

HONORING EMOTIONAL FITNESS THROUGH COMMUNITY & CULTURE

ROOTED

in strength

Opening Comments:

Eric Hargrave

Panelists:

Elizabeth Brunscheen-Cartagena | Winnia Sithideth | Ngoc Vuong
Bernestine Williams | Jamaal Jones | Dr. Rhonda Lewis | Yeni Silva-Renteria
Dr. Hiba Abualama | Dr. Htet Htet Lin | Dr. Alisha Sapkota | Dr. Rojal Rijal

Join us on
July 19, 2025
in recognizing
**Minority Mental
Health Awareness
Month** with a
special event
dedicated to
emotional **fitness**,
community
support, and
empowerment

- Engaging discussions
- Expert speakers
- Free Resources
- Door Prizes



Topics:

- **Shattering Stigma:** Open Conversations on Emotional Fitness
- **Therapy Uncovered:** Breaking Myths and Finding Support
- **From Symptoms to Solutions:** Expert Answers on Mental Health Care

Hosted by:

