

Resource Guide

GRIT & Grace

MULTICULTURAL WOMEN'S MENTAL HEALTH CONFERENCE

A FREE VIRTUAL EVENT

Thursday, November 4, 2021
9:00 am - 12:30 pm PST



ASHA
INTERNATIONAL
WE GIVE HOPE
www.myasha.org





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FOUNDER'S
LETTER

Greetings,

Thank you for joining us at the Grit & Grace Conference.

As the mother of a baby girl, an immigrant, and a woman of color struggling with anxiety & depression, I lived like a prisoner in my home. The stigma, shame and deep isolation I felt drove me to the brink of suicide over and over again. For years, I longed to find a community of people who would love, accept, and support me just the way I was. And, I couldn't find them. Which is exactly why I founded ASHA International and created the Grit & Grace Conference – an event to bring together women from across cultures to share their mental health stories to give hope and empower each other to heal and thrive.

We have an amazing line-up speakers! Included are their bios and contact information. And, I've also included some wellness resources. Please share it with your family, friends and community.

Now more than ever, we need to take care of our mental health and help each other stay resilient.

Much love,

Gayathri Ramprasad, MBA, CPS

Founder & President, ASHA International

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8:45 AM PST
Check-in Begins

9:00 AM PST
Welcome – Saramati Krishna, MD

Emcee – Genevieve Reaume

9:10 AM PST
The Healing Power of Yoga – Molly van der Werf

9:30 AM PST
The Healing Power of Art – Yamini Rajan

9:50 AM PST
Talking Circle – Moderated by Tanya Hall, MFT, CADCI

Join us for this Talking Circle with Molly and Yamini

10:15 AM PST Break

10:25 AM PST
The Healing Power of Plants – Linda Black Elk

11:00 AM PST
The Healing Power of Work – Donna Hardaker

11:30 AM PST
The Healing Power of Sports – Chelle Thompson

11:55 AM PST
Talking Circle – Moderated by Sandra Wilborn

Join us for this Talking Circle with Linda, Donna and Chelle

12:25 PM PST
Wrap-up & Evaluations – Genevieve Reaume

12:30 PM PST
Event Concludes

Meet Our Speakers

Molly van der Werf is an ASHA Storyteller and yoga instructor. She will share her personal mental health journey and how yoga has helped her heal. She will lead the group in a series of mindfulness and movement exercises that participants will be able to use at any time to center themselves. Grab a yoga mat or towel to fully participate.

To learn more about Molly, please [click here...](#)

To contact Molly, please [click here...](#)



Yamini Rajan's struggle with depression and anxiety began at a young age. Moving across the world at age 12, dealing with a parent suffering from cancer, all while trying to figure out to be a “normal” teenage girl in a foreign country was challenging to say the least. However, her passion for art (in all its forms) remained a constant mechanism to cope with the uncertainty and loneliness she felt. Join Yamini as she talks about the healing power of art and how it connected her to both herself and her culture.

To learn more about Yamini, please [click here...](#)

To contact Yamini, please [click here...](#)



Linda Black Elk specializes in plants that offer both delicious flavors and healing medicines. Join Linda as she talks about some of these amazing plants, which probably grow in your own yard! Linda will also be demonstrating some simple medicine making, so grab a teacup and follow along!

Ingredients Needed: 1/4 cup dried rose hips, 1/4 cup dried mint, 1/4 cup dried dandelion leaves, hot water and mug.

To learn more about Linda, please [click here...](#)

To contact Linda, please [click here...](#)



Meet Our Speakers

Work is fundamental to who we are as human beings. We identify by our work, and it gives us routine, activity, a sense of contribution and social connection. It also can be a significant hazard to our mental health when we are exposed to stressful working conditions. The pandemic has shone a bright light on the benefits and risks of working, giving us an opportunity to question the systems and structures around us at work. **Donna Hardaker** will describe her experience of navigating mental health challenges while being at work, off work and returning to work, and how she came to develop a methodology of considering human needs at work as a way of understanding ourselves and each other better.



To learn more about Donna, please [click here...](#)
To contact Donna, please [click here...](#)
To visit Donna's website, please [click here...](#)

Chelle Thompson is a Footwear Tech Developer for Nike Basketball in Men's Performance at World Head Quarters in Portland, Oregon. She is a former collegiate (Texas Tech) and professional WNBA athlete. Chelle will share her story on how sports became the outlet for her to deal with traumas she experienced in her childhood. She discusses how sports provided a safety net for her to channel her emotions, but also how she used those emotions through sport in a way that propelled her in a positive direction.



To learn more about Chelle, please [click here...](#)

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Thanks to the generous support of our sponsors
for making this event possible!

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TMS



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LET'S GET SOCIAL!

VISIT MYASHA.ORG FOR MORE INFORMATION.
OR FOLLOW US ON FACEBOOK, INSTAGRAM, TWITTER & YOUTUBE.

Want to share your experience at the Grit & Grace Conference?

