

April 5, 2023

Greetings:

I am delighted to share that Conscious Culture Psychology Clinic Inc. is taking part in the Los Angeles County Department of Mental Health's ***Take Action for Mental Health LA*** campaign to engage the community during Mental Health Awareness Month of May 2023!

CCPC is planning a **FREE Conscious Culture Mental Health Festival** at El Rancho High School in Pico Rivera, **each Saturday in May (6, 13, 20, 27) from 9:00 am – 3:00 pm**. The festival will target **100 - 150 community members** where mental health workers and Indigenous community healers will provide resources and introduce alternative ways of healing. Participants will pre-register and enjoy a mindful breakfast from 10 – 11 am, mental health awareness breakout workshops for families, adults, and teens from 11 am – 12 pm and an open health fair for the community from 12:00 – 3:00 pm to include music, giveaways, health-conscious food/snacks, health education/tips, and between 1:00 – 3:00 pm various activations will include meditation, yoga, self-healing with reiki, sound bath, and reflexology. More festival details can be found on the following page.

I am writing to you today to challenge YOU to Take Action for Mental Health by partnering with CCPC to make the 2023 Mental Health Awareness festival a success! We would love for you to Partner with us by sharing your talents at the first 2023 Conscious Culture Mental Health Festival.

Benefits include:

- Take Action for Mental Health by engaging the LA community to Take Action for Mental Health.
- Enjoy a Healer's Retreat on May 5, 3:00pm – 5:00 pm for the 50+ mental health workers, staff and volunteers.
- Network with local community health professionals and healers.
- Acknowledgement for businesses as Partners on website and onsite signage.

We have several ways that you can partner with us. Check out the festival details on the following page. Event information is updated on the web site consciouscultureclinic.com/events. We are open to ideas in this community driven event to promote mental health in Los Angeles.

1. You can also **PARTNER WITH US** by hosting guests, offer giveaways, and volunteer, **page 3**.
2. Provide a health-conscious **Resource Booth, more info on page 4, complete page 5**.
3. If you have been selected to share your talents as one of the activations at the festival complete the **Activation Form on page 5**.
4. You can join our **Community Advisory Board**, complete the form on **page 6** and send it to Avril Cordova at avrilcordova@gmail.com. Join our Sage Bundle Challenge! Invite friends and family to pre-register for workshops and attend the event with your family.

We would love to know if you are able and willing to join us just as soon as possible and before **April 25, 2023** as there is a quick turnaround. Please *Take Action* and reach out with any questions to event planner, Monique Macalinao at moniquemacalinao@gmail.com, 909-524-8111!

Thank you,

Conscious Culture Psychology Clinic Inc.
& Mental Health Awareness Collaborative





Free Conscious Culture Mental Health Festival

Pico Rivera

May 6, 13, 20, 27 2023

CCPC aims to integrate mental health professionals with Indigenous community healers to increase awareness of Indigenous modalities of help seeking behavior and coping skills that can improve the lived experience of our community.

Conscious Culture Psychology Clinic Inc (CCPC) is a Native American female owned outpatient psychology practice local to Pico Rivera serving individuals from diverse backgrounds with a mission to reach underserved populations with culturally competent services. Check out the CCPC website for more information about CCPC and the growing details of the **Mental Health Awareness Festival**.

We have three main objectives to meet the challenge of the *Take Action for Mental Health LA* campaign:

- 1) A **Community Advisory Board (CAB)** to engage 10 - 15 community members and volunteers as community voices in planning and promotion. We will host a pre-event to engage the CAB, April 14 or 15, 2023.
 - The purpose is to expose the members to festival plans, introduce them to healing modalities that will be offered at the festival, receive feedback, and engage them in a Sage Challenge Promotion so they may challenge their friends and family to Take Action for Mental Health by attending the festival.
- 2) A one-day **Healer's Retreat** will be held on **May 5, 3:00pm – 5:00pm** for the 50+ mental health workers, 5 staff and 15 volunteers who will work at the Mental Health Awareness Festival.
 - The purpose of the retreat is to acknowledge the stress of mental health work, given the high need for mental health among our community.
 - Festival staff will be able to enjoy food, exposure to cultural healing modalities and social networking.
- 3) A **Four-day Mental Health Awareness Festival** will be held each Saturday in **May (6, 13, 20, 27) from 9:00 am – 3:00 pm**.
 - The festival will target 100 - 150 community members where mental health workers and community healers will provide resources and tools for underserved communities.
 - Participants will enjoy a mindful breakfast, mental health breakout workshops and a health fair. We will offer a culturally attuned program, designed by integrating mental health professionals and community healers.
 - Some activations include massages, trauma informed yoga, reiki, sound bath, consciously aligned bands and more.
 - Each festival will conclude with free giveaways for pre-registered participants, including tickets to Disneyland and more!
 - The health fair will include booths with local aligned organizations offering a variety of treats and services.

