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=cWpvanJ4RXIoT3VU4T3Y5UjFxZz09

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

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

Mental Health Month
San Mateo County