

SCHEDULE OF WORKSHOPS BY LANGUAGE
DECEMBER 7, 2021

Date	Language	Time	Title
12/7	Arabic	Session 1C (2:30pm to 4:15pm)	Muslims Daily Prayers as Meditation صلاة المسلمين اليومية هي نوع من التفكر المطلوب لتقوية الصحة النفسية و العقلية
12/7	English	Session 1A (10:15am to 12:00pm)	Complex Trauma within the Armenian Community
12/7	English	Session 1A (10:15am to 12:00pm)	Healthy Families from a South Asian Perspective
12/7	English	Session 1A (10:15am to 12:00pm)	Social Isolation Among Older Adults
12/7	English	Session 1A (10:15am to 12:00pm)	When Life Calls You to a Distant Land, Part of Me Leaves With You
12/7	English	Session 1A (10:15am to 12:00pm)	Mental Health and Wellness Tools for Everyone
12/7	English	Session 1A (10:15am to 12:00pm)	Self-Care and Self-Love for Women
12/7	English	Session 1A (10:15am to 12:00pm)	Who Do You Think We Are? A Narrative Change Workshop
12/7	English	Session 1A (10:15am to 12:00pm)	Mental Health and Schools Identifying African American Students as Behavioral Risks
12/7	English	Session 1B (12:45pm to 2:15pm)	The Role of Faith in Mental Health Treatment and Recovery

12/7	English	Session 1B (12:45pm to 2:15pm)	Symptoms and Treatment of Anxiety during and Post Covid-19
12/7	English	Session 1C (2:30pm to 4:15pm)	Expanding Multicultural Bridges and Finding Healing in Times of Crisis
12/7	English	Session 1C (2:30pm to 4:15pm)	Immigration and Resilience
12/7	English	Session 1C (2:30pm to 4:15pm)	Implementing Indigenous Cultural Safety: Action for All Communities
12/7	English	Session 1C (2:30pm to 4:15pm)	Mental Health and People of Color in 2022: An Interactive Forum Exploring Truths, Falsities and Facts for Empowerment
12/7	English	Session 1C (2:30pm to 4:15pm)	Promoting Resilience and Success within the American Indian/Alaska Native Community
12/7	English	Session 1C (2:30pm to 4:15pm)	African- American/Black Military Service: Duty- Honor-Abuse
12/7	Farsi	Session 1B (12:45pm to 2:15pm)	Social Isolation Among Older Adults عی و تنهایی انزوای اجتما
12/7	Korean	Session 1B (12:45pm to 2:15pm)	Increasing Awareness through Cultural Humility for Korean Community 문화적 겸손을 통한 한인 공동체의 인식 향상
12/7	Korean	Session 1C (2:30pm to 4:15pm)	Grief and Loss 슬픔과 상실
12/7	Mandarin	Session 1B (12:45pm to 2:15pm)	Self-Care: Connecting to Our Inner Healing 照顧自己：和我們的內在療愈連結

12/7	Russian	Session 1B (12:45pm to 2:15pm)	Stress and Mental Health: How to Overcome Psychological Stress and Support Physical and Emotional Wellbeing Стресс и психическое здоровье: Методы преодоления психологического стресса и поддержки эмоционального и физического благополучия.
12/7	Spanish	Session 1A (10:15am to 12:00pm)	Finding Peace After an Abusive Relationship Encontrando Paz después de una Relación Abusadora
12/7	Spanish	Session 1A (10:15am to 12:00pm)	Healing through Literature and Writing Sanando con escritura y literatura
12/7	Spanish	Session 1A (10:15am to 12:00pm)	Emotions That Block Your Way Emociones que detienen tu camino
12/7	Spanish	Session 1B (12:45pm to 2:15pm)	Grief and Loss Perdida y Duelo
12/7	Spanish	Session 1B (12:45pm to 2:15pm)	Understanding Childhood Traumatic Stress Entendamos el Estres Traumático Infantil
12/7	Spanish	Session 1C (2:30pm to 4:15pm)	Childhood Adverse Experiences, Trauma and Resilience Experiencias Adversas de la Infancia, Trauma y Resiliencia
12/7	Spanish	Session 1C (2:30pm to 4:15pm)	Self-Care & Self-Love for Women El Autocuidado y Amor Propio en las Mujeres

