



Feature Article: **Understanding Food and Security**

Food has many meanings through its preparing and intake for all people. It is essential for survival but also supports a sense of caring, connection and security. What we eat, how it is prepared, who we share it with all create an environment which feeds us physically and emotionally. Both are important for our survival.

From the first nutrition an infant receives upon birth being fed creates a bond between child and mother and sets the stage for a child's physical and emotional growth. If the food received is pleasant to the taste, given with regularity and delivered in a loving context then the child receives both nutritious sustenance and emotional stability...

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Family Time:

Cooking as a family helps children develop positive relationships with healthy food and supports family bonding. Plan menus together and give everyone a task. Even the youngest child can sort, count out or stir.



Senior Corner:

Cooking and eating for 1 or 2 can be challenging, but eating out is expensive and not always healthy. Explore pre-prepared items in a health-focused market for smaller, healthy portions. Consider meal sharing and eating together with friends a few times a week/month.

March is Nutrition Month:

Use March to try a new recipe or review your nutritional habits. Make changes for a healthier lifestyle through foods and exercise!

[FIND NEW RECIPE](#)



March 17th

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



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Time to Meet Your Certificate and Licensing Requirements:



- Individual 2-hour online classes on a variety of trauma/grief related topics.
- Trauma-Informed certification program: 12 module (24 hour) program online.
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Sign up for both at:
onlineclasses.thestephancenter.org
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FREE Virtual Classes

For Foster/Resource Parents

These virtual classes meet state licensing requirements.

Date	Time	Topic
3/20	9:00-11:00	Virtual: Impact of Trauma on Learning
3/29	10:00-12: 00	Virtual: Understanding Discipline
4/8	6:00-8:00	Virtual: Understanding and Connecting Systems

[REGISTER FOR CLASSES ONLINE](#)

February Highlight **The Lion King Jr Theater Evening**



The 6th Live Theater Evening was held on February 29th at the Historic Civic Theater in Corona, Ca. This year's performance was The Lion King Jr, a dazzling arena of music, songs, dance and storytelling which enthralled children and adults.

This program is a partnership between The Stephan Center and Christian Art Theater (CAT) to introduce Foster and at-risk youth and their families to a Live Theater experience promoting storytelling as a healing process and to encourage pleasure reading to support academic success.



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