* Participants are not required to attend each session and may register for one or more dates.

See website for details: <https://www.consciouscultureclinic.com/events>



CONSCIOUS CULTURE PSYCHOLOGY CLINIC INC. 5800 S. EASTERN AVE. SUITE 500 COMMERCE CA 90040-4016

EMAIL : Support@ccpsychclinic.com WEBSITE : ConsciousCultureClinic.com

OFFICE : 626.658.4297 FAX : 626-498-1483



**Partner in the Take Action for Mental Health LA Campaign
with Conscious Culture Psychology Clinic Inc.**

1) **Partner in hosting our guests:** Our goal is to raise \$28,000 to host 200 community members each Saturday in May 2023. These funds will be distributed to locally owned health-conscious businesses and artists to attract attendees by providing FREE health-conscious food, snacks, and music at the Mental Health Awareness Festival.

Yes, I am able and willing to partner and support:

100 Attendees/Meals for one day at the Festival \$3,500

50 Attendees/Meals for one day at the Festival \$1,750

\$ _____

2) **Giveaways:** To attract attendees we will offer Giveaways for participating in the Mental Health Awareness Workshops & Festival each of the Saturdays in May 2023. If you have a Giveaway you can offer, please let us know! (free family counseling sessions or mental health workshops):

Yes, I have the following giveaway: _____

3) **Volunteer:** There will be plenty to do for promotion, on the days of the event including set up and wrap up, serving food, welcoming guests, and more... If you are willing and able let us know what your interests are!

Yes, I can volunteer! On May 6 May 13 May 20 May 27

Benefits:

- Take part in engaging the LA community to Take Action for Mental Health.
For businesses:
- Partner acknowledgement on event website.
- Partner acknowledgement on signage onsite of the Mental Health Awareness Festival.

Name: _____ DBA: _____

Address: _____

Email: _____ Phone: _____



Booth Host

We are seeking 10 mental health & health-conscious businesses to host a booth at least one and up to four of the Saturdays in May from 12-3 pm.

The purpose of the booths are to provide an opportunity to local businesses to Take Action for Mental Health in LA and help spread Mental Health Awareness, health tips and/or provide samples of your product to festival community members.

Even if you are not looking for new clients/customers, sharing your wisdom with the community is the main purpose of the booths.

Set-up start time: 11:00am

Fair time: 12:00pm – 3:00pm

No fee.

10x10 tent, table, linen, and 2 chairs provided.

May bring your own additional tables, chairs and other items to decorate your space.

Bring:

Necessary equipment, brochures, business cards, psychoeducational materials, health conscious giveaways



Conscious Culture

PSYCHOLOGY CLINIC

Activation Form

This activation form is for those who have been invited to share their healing talents:
Yoga, sound bath, reiki, reflexology, sobadoras etc. and resource booth hosts.

This information is for our records and to use for promotional materials. Please provide a clear explanation of your talents to share with the community and help attract them to the festival.

Yes, I can host a resource booth! On May 6 May 13 May 20 May 27

Name: _____

DBA: _____

Address: _____

Email: _____ Phone: _____

Website: _____

Phone: _____

Brief description of your talent: _____

Power or other needs: _____





Community Advisory Board Agreement

Complete and email to avrilcordova@gmail.com

Yes, I am able and willing to participate as a Community Advisory Board Member for the Take Action for Mental Health LA campaign and Mental Health Awareness Festival in May.

Community Advisory Board Meeting: Please check mark your availability (not preference) for a CAB meeting in the city of Pico Rivera as we will choose just one meeting date based on majority availability. So, if you are available both dates, please check mark both dates:

Friday April 15 5:30 pm

Yes, I am able to attend the Healers Retreat on May 5, 2023 3-5 pm. (not required)

Yes, I have family, friends, and community members that I can challenge to pre-register and attend the Mental Health Awareness Festival in May 2023.

Will you be able to attend the Mental Health Awareness Festival? Yes or No

Please check mark the dates you are able to attend the workshop portion of the Mental Health Awareness Festival, 9 am – 12 pm, to include a mindful breakfast and breakout sessions for families including children, individuals and teens.

- May 6, 9 am – 12
- May 13, 9 am – 12
- May 20, 9 am – 12
- May 27, 9 am – 12

How many will be in your party? _____ Child(ren) age(s)? _____

Which session would you likely join?

- Family – Indigenous Ways of Knowing Health & Wellbeing
- Individual – Mental Health Awareness 101
- Teen - Mental Health Awareness 101

Is there anything you would like to share? _____

Thank you



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