

# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

ILLUSTRATED BY MISS Z



**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



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MENTAL HEALTH  
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WELLNESS - RECOVERY - RESILIENCE

**GARMENT  
WORKER  
CENTER** **CENTRO DE  
TRABAJADORES  
DE COSTURA**

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LACPMH 24/7 ACCESS LINE: (800)854-7771




# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS



**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



**MARCH 23**  
**NUTRITION PSYCHOLOGY: THE CONNECTION BETWEEN YOUR DIET + EMOTIONAL HEALTH**  
PRESENTER: DR. DESMONETTE HAZLY (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



**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



**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



**MAY 11**  
**FAMILY VIOLENCE PREVENTION**  
PRESENTER: VICTORIA MERCEL

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



**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



**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

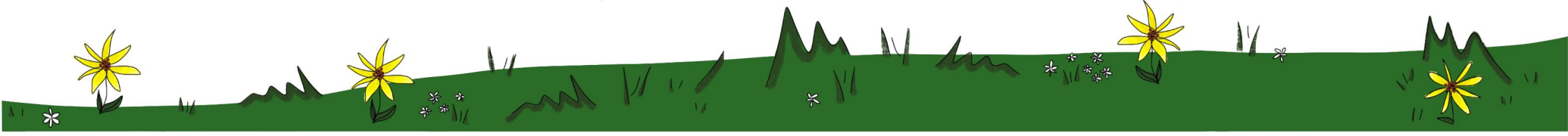


**JUNE 15**  
**IMPACT OF EMOTIONAL WELL-BEING ON FAMILY FUNCTIONING**  
PRESENTER:

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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# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

**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
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**MARCH 23**

**NUTRITION PSYCHOLOGY: THE  
CONNECTION BETWEEN YOUR  
DIET + EMOTIONAL HEALTH**

**PRESENTER: DR. DESMONETTE HAZLY  
(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
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# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

**APRIL 30**

## SOCIOECONOMIC FACTORS THAT IMPACT EMOTIONAL WELL-BEING

**PRESENTER: LUZ BERTADILLO (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  
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# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

**MAY 11**

## **FAMILY VIOLENCE PREVENTION**

**PRESENTER: VICTORIA MERCEL**

**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
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# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

**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



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UCLA  
Labor Occupational Safety  
& Health Program



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# EMOTIONAL WELL-BEING WORKSHOPS FOR GARMENT WORKERS

**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

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# EMOTIONAL WELL-BEING WORKSHOPS 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
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