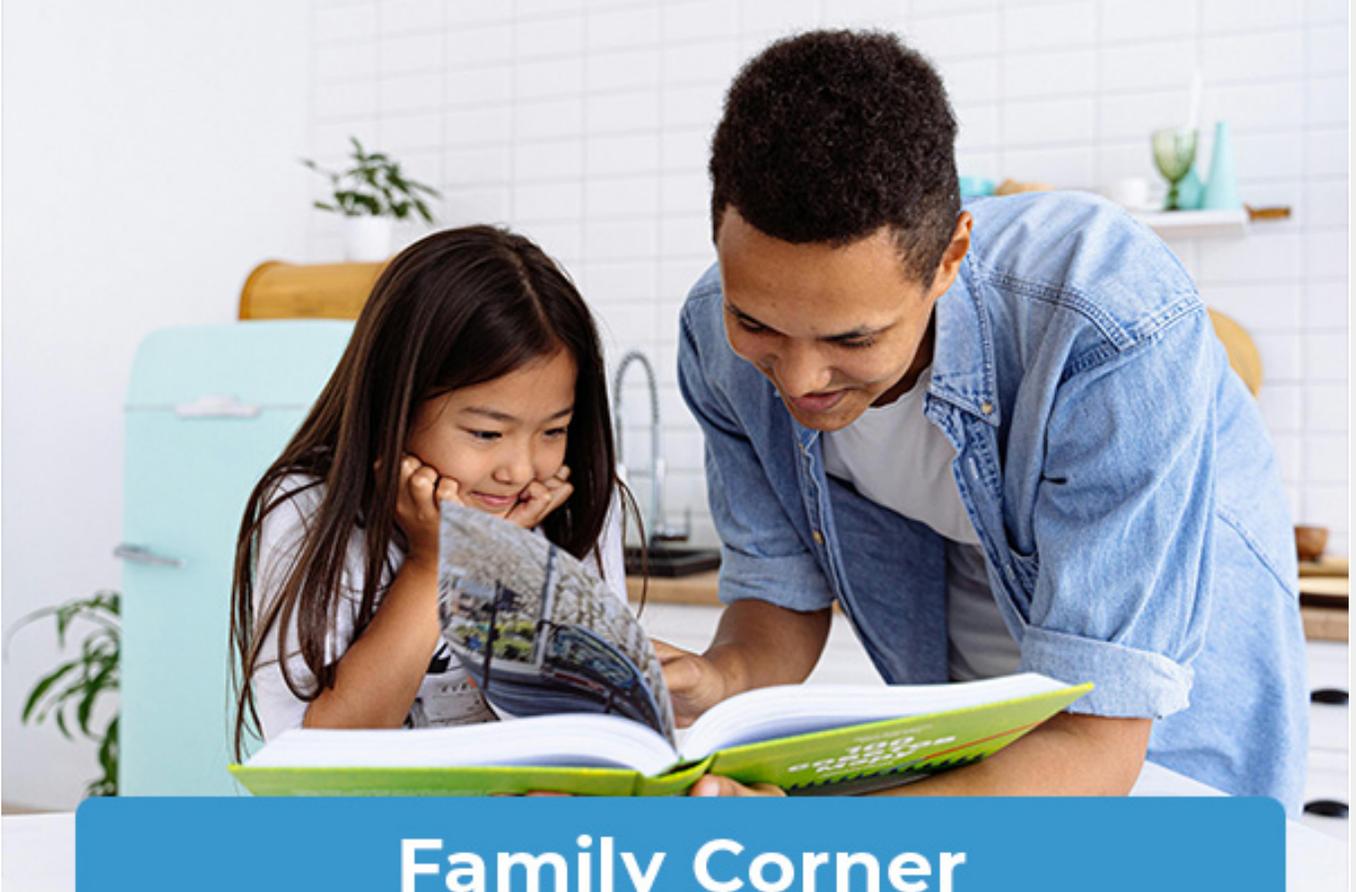




## Feature Article: Understanding and Building Resiliency

Resiliency is the new “buzz” word moving through many different fields and professionals from trauma and stress, to academic success to the workplace. But what is resiliency exactly and why is it important? Resiliency is defined as the capacity to recover quickly from difficulties...

[READ ARTICLE](#)



## Family Corner

School has begun, and we want children to have a successful year! What happens at home sets the stage for success at school.

Children need to believe and feel that the adults in their lives care about them and their school life.

**Parents, Caregivers and other adults can do that by:**

- Talking with and listening to each child as they share their fears and goals for the coming school year.
- Be an advocate for each child as they navigate the school environment and new learning material.
- Provide a positive learning environment at home for studying.

[READ ARTICLE](#)



## Senior Time

When we were children and later had children in our lives our life revolved around the “Academic year”. September to June was the “School year” and July and August were “Summer vacation” months. Now that we are “retired” we often lose that structure in our lives.

Days flow into other days and we lose track of dates and time. This lack of structure and purpose in our lives can lead to confusion, depression, and anxiety.

This year let’s put the “Academic year” back into our schedules.

- **During the fall and spring** - lets learn something new, read a new book, join a group, provide service to others.
- **During the Winter break and summer months** - let’s take “vacation”. Putting structure into our lives improves our physical and mental health.

