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| October 2025 |



## Emotional Wellness Month

Ability to manage and understand your emotions, cope with stress, and handle both positive and negative feelings. Emotional health is crucial for overall well-being, affecting how we interact with others and respond to life's challenges.

Our thoughts and emotions are intertwined with body, relationships, character and spiritual life.

Young people today say they're less happy and healthy and struggle more to find purpose, self-control and strong relationships according to Jama Psychiatry - National Data on Age Gradients in Well-being.

Among Gen Z, anxiety, loneliness and depression are skyrocketing at alarming rates.

In 2023, [CDC data](#) showed that:

- **4 in 10 students felt persistently sad or hopeless.**
- **1 in 5 seriously thought about suicide.**
- **1 in 10 made an attempt.**

These challenges can be even more intense for foster and adoptive youth who have endured past harmful experiences, even deeply ingrained self-image belief systems resulting in mal-behavioral tendencies.

That's why I'm so encouraged by [Barna's new report: Helping the Next Generation Flourish](#).

Science increasingly confirms what Scripture has long claimed: God's ways are good for all people, even for those who have endured deep adversity.

***“They (God’s Words) are life to those who find them and health to one’s whole body” (Proverbs 4:22).***

Anchoring families in a local church and daily practices at home of Christian faith nurtures and increases spiritual health. Careful long-term studies — demonstrate that this steady spiritual commitment helps foster resilience, stronger relationships and deeper purpose. Young people who are actively involved show lower rates of depression, substance use, early sexual activity and even suicide.

Obviously, the goal of Christian faith is not primarily about promoting better mental health but an active living relationship with Jesus. Yet evidence suggests when we seek Him first, the ripple effects are profound and benefit the whole self — our emotions, bodies, and relationships.

When the Christian faith is woven into the rhythms of home life — through prayer, forgiveness, gratitude and serving together, the impact extends into

every part on one's being, and children thrive. Strong evidence suggests what Christians have always believed: as we seek Him first, both we and the children we love and serve gain much life and health.

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Last month ICA was able to be a part of Catholic Ministry Days in Sacramento. This event allows us to connect with a lot of the local Catholic Churches in the area and it was awesome!

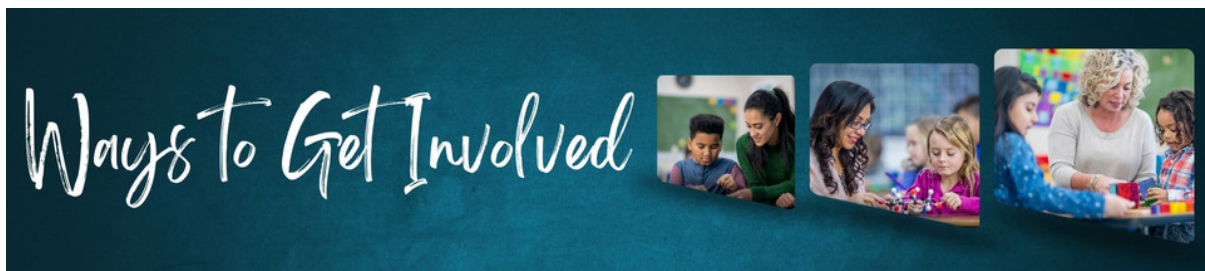
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- 10/9 & 23 - Temecula Farmer's Market [Temecula Sunset Market](#)
- 10/11 – ICA Trauma Training Seminar in Citrus; open to the community & provides ICA families with training hours
- 10/17 & 18 - When She Leads Conference in Temecula

- 11/8 – American River Community Church Christmas Market [American River Community Church](#)
- 11/9 - Calvary Murrieta Orphan Sunday [Calvary Murrieta - Events](#)
- 11/14 – Barnabus Group ICA's presentation [Barnabas Group Sacramento](#)

*\* Events can be canceled at any time without warning. We apologize for any inconvenience this may cause. For information on our events please contact ICA directly.*



If you're in the Citrus Heights area – Join us for Trauma Training Seminar and learn how to provide emotional support for youth



**YOU'RE INVITED TO A *Free* TRAUMA TRAINING WORKSHOP**

JOIN US FOR OUR TRAUMA TRAINING:  
WITH TBRI PRACTITIONER KELSEY JOHNSON

**WHEN:** OCT 4 | 9:00AM - 12:00PM  
**WHERE:** ANTELOPE SPRING CHURCH  
4555 PFE RD  
ROSEVILLE, CA 95747

The goal of this training is:

- Introduction to TBRI (trust-based relational intervention)
- Connecting Principles
- Empowerment Principles

This training is geared towards parents, future parents, potential foster parents, youth leaders, teachers, non-profit workers, foster & adopted youth workers

Light Refreshments provided;  
No childcare available



Parent Training Hours Certificates available

"In your relationships with one another; have the same mindset as Christ Jesus." ~ Phil 2:5

Science increasingly confirms what Scripture has long claimed; God's ways are good for all, even those who have endured deep adversity. With TBRI, there is an opportunity to practice healthy relationships, backed by science, which implement positive faith-based principles. These relational skills build lasting resiliency in children and youth from hard places.

**TO REGISTER SCAN THE QR CODE**



info@4achild.org | 4achild.org | (916) 248-8490

**Register Today!**

Temecula - Know of a family hitting a bump in the road? Feel free to refer to ICA's Children Trauma Counseling Center which is open to the public. We attempt to keep costs very low, almost the same as insurance costs.

**Download Counseling Center Info**



**Praises:**

- Boys in Transitional Housing Program are doing great! They receive praises from their school on their efforts and good behavior.

- Two reunification cases were completed successfully. The minors are happy with their birth families.
- Longevity of staff has led to kids and families enjoying familiar faces working with them.
- 15 young adults enrolled in college! 😊

### Prayer Requests:

- ICA's upcoming Trauma Training Seminar to provide hope, skill and encouragement to those working with youth and children
- For grace, wisdom and stamina for ICA Mental Health staff in the trenches with struggling youth
- To rescue more kids from shelters.
- Churches to become excited and engage with the ministry of ICA so they can effectively minister to the needs within our communities



Praise Jesus that there are avenues to seek help. That there is place where your child or teen can share what they're going through with no judgment but assistance on how to regulate through the rough times.

Our Mental Health & Education Department offers highly skilled and trauma-trained counselors. Our desire is to offer our years of expertise in assisting children and families with their trauma by offering hope, healing, and understanding through a Christian perspective. Our staff serves a wide variety of children and youth from all backgrounds and traumas.

Need help, please reach out to ICA!

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