



# ▶▶ REGISTER NOW! 2021 Speakers Bureau Multicultural Mental Health Community Conference

**December 1 – 2, 2021**

**9:00 AM – 5:00 PM**

**REGISTER ONLINE: [HTTPS://FORMS.OFFICE.COM/G/Q1B7xKM5Wz](https://forms.office.com/g/Q1B7xKM5Wz)**



REGISTRATION QR CODE

The LACDMH Speakers Bureau is pleased to invite you to its 2021 Multicultural Community Conference. The theme of the conference is “Recognizing Culture as a Pathway to Hope, Equity and Community Wellbeing Amidst Worldwide Adversity.”

This two-day conference will bring together consumers, family members, peer advocates and community members from L.A. County’s communities with LACDMH Speakers Bureau members in a virtual forum that is conducive to:

- Learning
- Exchanging valuable information to enhance personal, familial and community wellbeing
- Supporting progress toward healing
- Adjusting to new ways of living

For more information visit: [HTTP://DMH.LACOUNTY.GOV/SPEAKERS-BUREAU-CONFERENCE-2021](http://dmh.lacounty.gov/speakers-bureau-conference-2021)



LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
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**2021 SPEAKERS BUREAU MULTICULTURAL MENTAL HEALTH COMMUNITY CONFERENCE  
SCHEDULE OF WORKSHOPS BY LANGUAGE  
DECEMBER 1 - 2, 2021**

<b>Date</b>	<b>Language</b>	<b>Time</b>	<b>Title</b>
12/1	Amharic (Ethiopian)	Session 1C: 2:30 pm – 4:30 pm	Mental Health and Stigma Post COVID-19 የአእምሮ ጤና እና ማገለል ከኮቪድ-19 በኋላ
12/1	Armenian	Session 1A: 10:45 am – 12:15 pm	Effects of COVID-19 and War in Armenia and Emotional Well Being Բովիդի և պատերազմի հետևանքները Հայկական համայնքի համար
12/1	Cantonese	Session 1C: 2:30 pm – 4:30 pm	Grief and Loss (悲傷和失落)
12/1	English	Session 1A: 10:45 am – 12:15 pm	Culturally Specific Challenges and Coping Mechanisms Unique to The South Asian Community
12/1	English	Session 1B: 1:00 pm – 2:00 pm	Accessible Yoga
12/1	English	Session 1B: 1:00 pm – 2:00 pm	The Happiness Cocktail and Other Practices For Well-Being
12/1	English	Session 1B: 1:00 pm – 2:00 pm	Pronouns
12/1	English	Session 1B: 1:00 pm – 2:00 pm	The Role of Faith in Mental Health Treatment and Recovery
12/1	English	Session 1B: 1:00 pm – 2:00 pm	Supporting The Wellbeing of People with Disabilities in Los Angeles County
12/1	English	Session 1C: 2:30 pm – 4:30 pm	Supporting The Well-Being of Central American Migrants Residing in LA County
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
12/1	English	Session 1C: 2:30 pm – 4:30 pm	Mental Health and Stigma (API/Filipino Community)
12/1	English	Session 1C: 2:30 pm – 4:30 pm	Anti-Racism, Diversity and Inclusion within the Department of Mental Health
12/1	English	Session 1C: 2:30 pm – 4:30 pm	Culture in the Context of Developmental and Intellectual Disabilities
12/1	Farsi	Session 1B: 1:00 pm – 2:00 pm	Holiday Blues احساس غمناکی در زمان تعطیلات
12/1	Khmer	Session 1B: 1:00 pm – 2:00 pm	Mental Health and Stigma សុខភាពផ្លូវចិត្ត និងការមាក់ងាយ
12/1	Korean	Session 1A: 10:45 am – 12:15 pm	Coping with Grief and Loss During the COVID-19 COVID-19 동안 경험하는 슬픔과 상실에 대처하기
12/1	Mandarin	Session 1B: 1:00 pm – 2:00 pm	Mindfulness Exercise 正念練習
12/1	Mandarin	Session 1C: 2:30 pm – 4:30 pm	Mental Health and Stigma 心理健康和污名
12/1	Russian	Session 1A: 10:45 am – 12:15 pm	Stress and Mental Health Стресс и психическое здоровье
12/1	Spanish	Session 1A: 10:45 am – 12:15 pm	Practicing Resilience During Difficult Times Resiliencia en Tiempos Dificiles
12/1	Spanish	Session 1B: 1:00 pm – 2:00 pm	Mental Health and Stigma Salud Mental Y El Bienestar Emocional
12/1	Spanish	Session 1C: 2:30 pm – 4:30 pm	"You Cannot Fight Because You Are Siblings": Exploring The Sibling Connection And Promoting Healthy Relationships Within Latino Sibling Relationships "Ustedes No Pueden Pelear Porque Son Hermanitos": Explorando El Vínculo Fraternal Y Promoviendo Relaciones Saludables Entre Hermanos Y Hermanas En Familias Latinas.

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<b>Date</b>	<b>Language</b>	<b>Time</b>	<b>Title</b>
12/2	English	Session 2A: 9:45 am – 11:15 am	Healing the American Indian/Alaska Natives from Intergenerational Trauma
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.
12/2	English	Session 2A: 9:45 am – 11:15 am	The Culture of Domestic Violence
12/2	English	Session 2A: 9:45 am – 11:15 am	Veteran Peer Support- A Way to Disrupt Veteran Suicide and Find Meaning
12/2	English	Session 2B: 11:30 am – 12:30 pm	Mental Health and Stigma (American Indian Community)
12/2	English	Session 2B: 11:30 am – 12:30 pm	Holiday Blues
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
12/2	English	Session 2C: 2:00 pm – 3:30 pm	The Effects of Trauma Due to Historical Racism
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
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”
12/2	Korean	Session 2C: 2:00 pm – 3:30 pm	Mental Health and Stigma 코로나19 시대의 정신 건강과 사회적 편견, 낙인
12/2	Mandarin	Session 2A: 9:45 am – 11:15 am	Well-Being Starts With Self-Compassion 幸福從自我同情開始
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
12/2	Mandarin	Session 2C: 2:00 pm – 3:30 pm	Living A Fulfilling Life and Being Yourself 快樂人生, 活出自己
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
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
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 Ángeles

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