

THE HEALTH AND HUMAN RESOURCE EDUCATION CENTER INVITES YOU TO
CELEBRATE WOMEN'S HISTORY MONTH



Tuesday, March 21, 1-2:30 pm | African American Older Women
Dr. Derethia C. Duval, MFT

Dr. DuVal is an Emeritus faculty member/retired Director of the Counseling; Psychological Services at San Francisco State University. A psychotherapist in the Bay Area for 45 years, Dr. DuVal has been on several local, national, and international Board of Directors in relations to the well-being of Black people. [REGISTER HERE](#)



Thursday, March 23, 10-11:30am | Finding & Embracing Self Identity As An Asian Woman
Teresa Hoang

Teresa Hoang is a Certified Master Life Coach, specializing in mental wellness. She is also the founder and president of the Strong, Smart, and Kind (SSK) Foundation; the first Vietnamese non-profit in Northern California that focuses on mental health to help individuals pursue a happier and healthier life. [REGISTER HERE](#)



Friday March 24th, 1-2:30pm | Soul Care for Stressful Times
Dr. Liza Rankow

Dr. Liza J. Rankow is an interfaith minister, educator, activist, and author. Her work centers the deep healing that is essential to personal and social transformation. Liza is the founder and former executive director of OneLife Institute. She has provided counseling and offered workshops in healing and spiritual development for over 30 years. [REGISTER HERE](#)



Wednesday, March 29th, 1-2:30pm | Ball Culture as a Mental Health Strategy
Oakland To All

Oakland To All brings everything Ballroom to this training! Learn how Ballroom supports mental health, became a support system during the HIV/Aids crisis and now is a key contributor to the health field. You will learn how Ballroom got started by creating house families and how it became an international phenomenon. Experience online a demonstration of Ballroom's unique competitions. This training will offer a panel discussion moderated by the founder of Ballroom We Care on the positive impact of ballroom in young people's lives. [REGISTER HERE](#)



Thursday, March 30, 10-11:30am | Returning Citizen Series
Panelists: Aisha Scott, Melody Parker, Christina Murphy, and Cathy Eberhardt
Facilitators: Robin Raveneau and Gaylon Logan with Village-Connect

This series lifts up the voices of formerly incarcerated people and their experiences of returning home. Panelists will share what happened to them, what supports their transition back into the community, their future hopes and dreams. [REGISTER HERE](#)