



Asian Coalition

With help, there IS hope.



Meeting Time: December 16th, 2016, 1:00 to 3:30pm

Location: LACDMH Arcadia Mental Health Center
330 E. Live Oak Avenue, Arcadia, CA 91006

Due to limited space, RSVP is required!

To RSVP, go to EventBrite.com, search for "Asian Coalition" & select the meeting.

Upcoming Guest Speaker: Profiles of Courage & Resilience



December 16: Jason Pu grew up in Orange County and struggled with bullying throughout his childhood because of his last name. However, his challenges in life did not stop him from becoming the person he is now. Today, he is a Councilmember of the City of San Gabriel. He graduated from Stanford University with his B.A. in Psychology and from UCLA School of Law with his J.D. Jason has always lived a life as a public servant. At Stanford, he volunteered his time to the Haas Center for Public Service, the Support Network for Battered Women and the East Palo Alto Community Law Project. As a parent, he chairs his daughter's School Site Council and actively supports the school's parent-teacher organization. As a Councilmember for the City of San Gabriel, he has worked tirelessly to advance his top priorities of public infrastructure, economic development, diversity and

community engagement for his San Gabriel community. Furthermore, he has supported the Asian Coalition's grassroots efforts to normalize the discussion of mental health and mental illness in the Chinese immigrant communities of the San Gabriel Valley.

Asian Coalition's Mission: We are an association of individuals dedicated to mental health advocacy through providing a place for community dialogue and education & bringing resources together for members to develop a better understanding of the mental health system on all levels. As a coalition, we are committed to bringing more awareness to untold stories of adversity and resilience affecting the various Asian & Pacific Islander American (APIA) communities in Los Angeles County. At our meetings, **we carry the message of hope, wellness, recovery, and self-determination.** We welcome anyone interested in learning more about the mental health system of Los Angeles County & how it affects the APIA communities and the general community-at-large.

Vision & Goals: The Asian Coalition is committed...

- To **providing a supportive environment** for individuals who seek general and culturally relevant mental health resources and services related to the APIA communities.
- To **sharing personal stories of hope & resilience.**
- To **educating the community** about the value of various mental health services, community support groups & alternative therapies available.

For further information, contact **Emily Wu Truong** at AsianCoalitionLACDMH@gmail.com

LIKE our Facebook page! [Facebook.com/AsianCoalitionLACDMH](https://www.facebook.com/AsianCoalitionLACDMH) & Follow us on Twitter! @DMHAsianMH

Use these hashtags! #MentalHealthMatters #EveryLifeMatters #BreakTheStigma

A Life of Courage & Resilience: It is not the destination. You have always been living it in each step of your life & just didn't know it.

