resource/Foster Parents.

Check them out today

[LEARN MORE](#)

Trauma-Informed Certification Program:

12 module program addressing research, theory and practical application principles in supporting children and adult healing

Register at: onlineclasss.thestephancenter.org
Special rates for schools and agencies.

[REGISTER ONLINE](#)

FREE Foster (Resource) Parents Classes
These virtual classes meet state licensing requirements

Date	Time	Location	Topic
March 6th	6:00 - 8:00	FKCE	Understanding Sexual Orientation/LGBTQ
March 13th	6:00 - 8:00	FKCE	Keys to Positive Teen Behavior
March 16th	10:30-12:30	GRG-Corona	Being an Advocate for your Grandchild
March 22nd	9:00-11:00	FKCE	Setting Realistic Goals
March 28th	10:00-12:00	Kinship	Understanding Sexual Orientation/LGBTQ
March 29th	9:00-11:00	FKCE	Dealing with Challenging Behaviors and Support

Register at: thestephancer.org or call 951-310-4944

[REGISTER FOR CLASSES ONLINE](#)

Our Website

**Visit the website at: thestephancer.org to find information, articles, resources and register for classes and programs

[Visit Website](#)



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

[DONATE NOW](#)

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





Try email marketing for free today!