

JUNE 2024



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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(818) 860 - 1223



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JUNE IS

*Men's Mental Health
Awareness Month*



WHAT'S GOING ON AT CCE?

Wake Up Sleeping Beauty

"Wake Up Sleeping Beauty," a CCE original directed by Shila Vosough-Ommi & written by Mastaneh Moghadam, LCSW, was filmed & released during the pandemic in 2020 in partnership with the LA County Department of Mental Health. CCE Productions now offers the film in both Farsi & Russian on YouTube. Search "CCE Productions Wake Up Sleeping Beauty" on YouTube to watch.

Djinn in the Pen

"The Djinn In The Pen," produced by LACDMH with CCE, is written and directed by Mastaneh Moghadam, LCSW, & stars Sahel Amani-Ghoreyshi and Matthew Nouriel. This fictional film follows Nadia, an immigrant woman who, after multiple losses including her father's death, manifests a Djinn to help her face her unresolved grief & move forward. The movie, adapted with Russian and Persian subtitles, is available on CCE Productions' YouTube page.

"Access for All" Podcast and YouTube Series

CCE is excited to announce "Access for All," a podcast and YouTube series created in collaboration with the LA County Department of Mental Health, focusing on the experiences of individuals with disabilities and their mental health journeys. Watch our videos on CCE Productions' YouTube page or tune into the podcast on Spotify, Amazon Music, and more. For updates, visit cceccc.org and follow us on Facebook and Instagram.

EMBRACING CHANGE

Change is a constant companion on the road of life, guiding us through uncharted territories and presenting opportunities for growth and self-discovery. Reflecting on my own journey, I realize that embracing change has profoundly impacted my personal growth and success. Here, I share my experiences, illustrating how adapting and evolving have been key to my fulfillment.

Throughout life, we will all encounter numerous instances where change demands our attention. It is normal to be initially resistant, as familiarity offers us comfort. The truth is change is not an adversary but an ally in progress. When we embrace the unknown, it enables us to cultivate resilience, adaptability, and a hunger for growth. Instead of fearing change, we'll begin to see it as a gateway to new experiences and fresh perspectives.

Failure, often seen as a deterrent, is a valuable teacher. Change brings the possibility of failure, but by reframing failure as a stepping stone, we extract invaluable lessons from our missteps. A significant setback can leave us feeling disheartened, but we should choose to view it as an opportunity for introspection and growth. Through self-reflection, we can identify areas for improvement.

Change, with all its uncertainty and discomfort, can be our faithful companion on the journey of personal growth and success. By embracing change, tackling challenges, and learning from failure, we can transform our lives in ways we never thought possible. Embrace the unknown for it holds the key to self-discovery and a life enriched by new experiences. Embrace challenges for they shape you into the person you aspire to be. Most importantly, embrace failure for within its lessons lie the seeds of future success.

Change is not to be feared but celebrated, for it uncovers our true potential and creates a fulfilling, meaningful life. May we each embark on this journey, hand in hand with change, and watch our lives unfold in unimaginable ways. Embracing change requires a shift in mindset and a willingness to step into the unknown, but the rewards far outweigh the initial discomfort. By stepping outside of our comfort zones, facing challenges, and learning from failure, we will embark on a transformative journey and become the architect of our destinies.

BOOK OF THE MONTH

"AN ORIGINAL AND DOABLE BLUEPRINT FOR IMPROVING THE QUALITY OF YOUR LIFE." —MIRYAL CSIKSZENTMIHALYI, Ph.D., AUTHOR OF FLOW AND CREATIVITY

STOP BEATING YOURSELF UP AND LEAVE INSECURITY BEHIND

Self-Compassion

KRISTIN NEFF, Ph.D.

"Self-Compassion" by Kristin Neff explores the transformative power of treating oneself with kindness. Neff, a pioneer in self-compassion research, explains how self-compassion can improve mental health, enhance resilience, and foster personal growth. Through personal anecdotes, scientific research, and practical exercises, she provides a comprehensive guide to cultivating self-compassion. The book challenges the notion of self-criticism as a motivator, offering instead the healing and empowering effects of self-compassionate practices.

MENTAL HEALTH HERO OF THE MONTH: EM BEIHOLD

CCE proudly honors Persian singer-songwriter Em Beihold as our Mental Health Hero of the Month. With the release of her first album, *Egg in the Backseat*, and the viral success of her single "Numb Little Bug," Beihold has quickly established herself as a significant voice in contemporary pop music.

The landscape around music and mental health has shifted positively, and Beihold is at the forefront of this movement. Beihold bravely incorporates themes of mental health into her music, offering listeners a chance to find solace and understanding in their struggles. Beihold's music touches on themes of mental health and self-discovery, providing a form of journaling that helps her and her listeners navigate complex emotions. Her songs aim to make people feel less alone, addressing the pressures of growing into adulthood and the unexpected challenges of success. Balancing meaningful lyrics with catchy melodies, Beihold naturally blends heavy life experiences with upbeat music, creating a unique and powerful impact.

Beihold's dedication to mental health advocacy through her music and her willingness to share her journey openly make her a true hero. She reminds us that we are not alone in our feelings and that music can be a profound source of comfort and connection.

"I hope that my songs help people feel less alone...I think it's...cool to realize that all these intense feelings you have aren't only in you"

EM BEIHOLD



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