



Alameda County Behavioral Health Care Services
Office of Multicultural Services
Presents a Free Event



*Asian Pacific Islander (API)
Mental Health Awareness Day*

“This Is Our Story, This Is Our Song”

The morning session is designed to offer inspiration and the sharing of stories and educational information, and to highlight and celebrate existing community resources and honor cultural practices and beliefs that have allowed the Asian Pacific Islander communities to remain resilient despite many challenges they face.

The afternoon session will be a community input session facilitated by the API Event Planning Committee and Consultants through guided language-specific focused discussions to gather concerns and ideas and offer solutions to improve access and better meet mental wellness needs of the API communities in Alameda County.

When: Friday, May 13, 2016

Time: 9:00 am to 4:00 pm

**Place: Veterans' Memorial Building
22737 Main Street
Hayward, CA 94541**

Lunch is provided

Please contact Gigi Crowder for more information or if you need any accommodations, at (510) 777-2118 or email gcrowder@acbhcs.org