

NAMI SCC

FaithNet



**Celebrates
Minority Mental
Health
Awareness
Month
July 2021**

A WORKSHOP

**The Model Minority
Myth and its Impact
on Mental Health**
July 29
from 6:30 PM to 8:00 PM
[Registration link](#)

A SONG

Strive to Live
by Filipino-American
Singer/Songwriter
Ed Ibarra.
[Youtube link](#)

A POEM

Lost Tapes of Recovery Vol. I
A brief overview of a young Filipino-American man's recovery from a mental illness. Every story has a journey, and every journey has a purpose
[Youtube link](#)

A VIDEO

**Rayo de Esperanza
(Ray of Hope)**
featuring Latino
Family Member Liliana
Medel
[Youtube link](#)

A SUPPORT GROUP

**간병인으로서 스트레스를 관리하는 방법
How to Manage Stress as a
Caregiver: A Korean Support
Group**
Contact Michelle Joo for more
information: mjoo@namisantaclara.org

MORE MINORITY MENTAL HEALTH PROJECTS TO COME

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