EMOTIONAL WELL-BEING WORKSHOPS
FOR GARMENT WORKERS

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MARCH 9
MENTAL HEALTH + STIGMA

MARCH 23
NUTRITION PSYCHOLOGY
THE CONNECTION BETWEEN YOUR DIET AND MENTAL HEALTH

APRIL 7
SYMPTOMS OF STRESS AMONG THE LATINO GARMENT WORKER COMMUNITY

APRIL 30
SOCIOECONOMIC FACTORS THAT IMPACT EMOTIONAL WELL-BEING

MAY 11
FAMILY VIOLENCE PREVENTION

MAY 25
THE IMPACT OF WORKPLACE VIOLENCE ON EMOTIONAL WELL-BEING

JUNE 4
MEMBER SUPPORT ORIENTATION

JUNE 15
IMPACT OF EMOTIONAL WELL-BEING ON FAMILY FUNCTIONING

- To register or for more information, call or text GWC (213) 677 - 7497
- $50 gift cards for garment workers
- Translation in various languages and child care available

Los Angeles County Department of Mental Health
H0PE: recovery well-being

Garment Worker Center
Centro de Trabajadores de Costura

www.garmentworkercenter.org
@GarmentWorkerCenter
LACDMH 24/7 Access Line: (800) 854-7771
EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

MARCH 9
Mental Health + Stigma
Presenter: Victoria Mercer
Location: Virtual / Zoom
Time: 6:00 - 7:30 PM

What is mental health?
- Myths and realities about mental health
- Beliefs and values about mental health
- Stigma and discrimination
- Important facts about mental health problems
- Practical advice to eliminate stigma

MARCH 23
Nutrition Psychology: The Connection Between Your Diet and Emotional Health
Presenter: Dr. Deanne Hsu (LaTi)
Location: Virtual / Zoom
Time: 6:00 - 7:30 PM

How does the brain depend on food for its function?
- The connection between our body and our thoughts
- Identifying the impact of diet on our mood and emotional well-being
- Identifying the types of foods that help maintain physical and emotional health

APRIL 7
Symptoms of Stress Among the Latino Garment Worker Community
Presenter: Cynthia De Leon (LaTi)
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

What is emotional well-being?
- Connections between emotional health and physical health
- Common problems and challenges of emotional health
- E.g., depression, anxiety, and stress
- Managing your emotional health
- Tools and supports for physical and emotional well-being

APRIL 30
Socioeconomic Factors That Impact Emotional Well-Being
Presenter: Luci Reps (LaTi)
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

- How low wages and limited access to resources impact well-being
  E.g., poverty, being undocumented
- Trauma due to migration E.g., racism, discrimination
- Referrals to services for immigrants
- Tools and supports for emotional well-being

MAY 11
Family Violence Prevention
Presenter: Victoria Mercer
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

Familial Violence
- Facts and impact of familial violence
- Cycle of domestic violence
- Helpful guide for victims of domestic violence
- The impact of domestic violence on children and adolescents
- Practical advice

MAY 25
The Impact of Workplace Violence on Emotional Well-Being
Presenter: Patricia Pizzi y Vienma Pinco
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

- Know and define what workplace violence is
  (e.g., verbal harassment and discrimination)
- Identify risk factors related to workplace violence and analyze its effects on emotional and physical well-being
- Learn how to advocate individually and collectively
- Share educational resources to support self-care and advocacy

JUNE 4
Member Support Orientation
Presenter: Garment Worker Center
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

Support for Garment Workers
- Information about mental health in the community
- Referrals to community services
- Information on tenant rights for immigrants
- Social services in Los Angeles County
- Linkage to community service providers
- Educational resources to support self-care and advocacy

JUNE 15
Impact of Emotional Well-Being on Family Functioning
Presenter: Garment Worker Center
Location: Garment Worker Center
125 S Los Angeles St, 823
Los Angeles, CA 90012
Time: 6:00 - 7:30 PM

- Common mental health issues of working mothers
  E.g., depression, anxiety, stress
- Common reactions to stress
- Impacts on family dynamics and relationships
- Tips for parents
- Self-care tips and resources to support emotional well-being

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Los Angeles County Department of Mental Health: hope, recovery, wellbeing
Centro de Trabajadores de Costura: Garment Worker Center

www.garmentworkercenter.org
lagmwh 24/7 access line: (800) 854-7771
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MARCH 9
MENTAL
HEALTH + STIGMA
PRESENTER: VICTORIA MERCEL

LOCATION: VIRTUAL / ZOOM
TIME: 6:00 - 7:30PM

WHAT IS MENTAL HEALTH?
- MYTHS AND REALITIES ABOUT MENTAL HEALTH
- BELIEFS AND VALUES ABOUT MENTAL HEALTH
- STIGMA AND DISCRIMINATION
- IMPORTANT FACTS ABOUT MENTAL HEALTH PROBLEMS
- PRACTICAL ADVICE TO ELIMINATE STIGMA

TO REGISTER OR FOR MORE INFORMATION, CALL OR TEXT GWC (213)677-7497

- $50 GIFT CARDS FOR GARMENT WORKERS
- TRANSLATION IN VARIOUS LANGUAGES AND CHILD CARE AVAILABLE

WWW.GARMENTWORKERCENTER.ORG
@GARMENTWORKERCENTER
LACDMH 24/7 ACCESS LINE: (800)854-7771
MARCH 23

NUTRITION PSYCHOLOGY: THE CONNECTION BETWEEN YOUR DIET + EMOTIONAL HEALTH

PRESENTER: DR. DESMONETTE HAZY (WELLNEST)

