



# FILIPINO FAMILY HEALTH INITIATIVE

SEPTEMBER 2019

WELCOME TO OUR MONTHLY NEWSLETTER!

## STUDY UPDATES

NEW Incredible Years Workshop will begin on September 28th at CHLA

**Children's Hospital LOS ANGELES** USC University of Southern California

**INTERESTED IN GIVING YOUR KIDS THE SKILLS THEY'LL NEED TO TACKLE LIFE'S TOUGHEST CHALLENGES?**

We are looking to speak with parents of Filipino children ages 8-12 years old. Find out if you are eligible to participate in a 6-month research study whose goal is to promote positive discipline and the social and academic success of your child. You will receive monetary incentives for your participation (up to \$90).

**IF YOU ARE INTERESTED, CONTACT:**  
Dr. Joyce Javier at (323) 691-0529 or Email at incredible.filipino.families@gmail.com  
You may leave a message and a researcher will return your call.

**Maraming salamat po!**

This study is led by the research team at Children's Hospital Los Angeles. Their vision is to build a healthy, happy generation from which children is to prosper and contribute to our progress and success.

Interested in learning more? Watch a video of parent testimonials at [www.facebook.com/incredible.filipino.families](https://www.facebook.com/incredible.filipino.families) or find us on Facebook @incredible.filipino.families

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](https://www.facebook.com/filipinofamilyhealthLA)

Call or Text: (323)691-0529

Email: [incredible.filipino.families@gmail.com](mailto:incredible.filipino.families@gmail.com)

Youtube video: <https://youtu.be/AkOrzHIdEN8>



## NAFFAA'S 2019 NATIONAL EMPOWERMENT CONFERENCE

August 17th, 2019 at Carson, CA -- Dr. Joyce Javier, Jed David, and one of our Incredible parents, Melissa Veluz-Abraham, were invited to share about our initiative at the 2019 National Federation of Filipino American Associations (NaFFAA).

NaFFAA is the largest national affiliation of Filipino Americans that promotes the welfare and well-being of the 4 Million Filipinos in the US.

Dr. Javier, Jed, and Melissa talked about what we have learned from all of the families who have participated in our programs – "As a community, we can

start preventing suicide and depression among our youth by spending time at least once a week doing an enjoyable activity with the youth in our lives and showing them we love them through our words and our actions". Team Kapwa would like to thank Krystal Canare and the entire NaFFAA team for this opportunity!

Also, our interns, Carl Bolano and Lyka Trinidad, were awarded scholarships to attend the conference. Congratulations Carl and Lyka!



Upper Left: Carl Bolano & Lyka Trinidad.  
Upper Right: Jed talking about the power of language.  
Lower Left: Jed, Carl, Dr. Javier, Melissa, & Lyka  
Lower Right: Dr. Javier, Melissa, and Jed with two organizers of the conference: Jason Tiongco and Krystal Canare

## FILIPINO CULTURAL SCHOOL



Dr. Javier and Cindy Szendial, FCS President at FCS' graduation



**CONGRATULATIONS  
FCS STUDENTS  
CLASS OF 2019!**

We would also like to thank all the FCS Teachers, Board Members, and Families for all your support of the Filipino Family Health Initiative!

## UPCOMING INCREDIBLE YEARS (IY) WORKSHOP

**What:** IY Program is a 12-week parent workshop on effective communication strategies and positive parenting. Attendance to ALL 12 sessions is NOT mandatory to participate. We only encourage parents to attend as many sessions as they can.

**Why is it important:** Watch our video "Para sa Kinabukasan ng Ating Mga Anak (For our Children's Future)" at <https://youtu.be/AkOrzHIdEN8> to learn more.

**When:** September 28th - December 21st (every Saturday) from 9 AM to 11 AM

**Where:** Children's Hospital Los Angeles - Family Resource Center

**Parking:** CHLA Visitor's Parking (parking validation will be provided)