





## Message From the Director:

The continued wars in Ukraine and Gaza coupled with the lingering impact from the worldwide pandemic and the uncertainty of “Safety net” programs in the US heightens our awareness of the impact of trauma on children and adults. Any trauma creates loss for which we grieve.

The grieving journey is a long process with many increments. Being able to heal from trauma requires many components including a strong support system. For the first time in 100 years our world is experiencing comprehensive global trauma through the long term effect of the pandemic, through the media/social media coverage of the two war fronts and “safety net” programs here.

This “collective” trauma requires a new approach of global support for healing. Learn more about the grieving process and ways to support yourself and others on the agency website: [thestephancenter.org](http://thestephancenter.org).

This is now everyone’s need and responsibility. No one can heal alone.

Thank you,

Victoria Stephan

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## Feature Article: 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. Like the Giraffe, most of us believe that we do not have any artistic talent and so we do not explore our own creative talents. We may not become a famous composer, artist, dancer or writer but in every one of us there is a connection to an artistic expression that touches our inner core, our “soul” and helps us heal from sorrow or tragedy bringing us peace and calm.

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.

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## Family Time

Help children and the whole family develop positive stress management activities and explore their creativity by engaging in craft projects. Individuals or as a family learn a new craft skill this month. Share your newfound skill with other family members, such as Grandparents. Consider using your skill to benefit others; Make items for Senior homes, Hospital wards, Veteran centers, etc.



## Senior Corner

This month consider sharing a craft skill you have with others, teach a younger family member to knit or sew, conduct a class at the local Senior Center or Church, start a social group around your craft skill. Now that COVID restrictions are reduced it is time to safely become engaged with others. "Crafting" together strengthens positive mental health and is fun!



## National Craft Month

Learning a craft offers many benefits. Expressing one's creativity provides stress relief and can lower blood pressure much like meditation. There's natural positive reinforcement from learning a new skill. With each new step learned, the satisfaction from gaining the skill is rewarding. Crafting with a group becomes a social event.

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## Faith Leaders Resources

Serving your congregation at times of life challenges; illness, death or other crisis' can also be challenging to Faith Leaders. Learn about the 3-part Consoling Ministry program and how you can bring this special, caring ministry to your Faith Community.

[VISIT OUR WEBSITE](#)

[CALL US: 951-310-4944](tel:951-310-4944)



## Irish? Or Not...

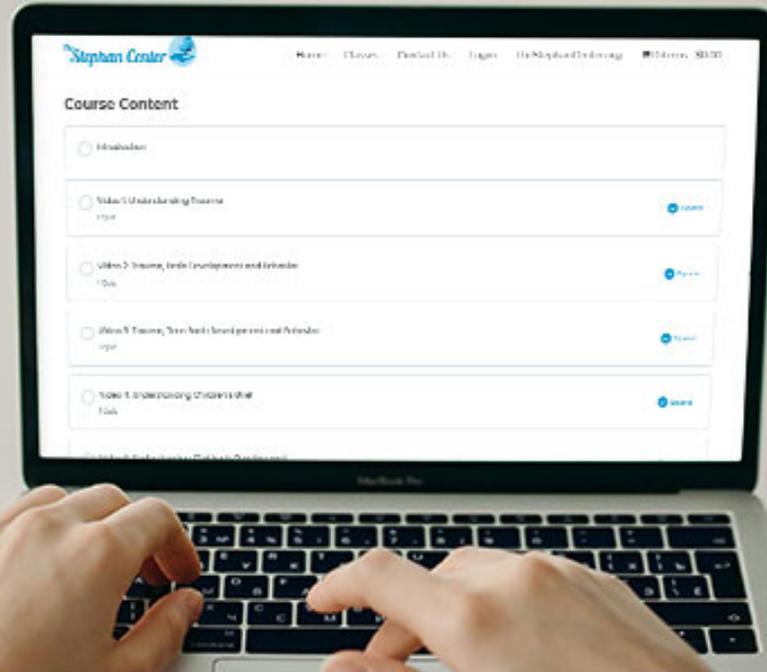
Celebrate St. Patrick's Day with good food and friends. Consider these 5 lessons from Patrick's life;

1. Spend time in nature. Patrick loved the outdoors and spent as much time as possible surrounded by nature.
2. Pay attention to messages in dreams. [Dreams can also be powerful tools for discovering wonder](#), Patrick said...
3. Look for possibilities in problems. Patrick endured many hardships and overcame many
4. challenges in his life by holding onto hope
5. Take risks with courage. One of the qualities that Patrick was most known for was his courage.
6. Keep learning and growing. Patrick never stopped seeking to learn something new

[LEARN MORE IN THIS ARTICLE](#)



# What is Happening at The Stephan Center



## Trauma Informed Certification Program

The most comprehensive trauma informed certification program available. 12, 2-hour modules are all offered online at your own pace. With the lingering impact of the COVID pandemic and the continued global impact of poverty, food insecurity, homeless and violence in the US and around the world it is essential that all Professionals working with children and families understand the lifelong impact of trauma and how to provide appropriate support for healing.