LOCATION: VIRTUAL / ZOOM
TIME: 6:00 - 7:30PM

HOW DOES THE BRAIN DEPEND ON FOOD FOR ITS FUNCTION?
- THE CONNECTION BETWEEN OUR BODY AND OUR THOUGHTS
- IDENTIFYING THE IMPACT OF DIET ON OUR MOOD AND EMOTIONAL WELL-BEING
- IDENTIFYING THE TYPES OF FOODS THAT HELP MAINTAIN PHYSICAL AND EMOTIONAL HEALTH
EMOTIONAL WELL-BEING WORKSHOPS
FOR GARMENT WORKERS

APRIL 7

SYMPTOMS OF STRESS
AMONG THE LATINO GARMENT
WORKER COMMUNITY

PRESENTER: CYNTHIA DE LEON (LMFT)

LOCATION: GARMENT WORKER CENTER
1250 S LOS ANGELES ST. #213
LOS ANGELES, CA 90015
TIME: 6:00 - 7:30PM

WHAT IS EMOTIONAL WELL-BEING?
- CONNECTIONS BETWEEN EMOTIONAL HEALTH AND PHYSICAL HEALTH
- COMMON PROBLEMS AND PREJUDICES OF EMOTIONAL HEALTH
  E.G. DEPRESSION, ANXIETY, AND STRESS
- MANAGING YOUR EMOTIONAL HEALTH
- TOOLS AND SUPPORTS FOR PHYSICAL AND EMOTIONAL WELL-BEING

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APRIL 30

SOCIOECONOMIC FACTORS
THAT IMPACT EMOTIONAL
WELL-BEING

PRESENTER: LUZ BERTAPILLO (MSW)

LOCATION: GARMENT WORKER CENTER
1250 S LOS ANGELES ST. #213
LOS ANGELES, CA 90015
TIME: 2:00 - 3:30PM

- HOW LOW WAGES AND LIMITED ACCESS TO RESOURCES IMPACT WELL-BEING
  E.G. POVERTY, BEING UNDOCUMENTED
- TRAUMA DUE TO MIGRATION E.G. RACISM, DISCRIMINATION
- REFERRALS TO SERVICES FOR IMMIGRANTS
- TOOLS AND SUPPORTS FOR EMOTIONAL WELL-BEING

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FOR GARMENT WORKERS

MAY 11
FAMILY VIOLENCE PREVENTION
PRESENTER: VICTORIA MERCÉL

LOCATION: GARMENT WORKER CENTER
1250 S LOS ANGELES ST. #213
LOS ANGELES, CA 90015
TIME: 6:00 - 7:30PM

FAMILIAL VIOLENCE
- FACTS AND IMPACT OF FAMILIAL VIOLENCE
- CYCLE OF DOMESTIC VIOLENCE
- HELPFUL GUIDE FOR VICTIMS OF DOMESTIC VIOLENCE
- THE IMPACT OF DOMESTIC VIOLENCE ON CHILDREN AND ADOLESCENTS
- PRACTICAL ADVICE

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MAY 25

THE IMPACT OF WORKPLACE VIOLENCE
ON EMOTIONAL WELL-BEING

PRESENTER: PATRICIA RIZZO Y VERONICA PONCE DE LEON (UCLA LOSH)

LOCATION: GARMENT WORKER CENTER
1250 S LOS ANGELES ST. #213
LOS ANGELES, CA 90015
TIME: 6:00 - 7:30PM

- KNOW AND DEFINE WHAT WORKPLACE VIOLENCE IS
  (E.G. VERBAL HARASSMENT AND DISCRIMINATION)
- IDENTIFY RISK FACTORS RELATED TO WORKPLACE VIOLENCE AND ANALYZE ITS EFFECTS ON EMOTIONAL AND PHYSICAL WELL-BEING
- LEARN HOW TO ADVOCATE INDIVIDUALLY AND COLLECTIVELY
- SHARE EDUCATIONAL RESOURCES TO SUPPORT SELF-CARE AND ADVOCACY

TO REGISTER OR FOR MORE INFORMATION, CALL OR TEXT GWC (213)677-7497

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JUNE 4
MEMBER SUPPORT ORIENTATION
PRESENTER: GARMENT WORKER CENTER

LOCATION: HOOVER PARK
(HOOVER + ADAMS)
1010 W. 25TH ST.
LOS ANGELES, CA 90007
TIME: 6:00 - 7:30PM

SUPPORT FOR GARMENT WORKERS
- INFORMATION ABOUT MEDICAL SERVICES IN THE COMMUNITY
- REFERRALS TO IMMIGRATION SERVICES
- INFORMATION ON TENANT RIGHTS FOR IMMIGRANTS
- SOCIAL SERVICES IN LOS ANGELES COUNTY
- LINKAGE TO SERVICE-PROVIDING COMMUNITY CENTERS
- EDUCATIONAL RESOURCES TO SUPPORT SELF-CARE AND ADVOCACY

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FOR GARMENT WORKERS

JUNE 15
IMPACT OF EMOTIONAL WELL-BEING ON FAMILY FUNCTIONING

PRESENTER:

LOCATION: GARMENT WORKER CENTER
1250 S LOS ANGELES ST. #213
LOS ANGELES, CA 90015
TIME: 6:00 - 7:30PM

- COMMON EMOTIONAL HEALTH ISSUES OF WORKING MOTHERS
  E.G. DEPRESSION, ANXIETY, STRESS
- COMMON REACTIONS TO STRESS
- IMPACTS ON FAMILY DYNAMICS AND RELATIONSHIPS
- TIPS FOR PARENTS
- SELF-CARE TIPS AND RESOURCES TO SUPPORT EMOTIONAL WELL-BEING

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