

FEBRUARY 2023



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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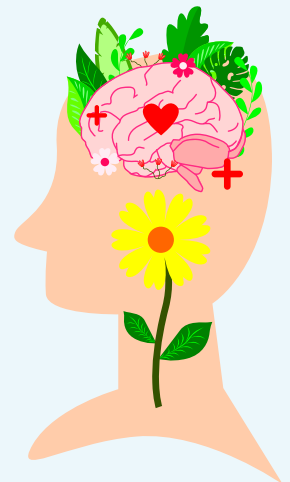
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FEBRUARY IS

*Youth Mental Health
Awareness Month*



WHAT'S GOING ON AT CCE?

CCE x Geffen Playhouse Big Fundraising Event

Cross Cultural Expressions has partnered with the Geffen Playhouse for a big fundraising event - the west coast premiere of *The First Deep Breath*, a ferocious new epic written by the brilliant Lee Edward Colston II.

Our CCE community has the opportunity to see this thought-provoking play while helping us raise money for CCE. The play will be running for a period of 6 weeks starting February 9th. During the run of this play any ticket purchased using the code CCERSDB will mean that CCE will receive 20% of the sale.

Our CCE friends and partners have also been invited to participate in the Black Partners Special Event on Wednesday, February 8th. For this one very special night, purchase any ticket level using code CCERSDB and 100% of your ticket proceeds will benefit CCE. For the February 8th event, your ticket will also include a welcome party, open bar, and a DJ from KJLH. To reserve a spot, go to geffenplayhouse.org and click "The First Deep Breath" under "Show and Tickets". We hope to see you there!

In Need of Therapy Services?

If you are in need of therapy services, we have some good news for you. CCE currently has immediate openings for sliding scale therapy services with our interns. Sessions can be as low as \$15/session for qualifying individuals. Our intern therapists have a language capacity for English, Farsi, and Arabic and can work with individuals, couples, and families of all ages. If you are interested, please contact us at 818-860-1223 or connectwithcce@gmail.com.

SELF-ESTEEM & MENTAL HEALTH

In addition to Youth Mental Health Awareness Month, February also happens to be International Boost Self-Esteem Month. It's easy to overlook the importance of having good self-esteem, but good self-esteem is vital to a successful, happy life.

What exactly is good self-esteem? It's not just liking yourself but about giving yourself love, value, dignity, and respect. Positive self-esteem also means believing in your capability to learn, achieve, and contribute to the world. It means you think your ideas, feelings, and opinions have worth. This doesn't mean you love everything about yourself or think you are perfect. Even for those with high self-esteem, it's common to be self-critical and have some parts of yourself that you are less proud of or happy with. Self-esteem can change depending on the circumstance.

Building high self-esteem is not easy, especially if you've spent many years being self-critical. However, it's definitely possible and within your grasp! It's important to understand that a significant component of self-esteem is your thought patterns, what you focus on, and taking an optimistic approach. Building up your self-esteem takes work, determination, and a willingness to examine and counter negative thoughts about yourself—as well as actively boosting your self-image with positive ones. It's important to give yourself grace, to let go of certain things that bother you as well as to work on those areas that you can and want to change.

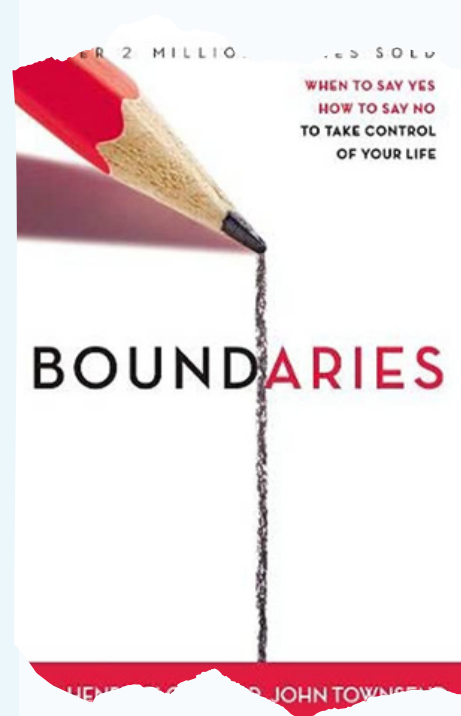
Here are some of our suggestions on improving your self-esteem: accept compliments, give yourself a break, love yourself (flaws and all), value the person you are, forgive yourself for things you regret, recognize the importance of high self-esteem, seek support, start a gratitude journal, take note of your thoughts, and think of yourself as your own friend.

