



MARCH 2026 NEWSLETTER



## Learning from Others' Grief

We all experience loss for which we grieve. This is, unfortunately, part of being human. While we each grieve our losses in our own way there are some common elements to the grieving and healing process.

[Read Full Article](#)

## Message from the Director

When I was first widowed, I would ask... "How long does the grieving last?" A wise person told me "It will change in time." To be honest, I hated the word "Change" at first — but later I found myself telling others the same thing: "It will change."

Grief from any loss does not go away. Instead, it becomes a part of who we are moving forward. Grief reshapes how we perceive everything around us — ourselves, our relationships, our values, priorities, spirituality and our purpose in life.

The pain and hurt, especially at the beginning when the loss first occurs, feels like it will never subside. But in time, it does subside and "change" — but never goes away. After a while we move forward in our lives almost not thinking about the loss, other days it is a dull ache, and on special days the pain can come back with intensity.

This e-newsletter is written to provide you with understanding, insight, resources and information to support each of you with your lifelong Grief "Journey."

---

**With gratitude,**  
**Victoria**  
Director



# Family Time

The "**Feeling**" Chart is a great way to help everyone in the family think about how they are feeling and share without having to use a lot of words. Sometimes feelings are hard to describe — a picture makes it easier to share.

"Feeling" Charts can be downloaded from the internet and posted in a location used by everyone (refrigerator, etc.). Different colored magnets allow family members to identify their feeling by putting *their* magnet on the feeling face that matches their emotion.

[Download a Free Feelings Chart](#)



## Senior Corner

A challenge for us as we get "older" is staying connected with our family — siblings, children, grandchildren and even aunts, uncles, and cousins. The "family" members we grew up with are our "**peers.**" The family we created, our children and their children, are our "**legacy.**" Both are important to us and to them.

If you do not have children or grandchildren, you still have a rich legacy to share with others through school classrooms, youth organizations, and service groups. Think about your "legacy" and how you will pass it on.



## Clergy & Faith Leader Resources

Do you need resources to support your congregation in the area of grief, loss, and trauma? Find information, articles and resources on the website at [thestephancenter.org](http://thestephancenter.org) or contact our office at [thestephancenter@gmail.com](mailto:thestephancenter@gmail.com).

**Bring the Consoling Ministry program to your congregation:** This unique year-long training develops a "continuity of care" support program for parishioners, provided by specially trained lay ministers. Visit the website under "*Programs*" to learn more or call the office.

Contact our office to schedule:  
**951-310-4944**

[View the Consolation Ministry Training](#)



## Healing Activities in March

March begins the season of spring — and after the "winter" of grief, whenever it occurs, we can begin healing with some of these "uplifting" activities:

- ▶ **Go on a Spring Nature Walk.** Take some time to explore the sunshine today! Being in nature helps us heal our spirit.
- ▶ **Go to a Local Library or Community Event.** The library is an amazing resource for discovering new books, activities and getting involved in the community. Engaging in activities helps us reconnect with the world outside.
- ▶ **Have a Cup of Tea with a Good Book.** Is there anything better than a cozy cup of tea and a good book? Enjoy your favorite author or subject to relax.
- ▶ **Have a Calm Meditation Moment — or several!** Take a moment to slow down and meditate on things that you are grateful for today. This will help "reframe" your priorities.
- ▶ **Give a Friend a Hug — and get one back.** Sometimes all you need is a hug! "Skin touch" is an important part of healing.

## What is Happening at The Stephan Center?

FREE Classes for Resource Parents

## MARCH — ENGLISH

DATE	TIME	TOPIC
<b>9th (M)</b>	6:00–8:00 pm <i>Virtual</i>	FKCE: Supporting Grieving Children Ages 3–12
<b>16th (M)</b>	10:00–12:00 <i>Virtual</i>	FKCE: Setting Trauma Informed Goals
<b>18th (W)</b>	9:00–11:00 <i>Virtual</i>	FKCE: CSEC Training Awareness
<b>19th (Th)</b>	10:30–12:30 <b>In Person</b>	GRG: Setting Trauma Informed Goals
<b>23rd (M)</b>	6:00–8:00 pm <i>Virtual</i>	FKCE: Supporting Grieving Teens Ages 13–17
<b>25th (W)</b>	10:00–12:00 <i>Virtual</i>	Kinship: Understanding Aggressive Behavior

## MARCH — ESPAÑOL

FECHA	HORA	TEMA
<b>16th (L)</b>	10:00–12:00 <i>Virtual</i>	FKCE: Poniendo Metas Informadas por el Trauma
<b>18th (M)</b>	6:00–8:00 <i>Virtual</i>	FKCE: Los 5 Lenguajes del Amor del Adolescente
<b>19th (J)</b>	10:00–12:00 <i>Virtual</i>	Kinship: Asesoramiento y Consejería Basado en Trauma

[Register Online for Free Classes](#)



## Expand Your Knowledge & Meet Professional Development Goals

Become Trauma-Informed certified with the 12-hour online program exploring theories, research and best practices to support those experiencing trauma.

[View Certification Program](#)



## Need Quick Professional Development Hours?

Take a 2-hour online course and choose from many topics! Receive your certificate immediately upon completion.

Only \$15.00 per class | 3 for \$45.00

[Browse All Online Classes](#)

## Watch For: Upcoming Programs in April

- ▶ **Spring Healing Through Art** for Grieving Youth begins **April 22 & 23**. Registration opens Monday, April 6th on the website.
- ▶ **Special Symposium for Widowed Parents:** April 25th, 9:00 am–1:00 pm. Watch for more details and registration information in the April e-newsletter and on the website.

[Learn More at thestephancer.org](http://thestephancer.org)

## Resources

Find resources, books and articles on many areas related to loss and grief on the website at [thestephancer.org](http://thestephancer.org).

[Visit Our Resource Page](#)



## Español

Find NEW articles, information and resources in Spanish on the agency website. New topics include:

- ▶ Redirigir el comportamiento de acoso escolar a través de los vínculos familiares
- ▶ Separación familiar: ¿Jamás se puede justificarla?
- ▶ Entender las experiencias adversas en la infancia
- ▶ Un tiempo para el respeto y para la justicia
- ▶ Cultivar la amabilidad y el servicio

[Ver Artículos en Español](#)

## Ready to help us grow?

By making a donation to the agency you ensure we will be here when YOU need us!

[Donate Today](#)



# Thank you

For helping us support families and communities through  
grief, healing, and hope — one connection at a time.

FOLLOW US FOR WEEKLY FOSTER PARENT & MENTAL HEALTH TIPS

---



---

**The Stephan Center**

[www.thestephancenter.org](http://www.thestephancenter.org) • 951-310-4944

© 2026 The Stephan Center. All rights reserved.