SCHEDULE OF WORKSHOPS BY LANGUAGE

DECEMBER 8, 2021

Date	Language	Time	Title
12/8	Armenian	Session 2B (11:15am to 12:15pm)	Complex Trauma within the Armenian Community Կոմպլեքս տրավմա հայ համայնքում
12/8	English	Session 2A (9:45am to 11:00am)	Holiday Blues
12/8	English	Session 2A (9:45am to 11:00am)	Resilience Throughout the Lifespan
12/8	English	Session 2A (9:45am to 11:00am)	Mental Health and Stigma: The Filipino-American Experience
12/8	English	Session 2A (9:45am to 11:00am)	Muslims Daily Prayers as Meditation
12/8	English	Session 2A (9:45am to 11:00am)	Advocacy 101
12/8	English	Session 2A (9:45am to 11:00am)	Finding Peace After an Abusive Relationship
12/8	English	Session 2A (9:45am to 11:00pm)	LGBTQIA2-S+: Alzheimer's and Dementia an Understanding
12/8	English	Session 2A (9:45am to 11:00am)	Can Mom Come Out to Play? Understanding the Game of Self Care for Parents of Special Needs Children
12/8	English	Session 2A (9:45am to 11:00am)	Rez Robics and other Healthy Practices for American Indians
12/8	English	Session 2B (11:15am to 12:15pm)	Supporting Latinx and Hispanic Clients: Understanding and Addressing Cultural Considerations to Empower Their Well-Being
12/8	English	Session 2B (11:15am to 12:15pm)	Intergenerational Trauma within the African American Community

12/8	English	Session 2B (11:15am to 12:15pm)	Men's Pathways to Awareness and Healing
12/8	English	Session 2B (11:15am to 12:15pm)	Retracing my Ancestral Roots to Promote Healing
12/8	English	Session 2B (11:15am to 12:15pm)	Nurturing Self-Love and Community Care through Guided Breathwork, Meditation, and Journaling
12/8	English	Session 2C (12:45pm to 1:45pm)	An Overview of Native/Indigenous History: Impacts to their Health, Spiritual Wellbeing and Social Structures
12/8	English	Session 2C (12:45pm to 1:45pm)	Mental Health in Youth
12/8	English	Session 2C (12:45pm to 1:45pm)	How Music & Creative Expression Can Help Me Heal from Trauma
12/8	English	Session 2C (12:45pm to 1:45pm)	LGBTQIA+ Youth 101
12/8	English	Session 2D (1:45pm to 3:45pm)	The Crown Act "It's Not Just About Hair"
12/8	English	Session 2D (1:45pm to 3:45pm)	Grief and Loss
12/8	English	Session 2D (1:45pm to 3:45pm)	Unaccompanied Immigrant Children and the Triple Trauma Paradigm
12/8	English	Session 2D (1:45pm to 3:45pm)	Armenian Parenting Seminar
12/8	English	Session 2D (1:45pm to 3:45pm)	We Have Always Been Here: A Dialogue Among Queer Generations
12/8	Farsi	Session 2C (12:45pm to 1:45pm)	Holiday Blues احساس غمناکی در زمان اعیاد

12/8	Khmer	Session 2C (12:45pm to 1:45pm)	Cambodian genocide, culture and PTSD and Mental Health របបប្រល័យពូជសាសន៍កម្ពុជា វប្បធម៌ខ្មែរ និង សុខភាពផ្លូវចិត្ត PTSD
12/8	Mandarin	Session 2B (11:15am to 12:15pm)	Mental Health and Chinese Americans 美國華裔與心理健康
12/8	Mandarin	Session 2C (12:45pm to 1:45pm)	Grief Is A Journey : Finding Your Path through Loss 失去與悲傷的旅程:面對失去, 好好悲傷
12/8	Spanish	Session 2A (9:45am to 11:00am)	The Role of Faith in Mental Health Treatment and Recovery El Rol de la Fe en la Salud Mental y el Proceso de Tratamiento y Recuperación
12/8	Spanish	Session 2A (9:45am to 11:00am)	When Life Calls You to a Distant Land, Part of Me Leaves With You Cuando La Vida Te Llama a Otra Tierra, Parte de Mi Se Va Contigo
12/8	Spanish	Session 2A (9:45am to 11:00am)	Social Media and the Impact of Mental Health Las Redes Sociales y El Impacto en La Salud Mental
12/8	Spanish	Session 2B (11:15am to 12:15pm)	Mental Health and Wellness Tools for Everyone Herramientas Para Mejorar Nuestra Salud Mental
12/8	Spanish	Session 2C (12:45pm to 1:45pm)	Advocacy 101 Abogacía 101
12/8	Spanish	Session 2C (12:45pm to 1:45pm)	Empathy Not Just Sympathy Empatía no solo simpatía
12/8	Spanish	Session 2D (1:45pm to 3:45pm)	Healing My Inner Child Sanando Mi Niño Interior
12/8	Spanish	Session 2D (1:45pm to 3:45pm)	Recovery and Resilience Experiences in People Facing Multiple Adversities Through Support Groups with a Community Focus Experiencias de recuperación y resiliencia en personas que enfrentan múltiples adversidades a través de grupos de apoyo con enfoque comunitario
12/8	Spanish	Session 2D (1:45pm to 3:45pm)	Mental Health and Stigma Salud Mental y Estigma
12/8	Spanish	Session 2D (1:45pm to 3:45pm)	<u>Immigration, Adaptation, and Resilience</u> Inmigración, Adaptación y Residencia