



Resilience  
Social Work

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# RSW NEWS

July 2024

[WWW.RESILIENCESOCIALWORK.COM](http://WWW.RESILIENCESOCIALWORK.COM)

## Founder's INSIGHTS

Summer is officially here! We hope everyone finds time to enjoy the sun and bask outdoors in nature's beauty and healing powers. Life gets so busy that if we don't make the effort we will miss out on all the wonderful opportunities the season offers for adventure, connection, exploration, and simple moments of fun and blissful joy.

If you are a working parent like me, I know that's easier said than done, as planning and some convincing may be required but the benefits definitely outweigh all that. So, I encourage you to make it happen.

Why? Well, as we see our world struggle with injustice, pain, anger, and sorrow we need to refill our cup with rest, beauty, and joy, to be able to give it our all to make it better and to have something to strive for. Whether it is our immediate world or the global issues that overtake us with stress and emotional hardship balance is necessary to cope and thrive.

Think of all the times you have been struggling and feel overwhelmed and compare those to the times when you felt stable and content. Can you recall what you were doing different when you were stable/content? I bet you were taking time for yourself and your needs in some way.

Are you doing that when overwhelmed? If the answer is no, than incorporating some of those will help bring balance and wellbeing and give you the strength to better navigate life's hardships. I encourage you to give yourself permission to take a break and find your balance. You are worth it and the world needs you!

Marilyn Mejia-Peña, LCSW 🧡



## Nurture Your Well-Being: Essential Self-Care Tips

In our busy lives, taking care of ourselves is key to feeling our best. Here are five simple ways to prioritize your well-being:

**Physical Health:** Stay active, eat well, and get enough rest. Exercise lifts your spirits, good nutrition fuels you, and quality sleep refreshes your body and mind.

**Emotional Balance:** Practice mindfulness, journal your thoughts, and don't hesitate to reach out for support when needed. Setting boundaries and saying no are healthy ways to manage stress.

**Social Connections:** Spend time with loved ones and join groups that bring you joy. Connecting with others strengthens your sense of community and lifts your spirits.

**Spiritual Fulfillment:** Whether through meditation, prayer, or enjoying nature, find moments that nourish your soul and bring you peace.

**Intellectual Stimulation:** Engage your mind with hobbies, books, or learning something new. Stimulating your intellect enhances your overall well-being.

Self-care isn't selfish, it's essential. Find what works best for you and make time for it regularly. Your well-being matters!

## Welcome Onboard, Yvette, Paul, Vivian and Gabrielle!



Our team is flourishing with amazing new clinicians! Yvette Letelier, ASW, and Gabrielle Sheets, ASW, (our ex-MSW-Intern!) are now part of our fabulous therapists team. Vivian Phan, LMFT, is joining the trainer/educator team and is also a practicing clinician. Paul Gutierrez is our new MSW-Intern from VCU and will be with us till the end of the year. We are grateful for the wonderful work you do and look forward to you continuing empowering individuals today for a better tomorrow at RSW!

(Picture left to right-Marilyn, Yvette, Paul, Vivian, Gabrielle)

For consultation, training requests, client referrals, questions or comments  
e-mail [info@resiliencesocialwork.com](mailto:info@resiliencesocialwork.com), message via [www.resiliencesocialwork.com](http://www.resiliencesocialwork.com) or call 562-384-9299.

# JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH: How are you Supporting Equity in Mental Health?



Mental health is essential for our well-being—it impacts how we feel, think, and interact with others. However, barriers like cost, insurance gaps, language, stigma, shame, legal and immigration status, racism, distrust of health care systems, cultural beliefs, education and awareness, and a lack of access to culturally sensitive service providers often prevent many members of minority communities from getting the support they need. It's vital that we all learn about mental health and healthy coping strategies, and work to reduce stigma through inclusive language and understanding. We all play a crucial role in advocating for and supporting minority communities' mental health needs. Join us this month in raising awareness and taking action for mental health equity by committing to the following:

- **Service providers:** provide care with cultural humility, mental health education and awareness, advocate for policy changes, improve access by being flexible in business hours offered, open a variety of accepted insurances and payment options, and help individuals navigate complex systems.
- **Public health organizations:** include diverse perspectives and address social factors affecting minority communities. Enhance community outreach and education to reduce stigma and increase awareness of mental health resources. Expand access to multilingual services and interpreters.
- **Healthcare providers:** offer culturally responsive services and ensure your teams reflect the communities you serve. Foster trust by engaging with community leaders and organizations, and by addressing past and present discrimination within the health care system. Also, increase cultural competence and diversity training for mental health providers.

Lets create a supportive environment where everyone feels empowered to prioritize their mental well-being and has fair access to mental health resources and care. Thank you in advance for your efforts!!!

**Remember to visit our website at [www.Resiliencesocialwork.com](http://www.Resiliencesocialwork.com) for up to date trainings/workshops, resources, and helpful wellness tools.**

## RSW Highlight

As we continue to lead with heart and grow with purpose we are super excited to announce we have moved!!! We have graduated from our shared office in Cerritos to our own private office at the HQ Building in Cypress at 10601 Walker St., Suite 170, Cypress CA 90630. Our new chairs are ready for you! 😊



## Now ENROLLING

Enrollment is open for the following:

### MEN SURVIVORS OF DOMESTIC VIOLENCE GROUP

When: Tuesdays at 6:00 PM (10 Weeks)

Where: Virtually

Cost: Free

(call 562-384-9299 to enroll)

### FILL YOUR CUP FRIDAYS WOMEN'S CIRCLE

When: 2nd and 4th Fridays  
of the month  
at 6:00 PM

Where: 10601 Walker St., Suite 170, Cypress  
CA 90630

Cost: Pay what you can  
(enroll at [resiliencesocialwork.com](http://resiliencesocialwork.com))

### GRUPO DE RESILIENCIA EMOCIONAL

Quando: Tercer Jueves del mes  
a las 6:00 PM

Donde: Virtual

Costo: Gratis

(Apuntese en [resiliencesocialwork.com](http://resiliencesocialwork.com) o  
llame al 562-384-9299)

**Follow us on socials for mental health awareness campaigns and lives  
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