



Feature Article: Understanding Children's Grief

Children's grief and grieving process is not well understood or supported even though there is some research and information on the subject.

However between research completed, accepted children's social emotional development theories, and children's mental health best practices information and effective methods of support re available for implementation.

[READ ARTICLE](#)

FLIP THE SCRIPT



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).

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

and with our programs:

[Healing Through Art](#) and [Live Theater Evening](#).



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 Time

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!



Faith Leader Sharing

November begins the “Winter” Holidays for most faith communities. There are many similar messages in all faith traditions; Love, Peace, Compassion, Services, Thankfulness, Gratitude. With so much violence, discord, and conflict in our cities, country and the world how can we use this season of Thanksgiving, peace and love to join together as one community of faith and harmony through interfaith services and events?

Share your Compassion and Thanks filled activities on the Stephan Center [Facebook](#).

Invite The Stephan Center to your Faith Leader training to share a workshop on Creating Compassionate Congregations.



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 here.



Thanksgiving is November 28th

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

What's Happening at The Stephan Center



FREE Classes for Resources Parents (Virtual)

SPANISH

DATE	TIME	TOPIC
November 17	10:00-12:00	Desarrollando el Arte de Escuchar
November 19	6:00-8:00	Ejemplificando el Cuidado Propio
November 20	10:00-12:00	Ejemplificando el Cuidado Propio (For Grandparents and Relative Caregivers)

ENGLISH

DATE	TIME	TOPIC
November 19	10:00-12:00	Understanding Grief and Loss
November 20	10:30-12:30	Developing the Art of Listening (Grandparent support group-in person/Corona)
November 24	10:00-12:00	Coping with Holiday Stress and Trauma

[VIEW CLASSES OR 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 Certification

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



Training in the Community

on October 11th Victoria Stephan conducted a workshop on Trauma, Brain Development and Behavior at the Children's Network Conference for Social Workers, Counselors and, Educators.

To bring this workshop to your agency contact us at **951-310-4944**

The Fall Healing Through Art Series

concluded on October 30. Through their art projects children and teens explored different perspectives, processing feelings and building a safe community in which to begin healing.

Here are some of their art projects.





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!



The Stephan Center | PO BOX 77813 | Corona, CA 92877 US

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



Try email marketing for free today!