[READ ARTICLE](#)



September

## Suicide Prevention Awareness Month

Suicide is rising in teens and Older Adults. Increase your knowledge so you can offer appropriate support! Learn ways to help through our resources:

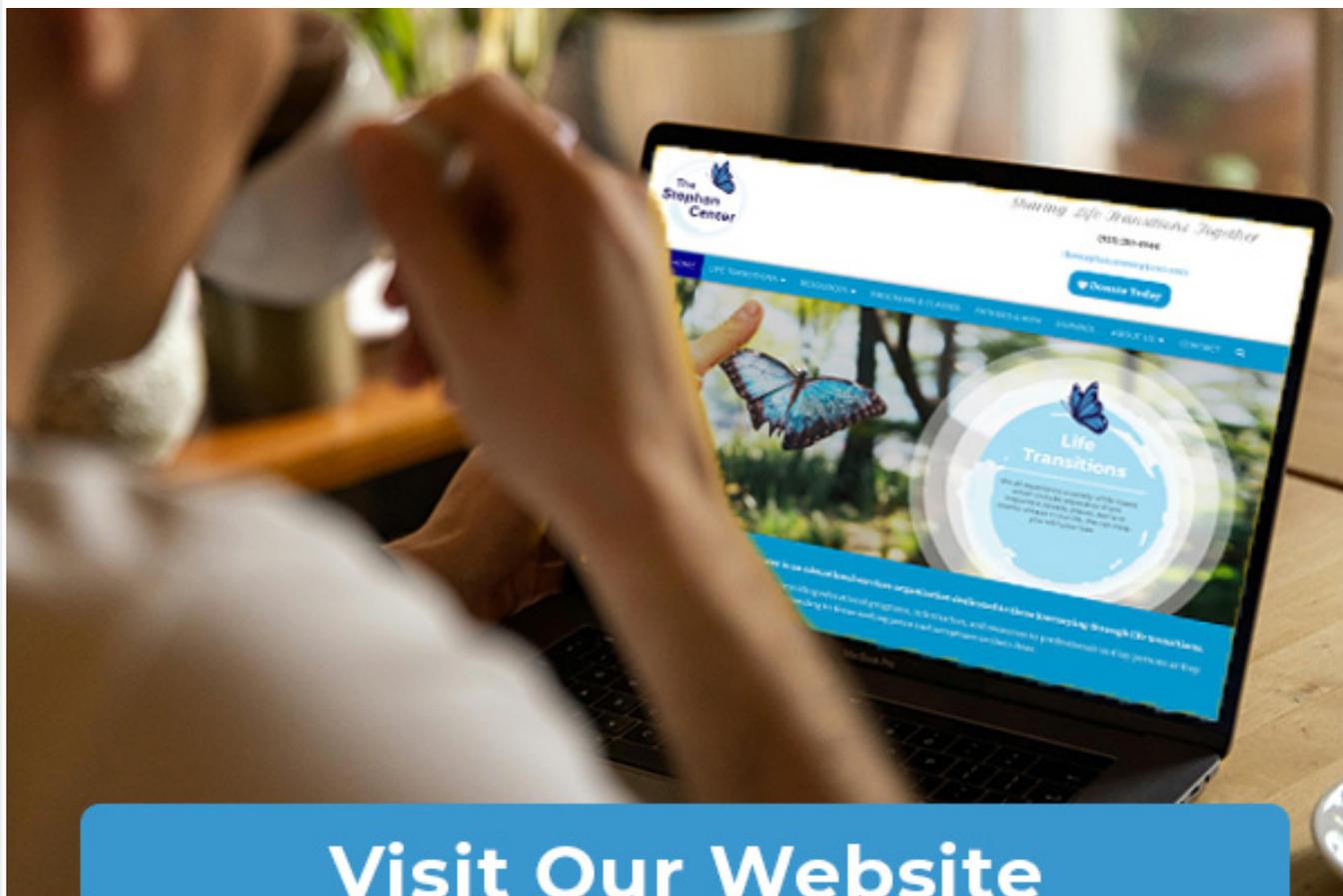
- [Teens and Suicide: Risk Factors and Prevention](#)
- [Talking About Suicide](#)
- [Suicide Prevention Resources](#) (American Foundation for Suicide Prevention)



**Faith Leader Thoughts**

The Members in your congregations are facing more challenges each year as prices rise, healthcare becomes harder to navigate, children and teens become more susceptible to influences on social media and seniors face isolation and depression.

**The Stephan Center is here to support you and your members.**



**Visit Our Website**  
[thestephancenter.com](http://thestephancenter.com)

**Visit our website to learn about:**

- The components of loss
- Utilize the articles provided
- Provide resources offered
- Bring the Consoling Ministry Program to your Faith Community
- Take an online class

**VISIT WEBSITE**

# SEPTEMBER SPECIAL EVENTS

**September**    **Hispanic Heritage Month**

**9/11**            **National Day of Service  
and Remembrance**

**9/21**            **International Day of Peace**

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## **What is Happenings at The Stephan Center**



**FREE Classes for Foster/Resources  
Parents and Grandparents**  
**September - December classes now taking registration online!**

Classes offered in English and Spanish

[VIEW CLASSES OR REGISTER ONLINE](#)

## Healing Through Art Program

**Fall series begins September 24, 2025**

Enroll in our 6 week art program for children/youth ages 5-17 who are experiencing loss in their lives.

**Location:**

Corona Art Association studio 815 W 6th St Suite 145, Corona, CA

[VIEW FLYER](#)

## Online Classes

**Become Trauma-Informed certified**  
or take a shorter course for  
professional development.

**Special discounts for larger groups!**

[REGISTER ONLINE](#)



## 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

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