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
NAMI SCC FaithNet