**Start Your Training Today!**

**REGISTER ONLINE**

**FREE Virtual Workshops for**

# Foster/Resource Parents

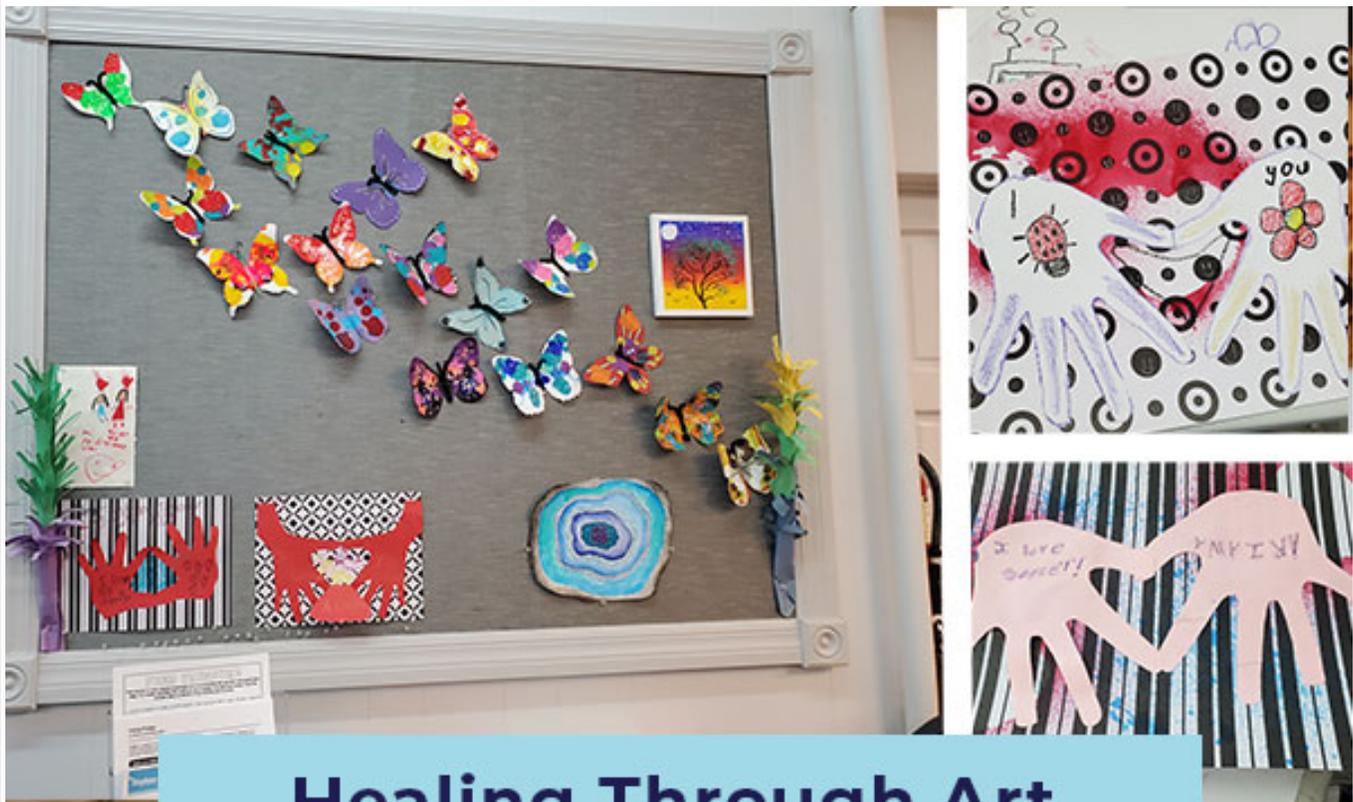
Including Kin-Care and Grandparents.

In partnership with Riverside City College. Meets State licensing requirements.

**(Certificates of completion provided.)**

Date	Time	Topic
3/27/25	10am-12pm	Trauma and the Teen Brain (Virtual)
4/7/25	6pm-8pm	Understanding "Difficult" Behaviors (Virtual)
4/16/25	9am-11am	Mindful Parenting (Virtual)
4/17/25	9:30am-12:30pm	Creating Healing Environments (In Person-Corona, Ca)
4/30/25	10am-12pm	Drug Exposure and Brain Development

**REGISTER ONLINE**



## Healing Through Art

**Healing Through Art Program for Grieving Children/Teens**

Spring Series begins on April 10th and 11th Registration begins March 17th

[REGISTER ONLINE](#)



Help Us Keep Vital Resources Available

# DONATE TODAY

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

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