



MAY IS

# National Foster Care MONTH



## 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.



Healing Through Art

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

[Learn More](#)

**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.



Foster Parents

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

[Learn More](#)

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



Training Opportunities

Trauma-Informed Certification program.

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

[Learn More](#)



## **Family Corner:**

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

### **Volunteer:**

- Help foster youth be included in local/school events.

### **Donate Items:**

- 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:**

- Educate yourself and others about foster family needs through local agencies. ([Article: When Parents Go To Prison](#))



# Senior Thoughts: “Aging isn’t for Sissies”

- Quote from the movie, Quartet.

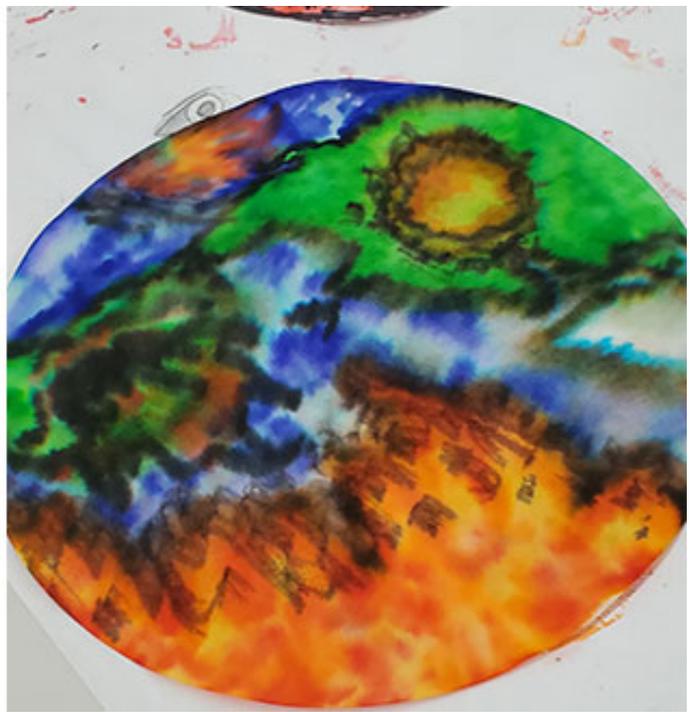
It does help when we can find humor in the aging process, especially when we share our humorous insights and experiences with friends and family. After all, we all age eventually! Consider using some of the points in this article to find the humor and positivity in your life. Share your insights with others and have a good laugh!

[READ ARTICLE](#)



## 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, 2024.



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# What is Happening at The Stephan Center



**Supporting  
Children/Adults  
Who Have  
Experienced  
Trauma?**

Then you need to complete the certification program;

## Trauma-Informed: Theory to Practice.

- Trauma-Informed certification program: 12 module (24 hour) program online.
- Study at your own pace! Earn your Digital badge and certification.

Enroll at:

[onlineclasses.thestephancenter.org](https://onlineclasses.thestephancenter.org)

Special rates for agencies and school districts.

[REGISTER ONLINE](#)

## Calling Resource Parents, Social Workers and other Professionals:

Complete your Professional Development requirements online with us!  
Individual classes are now online.

[VIEW CLASSES](#)

## FREE Virtual Classes For Resource Parents In May And June (Virtual)

Date	Time	Topic
5/15	9:00-11:00am	Mindful Parenting
5/29	10:00-12:00pm	Understanding Anger and Aggressive Behavior
6/3	6:00-8:00pm	Understanding Anger and Aggressive Behavior
6/12	9:00-11:00am	Supporting Learning During Summer Break

[REGISTER FOR CLASSES ONLINE](#)



# Your Support Makes a Difference

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

[DONATE NOW](#)



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Mental Health and/or Foster Parent tips!



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