



## Feature Article: Understanding Children's Grief

Children today are facing violence on many fronts—at home, in their neighborhoods, and even through the media. From domestic abuse to gang activity and the ongoing portrayal of war on television, violence has a lasting impact on how children view the world.

This article dives into the long-term effects of violence on young minds and offers actionable steps adults can take to raise children in a non-violent environment. If we want to foster a generation of compassionate, peace-seeking adults, it's essential to start teaching non-violent communication and conflict resolution early on.

Read more to learn how we can create safer, more peaceful spaces for the children in our lives.

[READ ARTICLE](#)



# Children's Grief Awareness Month

NOVEMBER

We all experience loss and grieve those losses, even children. Too often we do not recognize or understand the grief children feel or how they process that grief. When children are not understood or supported in their grief processing it can lead to other emotional issues and behaviors.

Children's normal grieving behavior and actions are often misunderstood because adults do not know the grief cycle or understand the messages sent by children. Learn more about grief cycles for children through the National Alliance of Children's Grief ([nacg.org](http://nacg.org)).

Learn how to support children when they are grieving through information and articles on our website.

VISIT WEBSITE

# FLIP THE SCRIPT

**CHILDREN'S GRIEF AWARENESS MONTH**  
**[WWW.NACG.ORG/FLIPTHESCRIPT](http://WWW.NACG.ORG/FLIPTHESCRIPT)**

**Join the National Alliance for Children's Grief (NACG) and The Stephan Center as we "flip the script" on grief.**

**What is Flip the Script?** Flipping the Script references a shift in perspective or a change in the way a situation is typically handled. This November we will work together to flip common grief scripts during Children's Grief Awareness Month. Many of the traditional expressions of sympathy can be unhelpful or even hurtful to grievers, including children. Join us as we inform, encourage, and support children and individuals in this journey.

Find new scripts on our social media platforms and at <https://nacg.org/flipthescript/#practice>



## Family Corner

November is a month of remembrance and Thanksgiving. Combine those two by taking time as a family to remember those we miss through death or distance. Share stories, pass on memories, display pictures and give thanks for the love and gifts they brought into our lives. Make their favorite dishes, do acts of kindness in their name and celebrate their lives and legacy. Children need to know they belong and understand their family history and traditions.



## Senior Times

November is family story month. Take the time to share your story with children and grandchildren. You can do it orally in person, by tape, video or in writing. Add pictures, mementoes, recipes, family traditions and other items to highlight people, places and events. This is a gift only you can give. Don't miss the opportunity!



## Veteran's Day is November 11th

When we honor our Veterans, we need to also honor their Families. Military Service is a Family Commitment. Learn how you can support the Veterans and their families in your community by reading our article *Military Service: A Family Affair*

[READ ARTICLE](#)



## Thanksgiving is November 28th

It is more than Turkey dinner and football! It celebrates the core of our country's values, family, traditions, and faith. This is true for all the racial, ethnic, and faith communities that comprise our nation. Let us be truly thankful!

---

## What is Happening at The Stephan Center





## Workshop Series for Widows & Widowers November Series

Closed Caption  
Available

# Walking a New Path

AFTER YOUR SPOUSE DIES

This series will be virtual via  
**ZOOM**  
Zoom link sent after registration completed

Facilitators:

Ms. Judy Figal, LCSW

Ms. Paulina Jaramillo, MA author of *Life Interrupted*

**Thursdays**

### Understanding the Grieving Process

Nov 7 9:30-11:30 AM(PST)

This session will explore the grieving stages/styles, discuss the normal reactions during the grieving process, & define some effective coping strategies.

### Exploring Family Grief & Dynamics

Nov 14 9:30-11:30 AM(PST)

This session will explore family member grief dynamics, discuss balancing support for yourself & others, & define the changes in family roles.

### Finding Your Next Life Purpose

Nov 21 9:30-11:30 AM(PST)

This session will discuss healing timelines, explore "new normals", & the process of finding meaningful purpose in your life.

## Walking A New Path: After Your Spouse Dies

**Program** will be held virtually on  
Thursday, Nov 7, 14 and 21<sup>th</sup>  
from 9:30-11:30

**Register at:** [thestephancenter.org](http://thestephancenter.org)  
Next series will be held in February.

[REGISTER ONLINE](#)

[VIEW FLYER](#)

## November: FREE Classes for Foster/Resource Parents (Virtual)

Date	Time	Topic
------	------	-------

11/4/24	6pm-8pm	Understanding Grief During the Holidays
11/13/24	9am-11am	What are Social Determinants?
11/27/24	10am-12pm	Understanding ACE's

[REGISTER ONLINE](#)

## Trauma-Informed Certification

Become certified by completing this unique and comprehensive 12 module, 24-hour course online program.

Affordable, self-paced, enlightening regarding the long term impact of trauma on children and adults.

Sign up today!

[REGISTER ONLINE](#)

## Self-paced Online Classes

Complete your Professional Development requirements with specialized classes. Most appropriate for Educators (ECE/K-12), Counselors/Therapists, Faith Leaders and Parent/Foster parents.

Sign Up Today!

[VIEW CLASSES](#)



November is  
**GIVING  
MONTH**

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

**DONATE**

**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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!