



Feature Article: The Impact of Violence on Children

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](#)



Family Discussion Time

Now that school has begun it is a good time to hold a family meeting to discuss appropriate interactions at home and at school. Aggressive behavior, bullying, and violence often is first witnessed by children in the home but not recognized for what it is.

Having an open discussion on what these behaviors look like and how they make people feel is a good beginning in helping family members identify their own behaviors and foster a more respectful and kinder home environment. This will make children feel safe and secure.

To learn more read: [Redirecting Bullying Behavior](#)

[READ ARTICLE](#)



Senior Corner

Sharing A Smile Month!

It takes little time and no money to spread joy by sharing a smile. Try it this month with all those you meet; at stores, on ZOOM gatherings, with people in your home and neighborhood. See how sharing a smile makes you feel and the reaction you receive from others. A smile will make everyone feel happier!



Halloween Fun Facts

- The first Jack O'Lanterns were actually made from turnips.
- The word "witch" comes from the Old English *wicce*, meaning "wise woman"
- Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and **gold**, stands for the harvest and autumn. Black is a symbol of death.
- Halloween is thought to have originated around 4000 B.C., which means Halloween has been around for over 6,000 years

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.

Widowed Series Begins November 7, 2024

Walking A New Path: After Your Spouse Dies

A special virtual 3-part series for those whose spouse/partner has died.

Open to all partners.

Register now!

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Upcoming FREE Virtual Training for Resource Parents

Date	Time	Topic
10/11/24	9am-11am	Setting Realistic Goals

10/30/24	10am-12pm	Attachment and the Brain Building Blocks
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

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