



Promoting Care For All

May 2023



MAY IS
**MENTAL
HEALTH**
AWARENESS MONTH

We need to monitor our mental health just as we do our physical health to live a fulfilled life, find enjoyment and well-being. One easy way to support your own mental health is by receiving weekly Mental Health tips right in your preferred social media platform.

Follow us for weekly mental health tips!



Feature Article:

Creating New Beginnings For Healing



Every day we have the opportunity to start again, to create new beginnings and heal from the challenges and losses from the past days, weeks, and years. But too often instead of seeing each day as a new beginning we drag the old pain, hurt and trauma with us into the next day.

[READ ARTICLE](#)

Supporting Professionals

When you work in the “Helping” professionals you are more susceptible to mental health challenges and need to take care of yourself. When we spend most of our time serving others, we need to actively seek out others to help take care of us without feeling guilty or unworthy. Learn ways to support yourself here.

[READ ARTICLE](#)

MAY IS

NATIONAL FOSTER CARE MONTH



Here are some current facts and how The Stephan Center is supporting foster youth, Resource Parents and Professionals:

Fact 1: To meaningfully address the mental health needs of children, youth, and young adults in foster care, **requires a holistic approach** that focuses broadly on their well-being within the contexts of home, family, school, work, and community.

The Stephan Center provides the program “Healing Through Art” for foster youth which includes Mental Health resources for youth, adults and families

[VIEW PROGRAM](#)

Fact 2: **Effective training and support for foster parents** will improve retention, increase placement stability, and increase capacity to help children and youth in care navigate life’s challenges.

The Stephan Center provides over 40 classes annually virtually and online for Foster/Resource and Kinship Caregivers

[VIEW CLASSES](#)

Fact 3: Because of the complex traumas faced by children and youth in foster care, foster care alumni experienced post traumatic stress disorder **at a rate nearly five times higher** than the general adult population.

The **Stephan Center** provides a Trauma Informed certification program for professional supporting foster youth.

[VIEW COURSE](#)



As a family learn how you can be supportive of children in foster care at your local school or foster agency by:

- Volunteer and help Foster youth be included in local/school events
- Donate items or under write the cost of a program (sports, dance, music lessons, camp)
- Foster: Become a Foster parent or “Respite family”, Find out how at your local foster agency
- Educate yourself and others about foster family needs through local agencies

Senior Support



Senior Health and Fitness Day is May 31st. Engage in an activity to improve your health and fitness!

- Cook a new “healthy” recipe
- Take a walk in a new location
- Treat yourself to a “Spa” day
- Read or watch something that makes you laugh! Make it extra special by doing it with friends!!

MAY 14TH IS MOTHER'S DAY



Remember all mothers here and above! But not just one day a year. Make a commitment to spend more time with your Mother the whole year!

Youth Art



Enjoy the creative art by the youth participating in the Healing Through Art series this year.

This program will begin again in the fall, 2023.

What is Happening at The Stephan Center



New Website Look:

Visit our new and improved website at: thestephancenter.org. Watch for more information on the Spanish page coming soon!

VISIT WEBSITE

FREE Foster/Resource Parents Classes!

Register online at: thestephancenter.org

Evening Classes in May and June

Date	Time	Location	Topic
May 22nd	6:00pm - 8:00pm	FKCE	Suicide Awareness in Teens
June 5th	6:00pm - 8:00pm	FKCE	Building Supportive/Nurturing Environments
June 19th	6:00pm - 8:00pm	FKCE	Dealing with Challenging Behaviors and Support

Daytime Classes in May and June

Date	Time	Location	Topic
May 17th	9:00am - 11:00am	FKCE	Understanding Trauma and Self Care
May 23rd	10:00am - 12:00pm	Kinship	Suicide Awareness in Teens
June 14th	9:00am - 11:00am	FKCE	Building Supportive/Nurturing Environments
June 27th	10:00am - 12:00pm	Kinship	Dealing with Challenging Behaviors and Support

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

[REGISTER FOR CLASSES ONLINE](#)

Summer is Coming: Use this time to Complete Professional Development Goals with us!

- **You need to be CERTIFIED!!** Register Today for this unique and comprehensive program: **Trauma-Informed Theory to Practice**
- **Take an Online 2-hour class: Many unique topics offered. Register today**

[VIEW COURSES](#)



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

Remember a loved one with a donation to the “In Memorial” page and have their name listed on this special website page.

[DONATE NOW](#)

A decorative banner with a blue background and white dashed lines. The word 'FOLLOW' is written in large white letters on a dark blue rounded rectangle. Below it, the word 'US' is written in white on a smaller dark blue rounded rectangle. A white mouse cursor points to the 'US' button. A blue butterfly is on the right side of the banner, and an orange exclamation mark is on the left.

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

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