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Portland, OR

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November 4th event aims to inspire, educate and empower women to take charge of their mental health, cultivate resilience and well-being.

For: Women impacted by mental health conditions, family members, healthcare providers, community stakeholders, government officials and media.

Date & Time: Thursday, November 4, 2021, 9:00 a.m. to 12:30 p.m.

Location: FREE, Virtual Event – Please see www.myasha.org/Grit&Grace

Continuing Education Credits (CEUs): 3 CEUs pending approval

Women are twice as likely to be affected by certain mental health conditions and are often caregivers for loved ones struggling with a mental health condition. In addition, women of color face significant barriers to mental health care including stigma, cultural misperceptions about mental health, and access to affordable, culturally responsive care.

The nonprofit ASHA International is presenting its fourth annual **Grit & Grace** conference to inspire hope and build solidarity among women impacted by mental health conditions and give them tools to recover and thrive.

The conference will be gender-responsive and tailored to address the unique mental health needs of women focusing on a multitude of factors affecting women including adverse childhood experiences, social and cultural factors, race and ethnicity, immigration and acculturation, class, gender, poverty, homelessness, violence, and trauma.

Grit & Grace aims to reach 350 women, helping them to feel less alone and more connected and empowered to seek help for themselves or for a loved one struggling with a mental health condition.

Featured speakers include yoga teacher and ASHA Storyteller Molly van der Werf, college student and ASHA Storyteller Yamini Rajan, retired WNBA player Chelle Thompson, ethnobotanist and food sovereignty activist Linda Black Elk and Donna Hardaker a management consultant specializing in psychological health and safety in the workplace.

People can learn more and register online at www.myasha.org/Grit&Grace

The event is sponsored by Northwest Women's Clinic, Active Recovery TMS and Cascadia Behavioral Healthcare.

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About ASHA International:

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope and well-being, one story at a time. To learn more and get involved, please visit www.myasha.org.