



FILIPINO FAMILY HEALTH INITIATIVE

AUGUST 2019

WELCOME TO OUR MONTHLY NEWSLETTER!

STUDY UPDATES

Our upcoming Incredible Years Workshop will start in September at CHLA (Friday evenings)



We are still looking for Filipino parents to participate in our study.

The study protocol has changed. ALL parents will be offered the Incredible Years workshop for FREE

CONTACT US

Facebook: [FilipinofamilyhealthLA](#)

Call or Text: (323)691-0529

Email: incredible.filipino.families@gmail.com



STAFF SPOTLIGHT: JOCELYN & LYKA



Jocelyn Castro

Jocelyn graduated in 2019 with an M.S. in Applied Life Sciences with a concentration in clinical research from Keck Graduate Institute. She aspires to become a physician in the future to help underserved communities through medicine. She joined the Filipino Family Health Initiative as an intern during summer of 2018 and continues to actively help as she enjoys working with the Filipino community. In her spare time, she enjoys finding the best places to eat delicious, aesthetically pleasing food or boba.

Lyka graduated with her Master of Public Health (MPH) from California State University, Long Beach and has been selected as part of the Dean's List. Lyka started serving as a volunteer for FFHI this year. She moved from the Philippines 2 years ago and what she likes most about California is the food! With her public health and nursing background, she aspires to be a pediatric nurse and hopes to address mental health disparities particularly among the Filipino youth.



Lyka Trinidad

AUGUST IS THE PHILIPPINE NATIONAL LANGUAGE MONTH (BUWAN NG WIKA)

"I love you"

in different Philippine languages

Tagalog: Mahal kita / Iniibig kita

Bisaya: Gihigugma tika

Kapampangan: Kaluguran da ka

Ilocano: Ay-ayaten ka

Bicolano: Namumutan ta ka

Waray: Pina-ura ta ikaw

Ilonggo: Palangga ta gid ka

Pangasinense: Inaro ta ka

"Thank you very much"

in different Philippine languages

Tagalog: Maraming salamat

Bisaya: Salamat jud kaayo

Kapampangan: Dakal a salamat

Ilocano: Agyamanak

Bicolano: Dios mabalos

Waray: Damo nga salamat

Ilonggo: Daghan salamat gid

Pangasinense: Balbaleg ya salamat

OUTREACH EVENTS

August 15 - 18, Thursday - Sunday

National Federation of Fil-Am Association

2019 National Empowerment Conference

Carson Community Center

801 E Carson St. Carson, CA 90745

<https://naffaa.org/2019nec/>

Dr. Joyce Javier and Jed David will be

presenting on Saturday, August 17

"The Gift of Time and Language"

August 18, Sunday

Filipino Cultural School Graduation

New Life Community Church

18800 Norwalk Blvd Artesia CA 90701

1 PM - 5 PM