



We are not alone— a caring community reaches out!

*A culturally diverse perspective on mental health and
the resources available to our community*

A special event sponsored by Diversity Consciousness & Culture to Culture

Featured Speakers:

- Dr. Stanley Sue, Clinical Psychologist
- GiGi Crowder, NAMI Contra Costa
- Grace Liu, The Rossmoor Counseling Dept.
- Inspiring stories from community members

Thursday - May 23, 2024 2:00-3:30 Fireside Room

Refreshments provided by Ming Chen & Charles Schwab

Come to learn, share, and be inspired!



Diversity Consciousness is a non-sectarian committee
of the Interfaith Council of Rossmoor



敬開心扉

擁抱生活