

THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
SPEAKERS BUREAU PROUDLY PRESENTS



MULTICULTURAL MENTAL HEALTH COMMUNITY CONFERENCE

December 1-2, 2021 | 9A-5P

SCHEDULE OF WORKSHOPS - DECEMBER 1, 2021

Date	Language	Time	Title	Link
12/1	English	9:00 am – 10:30 am	Plenary Session Day 1 CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,415711956# Phone Conference ID: 415 711 956#
12/1	Armenian	Session 1A 10:45 am – 12:15pm	Effects of COVID-19 and War in Armenia and Emotional Wellbeing Քովիդի և պատերազմի հետևանքները Հայկական համայնքի համար	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,404638650# Phone Conference ID: 404 638 650#
12/1	English	Session 1A 10:45 am – 12:15pm	Culturally Specific Challenges and Coping Mechanisms Unique to the South Asian Community	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,174286347# Phone Conference ID: 174 286 347#
12/1	English	Session 1A 10:45 am – 12:15pm	Anti-Racism, Diversity and Inclusion within the Department of Mental Health CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,322277507# Phone Conference ID: 322 277 507#
12/1	Korean	Session 1A 10:45 am – 12:15pm	Coping with Grief and Loss During the COVID-19 COVID-19 동안 경험하는 슬픔과 상실에 대처하기	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,315431704# Phone Conference ID: 315 431 704#
12/1	Spanish	Session 1A 10:45 am – 12:15pm	Practicing Resilience During Difficult Times Resiliencia en Tiempos Dificiles	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,853828449# Phone Conference ID: 853 828 449#
12/1	Russian	Session 1A 10:45 am – 12:15pm	Stress and Mental Health Стресс и психическое здоровье	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,796896353# Phone Conference ID: 796 896 353#
12/1	English	Session 1B 1:00 pm – 2:00 pm	Accessible Yoga	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,510106716# Phone Conference ID: 510 106 716#
12/1	English	Session 1B 1:00 pm – 2:00 pm	The Happiness Cocktail and Other Practices For Wellbeing	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,594951606# Phone Conference ID: 594 951 606#

Date	Language	Time	Title	Link
12/1	English	Session 1B 1:00 pm – 2:00 pm	“Discussing Pronouns: An Important Element of Affirming Practice with Diverse Communities”	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,484502204# Phone Conference ID: 484 502 204#
12/1	English	Session 1B 1:00 pm – 2:00 pm	The Role of Faith in Mental Health Treatment and Recovery	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,26774490# Phone Conference ID: 267 744 90#
12/1	English	Session 1B 1:00 pm – 2:00 pm	Supporting the Wellbeing of People with Disabilities in Los Angeles County CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,431167067# Phone Conference ID: 431 167 067#
12/1	Farsi	Session 1B 1:00 pm – 2:00 pm	Holiday Blues تعطیلات زمان در غمناکی احساس	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,760876683# Phone Conference ID: 760 876 683#
12/1	Khmer	Session 1B 1:00 pm – 2:00 pm	Mental Health and Stigma សុខភាពផ្លូវចិត្ត និងការមាក់ងាយ	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,217500345# Phone Conference ID: 217 500 345#
12/1	Mandarin	Session 1B 1:00 pm – 2:00 pm	Mindfulness Exercise 正念練習	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,893068636# Phone Conference ID: 893 068 636#
12/1	Spanish	Session 1B 1:00 pm – 2:00 pm	Mental Health and Stigma Salud Mental y Estigma	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,187580454# Phone Conference ID: 187 580 454#
12/1	English	2:00 pm – 2:30pm	Wellbeing Activity: Chair Yoga	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,680944012# Phone Conference ID: 680 944 012#
12/1	Amharic (Ethiopian)	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma Post COVID-19 የአእምሮ ጤና እና የሃፍረት ከድህረ ኮቪድ 19	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,313331407# Phone Conference ID: 313 331 407#
12/1	Cantonese	Session 1C 2:30 pm – 4:30 pm	Grief and Loss (悲傷和失落)	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,585573425# Phone Conference ID: 585 573 425#
12/1	English	Session 1C 2:30 pm – 4:30 pm	Supporting The Well-Being of Central American Migrants Residing in L.A. County	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,480884926# Phone Conference ID: 480 884 926#

Date	Language	Time	Title	Link
12/1	English	Session 1C 2:30 pm – 4:30 pm	Veteran Peer Access Network and The Los Angeles Veteran Collaborative—A Collective Impact Model Combining Peer to Peer Engagement and Community Collaboration	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 44452354# Phone Conference ID: 444 523 54#
12/1	English	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma (API/FilipinoCommunity)	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 583760369# Phone Conference ID: 583 760 369#
12/1	English	Session 1C 2:30 pm – 4:30 pm	Anti-Racism, Diversity and Inclusion within the Department of Mental Health	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 914051866# Phone Conference ID: 914 051 866#
12/1	English	Session 1C 2:30 pm – 4:30 pm	Culture in the Context of Developmentaland Intellectual Disabilities CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 836705876# Phone Conference ID: 836 705 876#
12/1	Mandarin	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma 心理健康和污名	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 809228015# Phone Conference ID: 809 228 015#
12/1	Spanish	Session 1C 2:30 pm – 4:30 pm	“You Cannot Fight Because You Are Siblings”: Exploring The Sibling ConnectionAnd Promoting Healthy Relationships Within Latino Sibling Relationships "Ustedes No Pueden Pelear Porque Son Hermanitos": Explorando El Vínculo	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 15869385# Phone Conference ID: 158 693 85#
12/1	English	Session 1C 2:30 pm – 4:30 pm	Supporting The Well-Being of Central American Migrants Residing in LA County Fraternal Y Promoviendo Relaciones Saludables Entre Hermanos Y Hermanas En Familias Latinas.	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 480884926# Phone Conference ID: 480 884 926#
12/1	English	4:30 pm - 5:00 pm	Reflections, Closing Remarks, and Instructions for Day 2 CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996 , 550747746# Phone Conference ID: 550 747 746#

SCHEDULE OF WORKSHOPS - DECEMBER 2, 2021

Date	Language	Time	Title	Link
12/2	English	9:00 am to 9:30 am	Plenary Session Day 2 CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,535541900# Phone Conference ID: 535 541 900#
12/2	English	Session 2A 9:45 am – 11:15 am	Healing the American Indian/Alaska Natives from Intergenerational Trauma	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,708258028# Phone Conference ID: 708 258 028#
12/2	English	Session 2A 9:45 am – 11:15 am	What About Us? The Mental Health Impact of COVID-19 on African American Males	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,953385968# Phone Conference ID: 953 385 968#
12/2	English	Session 2A 9:45 am – 11:15 am	The Culture of Domestic Violence CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,125618919# Phone Conference ID: 125 618 919#
12/2	English	Session 2A 9:45 am – 11:15 am	Veteran Peer Support- A Way to Disrupt Veteran Suicide and Find Meaning	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,600187390# Phone Conference ID: 600 187 390#
12/2	Mandarin	Session 2A 9:45 am – 11:15 am	Wellbeing Starts with Self-Compassion 身心健康始於自我慈悲	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,759331992# Phone Conference ID: 759 331 992#
12/2	Spanish	Session 2A 9:45 am – 11:15 am	Celebrate Wellbeing through Collective Comprehensiveness of Our Identity As A Community Brindar Bienestar A Través De La Comprensión Colectiva De Nuestra Identidad Como Comunidad	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,713322642# Phone Conference ID: 713 322 642#
12/2	English	Session 2B 11:30 am – 12:30 pm	Mental Health and Stigma (American Indian Community)	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,328597177# Phone Conference ID: 328 597 177#
12/2	English	Session 2B 11:30 am – 12:30 pm	Holiday Blues	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,946678219# Phone Conference ID: 946 678 219#
12/2	English	Session 2B 11:30 am – 12:30 pm	For The Greater Good of Our Communities: Your Voice Matters and Makes A Difference CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,301533743# Phone Conference ID: 301 533 743#

Date	Language	Time	Title	Link
12/2	Mandarin	Session 2B 11:30 am – 12:30 pm	The Happiness Cocktail and Other Practices For Well-Being 紓解壓力, 提升幸福	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,435246939# Phone Conference ID: 435 246 939#
12/2	Spanish	Session 2B 11:30 am – 12:30 pm	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	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,725613479# Phone Conference ID: 725 613 479#
12/2	English	1:15 pm - 1:45 pm	Cultural Traditions and Connections CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,22401925# Phone Conference ID: 224 019 25#
12/2	English	Session 2C 2:00 pm – 3:30 pm	The Effects of Trauma Due to Historical Racism	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,493347603# Phone Conference ID: 493 347 603#
12/2	English	Session 2C 2:00 pm – 3:30 pm	Mental Health And People Of Color: An Interactive Forum Exploring Truths, Falsities, and Facts For Empowerment	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,994507466# Phone Conference ID: 994 507 466#
12/2	English	Session 2C 2:00 pm – 3:30 pm	“We’re Here, We’re Queer: Moving Toward An Affirming and Inclusive Public Mental Health System” CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,275996632# Phone Conference ID: 275 996 632#
12/2	Korean	Session 2C 2:00 pm – 3:30 pm	Mental Health and Stigma 코로나19 시대의 정신 건강과 사회적 편견, 낙인	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,142974322# Phone Conference ID: 142 974 322#
12/2	Mandarin	Session 2C 2:00 pm – 3:30 pm	Living In A Fulfilling Life and Being Yourself 快樂人生, 活出自己	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,293252531# Phone Conference ID: 293 252 531#
12/2	Spanish	Session 2C 2:00 pm – 3:30 pm	Supporting The Well-Being of Central American Migrants Residing in LA County Apoyando El Bienestar De Los Migrantes Centroamericanos Que Residen En El Condado De Los Angeles	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,458427706# Phone Conference ID: 458 427 706#
12/2	English	3:45 pm – 5:00 pm	Community Dialogue: Your Voice, Your Need CART: Click here for CART services	Join on Microsoft Teams Meeting Or call in (audio only) +1-323-776-6996,,700118317# Phone Conference ID: 700 118 317#

WORLD LOUNGE

ENTERTAINMENT LINK

Join on [Microsoft Teams Meeting](#)

Or call in (audio only)

[+1-323-776-6996,,334034260#](tel:+1-323-776-6996,,334034260#)

Phone Conference ID: 334 034 260#

EMOTIONAL SUPPORT LINK

Join on [Microsoft Teams Meeting](#)

Or call in (audio only)

[+1-323-776-6996,,562854962#](tel:+1-323-776-6996,,562854962#)

Phone Conference ID: 562 854 962#



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**DEPARTMENT OF
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