Tag @ASHAinternational and be sure to use

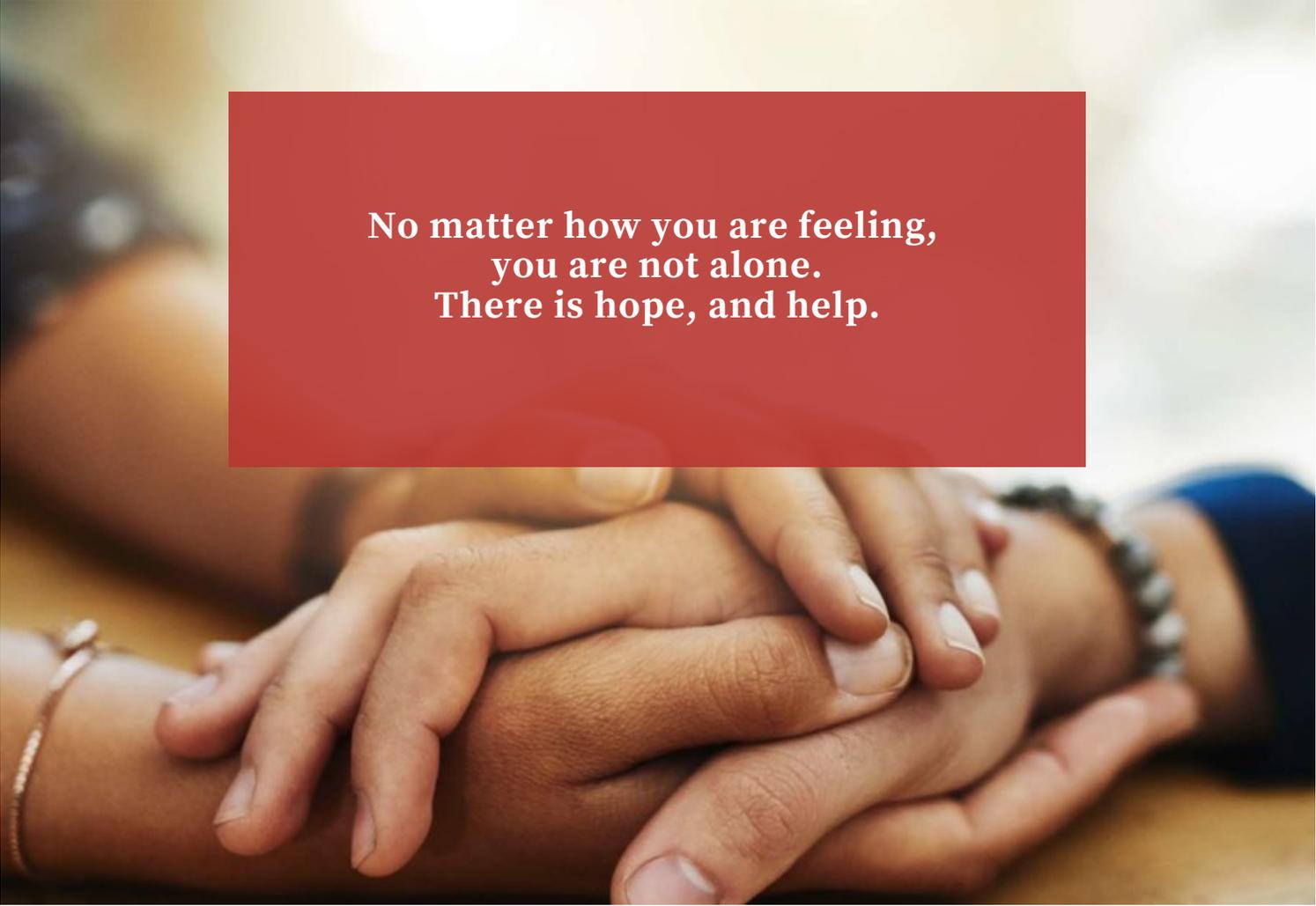
one of our favorite hashtags

#Grit&Grace

#MyStoryMY SUPERPOWER



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No matter how you are feeling,
you are not alone.
There is hope, and help.

Please click on the links & check out our wellness resources:

[Stories of Hope](#)

[Health & Wellness Articles](#)

[Conversations on Hope & Well-Being](#)

[BIPOC Mental Health Resources](#)

[Information & support](#)



If you are in need of immediate help, please call 911



Text HELLO to 741741
Free, 24/7, Confidential

**TAKE A MENTAL HEALTH SCREENING
IT'S EASY AND FREE!**

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

We are delighted to partner with Mental Health America which provides ten mental health screens. You can share your results with your physician or healthcare provider.



**PLEASE [CLICK HERE TO](#)
TAKE A FREE AND
CONFIDENTIAL
SCREENING TODAY**



Welcome to ASHA International!

We are a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & well-being, one story at a time.

At ASHA International, we are acutely aware of the significant barriers to mental health faced by underserved and underrepresented communities – immigrants, refugees, black, indigenous, people of color and LGBTQ+. And, we are dedicated to empowering them to share their stories to inspire hope & ignite change.

At ASHA International, we believe Our Stories are our SUPERPOWER!

Every time we share our mental health story, we can end stigma, give hope to those who are struggling, and build communities of empathy, support and inclusion where all of us can thrive.

Our stories have the power to save lives and create social change.

Join us in the My Story MY SUPERPOWER Movement!

Share your story. Inspire Hope. Ignite Change.

WWW.MYASHA.ORG