



Keeping Ourselves Safe

October 2023



Feature Article:

Understanding Being Safe

We talk about being safe. We tell those we love to “be safe”. We want to live in “safe” neighborhood. We want to feel safe when we travel, go out in the community, drive through neighborhoods, send our children out to school. But what does it mean to “be safe”. From where does our strong need to be safe come? How do we secure safety for ourselves, our family, our community?

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Family Time:

Building Positive Social-Emotional Skills in Children

October hosts “Red Ribbon” week (anti-drugs) and raises awareness about bullying. These are both good topics for family meeting discussions. Drug awareness is always important information for parents and children/teens to share. Not just lectures by parents but honest discussions about what children/teens are seeing and hearing at school and in the community. Bullying behavior needs to be understood in relation to social-emotional development. Use the ideas in these articles to guide a discussion and implement age-appropriate activities.

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Senior Corner:

Nine “Guide Points” to Enjoying the “Golden Years”

As 2022 draws to a close it is a good time to reflect on what went well and what we would change for the coming year. We are never too old to “Take Stock” and

make changes to improve the quality of our lives, keep ourselves safe and enjoy every day. Use the “Nine Guideposts to the Golden Years” in this process on your own or with friends. It will be enlightening and fun!

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Fall Facts

Why is Fall called Fall?

It has to do with when the leaves ‘fall’ from the trees – nice and simple!

What’s the best thing about Fall?

One of the best things about Fall is the not hot, not cold, but mild temperatures. It’s the perfect blend of crisp mornings and warm afternoons that many of us enjoy.

What do you see in the Fall?

In the Fall, you will see leaves falling from the trees and changing color. You will also feel the temperature drop and start seeing birds move across the sky, seeking warmer temperatures. It’s also the season where animals begin to prepare for hibernation, and you see pumpkin and Halloween decorations everywhere.

What are some fall scents?

The most popular fall scents are pumpkin spice, apple, vanilla, leaves, and sage.



What is Happening at The Stephan Center



Healing Through Art Fall series has begun:

This Six (6) Art class series for youth 5-17 who are experiencing loss in their lives is held in Corona in partnership with the Corona Art Association. Registration is still open for the October classes.

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[REGISTER ONLINE](#)

Free Classes For Resource Parents (Foster, Grandparents and Kinship)

Classes are offered in person and virtually. They meet state requirements for Foster placement licenses and parent education requirements. Take classes that are most relevant to your family.

October: Foster: Grandparents Raising Grandchildren (GRG) and Kinship program

GRG: October 19th at 10:30 – 12:30

Topic: Behavior versus Discipline

Location: In person - CNUSD Parent Center

Kinship: October 25th at 10:00-12:00

Topic: Setting Realistic Goals (Virtual)

November: Kinship program

Kinship: November 30th at 10:00-12:00

Topic: Creating Nurturing and Healing Environments (virtual)

REGISTER TO FREE CLASSES

Coming In November

Walking a New Path: After Your Spouse Dies

This 3-part series, held virtually, provides those widowed information, discussion, and resources to support the adjustment to life without your life partner. Close Caption available.

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Resource Articles In Spanish

The Stephan Center is pleased to be expanding the resources and articles on the Espanol page on the website.

Lidiando con la aflicción durante las fiestas

(Dealing with Grief During the Holidays)

Preservando tradiciones familiares durante las fiestas

(Preserving Family Traditions..)

Encontrando el disfrute durante las fiestas

(Finding Enjoyment During the Holidays)

Balanceando el pasado y el presente durante las fiestas

(Balancing the Past and the Present..)

Alegría al todo el mundo

(Joy to he World)

Manejando la aflicción y pérdida durante las fiestas

(Handling Grief and Loss..._

Agradecimiento y recuperación
(Thanksgiving and Healing)

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Always Available



Become Certified

Trauma-Informed Certification Program:

Do you work with children, families, and adults who are or have experienced trauma in their lives? You need to be Trauma-Informed Certified! This unique 12-module, 24-hour online program will provide you with information and tools to understand, support and assist children and adults with lifelong healing. Register TODAY at thestephancenter.org! Earn your digital certification badge! Special discount rates for groups.

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Online Classes

Online classes are at your fingertips! Check out the topics, take a class today, earn professional development credits! Easy, Quick, affordable!

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