

Virtual Speaker Panel via Zoom

Tuesday, May 18, 2021 • 12:00 to 1:30 pm

Hope for Change

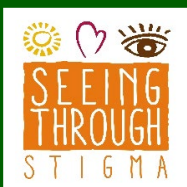
A Special Seeing Through Stigma Panel Honoring Asian American and Pacific Islander Heritage Month

Zoom Meeting Link:

<https://zoom.us/j/95129281461?pwd=cWpvanJ4RXl0eTVVUUI4T3Y5UjFxFzZ09>

Our speakers will share their personal journeys from mental health challenges to places of hope, resilience, wellness, and recovery.

PANELISTS: **MayLynn Castañeto**, Peer Mentor, HOPE Program
Xibin Wu, Heart & Soul Peer Support Specialist
Yoshie Hill, Heart & Soul Executive Assistant
Yvette Agua, Heart & Soul Peer Support Specialist



FREEING THE WORLD FROM STIGMA...ONE STORY AT A TIME

Seeing Through Stigma

We are changing the conversation from diagnosis to dialogue, from mental illness to mental resilience.



Mental Health Month
San Mateo County

