



## EXPLORING MENTAL HEALTH THROUGH PERSIAN POETRY

Join us as we examine the rich and healing art of Persian Poetry as it relates to our mental and emotional well being.

*This series of workshops offers the Persian speaking community the opportunity to learn about themselves through the teachings of Persian master poets and philosophers. Participants will also be encouraged to write and share original poetry and present their favorite poems.*

**Moderator: Mojgan Moghadam Rahbar**  
**Mental Health Advisor: Mastaneh Moghadam, LCSW**

**Two-hour sessions** will be held **twice per month!**  
Each month will focus on a specific mental health topic and explore poetry related to that topic.

### **Second Month's Topic:** **ANXIETY & DEPRESSION**

*Nighttime session:*

Thursday November 11th, 7pm to 9pm  
(PST)

*Daytime session:*

Wednesday November 24th, 10am to 12pm  
(PST)



All sessions will be *virtual* through Zoom!  
**FREE ADMISSION WITH REGISTRATION!**

*This is a program of Cross Cultural Expressions in Partnership  
with The Los Angeles County Department of Mental Health*



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.

**For more information or to register,**  
please call or email CCE at:  
**(818) 860-1223**  
**connectwithcce@gmail.com**

