



The Diversity & Inclusion Committee of the Barristers Club presents

Mental Health & Well-Being

A timely discussion for Black and Asian communities in light of police brutality and hate crimes/incidents.

**Wednesday
June 30, 2021**

**Free Virtual Program:
4:00-5:00 p.m.**

Speakers



Dr. Allison Briscoe-Smith
Director of Diversity, Equity and Inclusion,
The Wright Institute Clinical Program



Grace C. Niu, PhD
Licensed Clinical Psychologist
VP of Clinical Strategy & Operations,
Neurotrack Technologies



Dr. Uche Ukuku
Licensed Psychologist

Moderators

Ernest Hammond III
Twilio

Lindsey Mignano
Smith Shapourian Mignano

2020 and 2021 have been tough years to say the least. In light of police brutality against Africans and African Americans, and rising hate crimes/incidents against Asian Americans, how can we as a society keep ourselves mentally healthy and well? How can we talk to our children about processing these events without traumatizing them? At what point should a person of color experiencing trauma from these events reach out to a licensed psychologist for help? Join us for this community-based fireside chat to discuss these issues and more.

Topics of Discussion

- Individual and Community Trauma
- Best Practices to Keep Sane and Mentally Strong
- How to Talk with Children and Teens about Police Brutality and Hate Crimes/Incidents
- When to Escalate to a Professional

Sponsored by:



Co-Sponsoring Organizations:

Charles Houston Bar Association; Blacks in Technology, LLC; Black Women Lawyers Association of Northern California; Asian American Bar Association of the Greater Bay Area; Alameda County Bar Association Wellness Section; Filipino Bar Association of Northern California

Register Online: www.sfbar.org/calendar