

Mental Health Month



Director's Thoughts

May is Mental Health Awareness month. Mental Health and Mental Illness are often considered the same thing but they are not. Just like being “Physical healthy” is not the same as being “Physically ill”. Sometimes people have a diagnosed mental illness, just like one can have a diagnosed physical illness. We can stay Physically Healthy with certain activities, habits and practices just like we stay Mentally Healthy with certain activities, habits and practices. We invite you to read the article here to learn how you can stay mentally healthy.

[READ ARTICLE](#)

Consider following us on social media to receive weekly mental health tips.





Family Time

Improve your whole family's mental health by helping others. Volunteer in your community, bake cookies for an older neighbor, spend time with a family member, etc. Helping, showing kindness, thinking of others helps us stay mentally healthy and brings your family closer.



Senior Corner

Sharing your life with your family is a gift only you can give them. Obtain a small battery-operated tape recorder and start recording your life stories. A memory a day will quickly add up to a whole lifetime of memories and a valuable gift for generations. Need support to get started? Ask a trusted family member or friend.



Faith Leaders Resources

The 3 part Consoling Ministry Program is now offered virtually! Three interconnected Ministries which train lay ministers, in any denomination, to support faith members when sick, during a funeral or crisis and for up to one-year after a death or trauma.

[EMAIL TO LEARN MORE](#)

What is Happening at The Stephan Center





FOSTER & RESOURCE PARENTS

MEET STATE
REQUIREMENTS
FOR LICENSING

Gain Certificate of
Completion

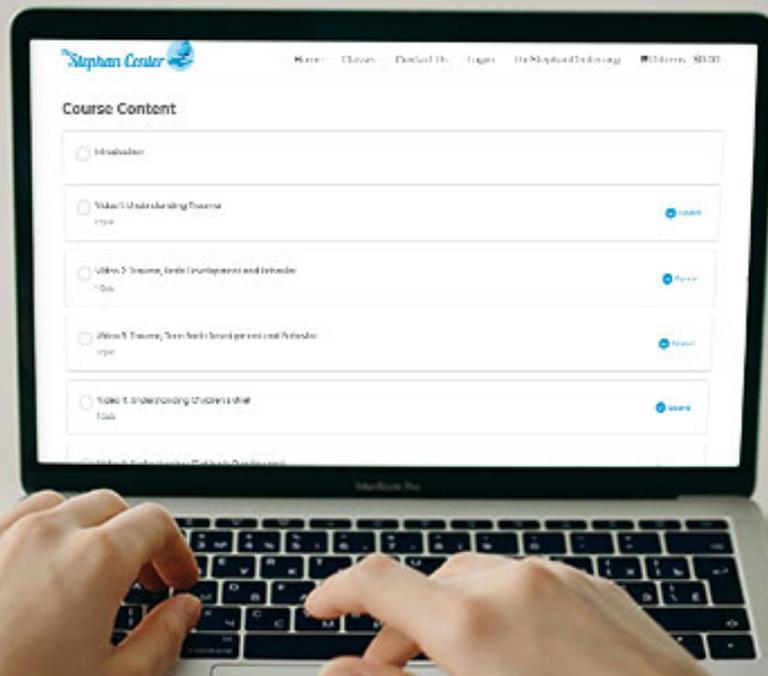
Free Workshops Spring 2025



For Fostercare, Kinship Care
& Grandparents

Classes are in English and Spanish. View future classes and register on our website.

[VIEW CLASSES OR REGISTER ONLINE](#)



Trauma Informed Certification Program

Plan To Become Certified This Summer

Online. Self Paced. Affordable

[VIEW COURSE](#)

Struggling with a Life Transition or know someone who needs support?

Then visit the Stephan Center website for information, articles, resources, online classes and much more.

Special sections include:

- Spanish section with Information, resources and articles
- Fathers section with the Fathers Speaking Out video series , educational information and resources
- Classes to activate on line or bring to your agency
- Information on Grief and loss for all ages from infants to seniors
- Links to resources and reading materials addressing over 15 life loss topics

[VIEW WEBSITE](#)



Donations support these unique programs

- Free Weekly tips to maintain positive Mental Health
- Free Foster Parenting tips (appropriate for all parents/grandparents)
- Free Monthly e-newsletter with a variety of resources, articles and information
- Free Robust website with information, resources, articles and educational opportunities with Special designated pages for Fathers and in Spanish
- Website is a resource for agencies and service organizations internationally

[DONATE TODAY](#)



FOLLOW US

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



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