



Developing Resilience to Support Healing

September 2023



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 Success & Mental Health

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

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 Events

September is Suicide Awareness Month:

Suicide is rising in teens and Older Adults.

Increase your knowledge so you can offer appropriate support!

Learn ways to help through these articles:



Teens and Suicide: Risk Factors and Prevention

[READ ARTICLE](#)



Talking About Suicide

[READ ARTICLE](#)

Special Events

Hispanic Heritage Month
9/11 - National Day of Services and Remembrance
9/21 - International Day of Peace

What is Happening at The Stephan Center



Free Classes For Resource Parents

September- December classes are now taking registration online!

[VIEW FREE CLASSES](#)

Healing Through Art Program Fall series begins September 27, 2023

A six 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](#)

[REGISTER ONLINE](#)

Walking a New Path: After Your Spouse Dies

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

Open to all partners. Next Series held in November

[VIEW FLYER](#)

[VIEW ONLINE](#)

ONLINE CLASSES

Become Trauma-Informed certified or take a shorter course for professional development. Special discounts for larger groups!

[VIEW ONLINE CLASSES](#)



Your Support Makes a Difference

Donate today so we will be
here when you need us.

[DONATE NOW](#)

**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!