High self-esteem is key to life satisfaction. Wherever you may be on the self-esteem spectrum, you can work on improving your vision, support, compassion, and love of yourself.

BOOK OF THE MONTH



Boundaries: When to Say Yes, How to Say No to Take Control of Your Life
By Dr. Cloud & Dr. Townsend



This NYT Bestseller book uses the author's experiences to demonstrate the importance of deciding on personal limits and setting boundaries, and gives clear examples of why and how to do this in a healthy way.

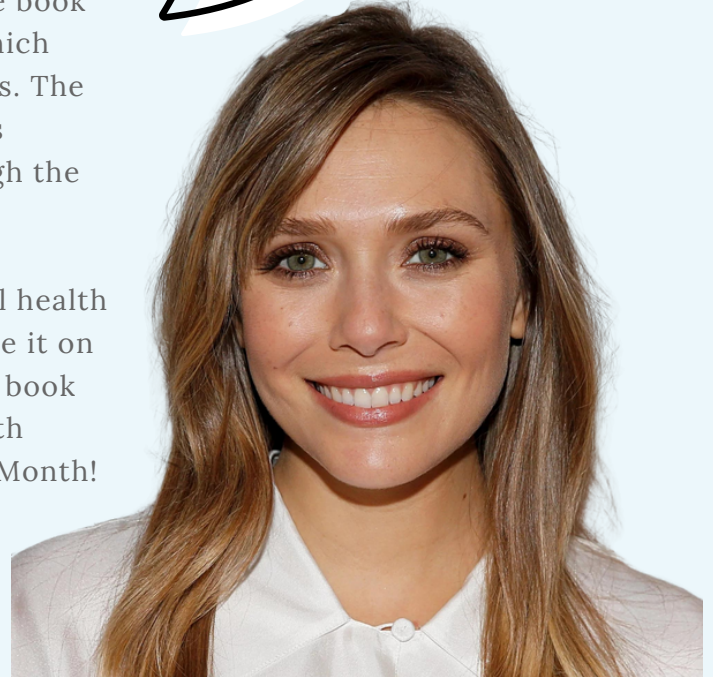
MENTAL HEALTH HERO OF THE MONTH: ELIZABETH OLSEN

The WandaVision actress recently talked about her mental health while living in New York. During this time, she faced severe anxiety and panic attacks. She said it wasn't until she turned to a friend and medical expert that she was able to find ways to cope with her anxiety and the constant "spinning" feeling. She continued to learn and practice exercises that helped her control her anxiety. Now, she and husband Robbie Arnett have released a self-care book for kids called Hattie Harmony: Worry Detective, which helps children manage anxiety in everyday situations. The book created a fresh approach to wellness and helps children cope with and manage their feelings through the illustrations of the main character, Hattie.

Elizabeth's refreshing vulnerability about her mental health struggles and coping strategies were enough to make it on our list, but her willingness to step out and create a book to help children manage the things she struggles with earned her a spot as our Mental Health Hero of the Month!

"Life and work can come with a lot of pressure and you find yourself moving down on the priority list. Putting yourself & your health first makes everything else possible!"

ELIZABETH
OLSEN



YARAN IRANIAN PEER COUNSELING HELPLINE

A program of Cross Cultural Expressions

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

Information/Referral Services

Support with Family Issues

Support with Mental and Emotional Health

Speak with one of our peer counselors via our telephone helpline:

(818) 332-7999