



ASIAN PACIFIC COUNSELING & TREATMENT CENTERS  
**RIVERSIDE CENTER**



(CLICK ON LOGOS, ICONS, AND LINKS TO BE REDIRECTED)

"like" us on  
**Facebook**  
 @APCTCRiverside

(951) 405-8250  
[riverside@apctc.org](mailto:riverside@apctc.org)

**SSG- Riverside Counseling Center**

(951) 653-1800  
 13800 Heacock St., Suite D-111  
 Moreno Valley, CA 92553

**Riverside County Resource Lines**

**HELPLINE (24/7 Crisis & Suicide)**

(951) 686-HELP (4357)

**CARES Line (Referral & Support)**

(800) 706-7500

**SU CARES (Substance Use)**

(800) 499-3008

**Asian LifeNet Hotline**

(877) 990-8585

**24/7 National Suicide Prevention Lifeline**

(800) 273-TALK (8255)

Text **HOME** to 741741



**UPCOMING EVENTS**

NOVEMBER 2021\*

**11/12 @ 11:00AM-12:00PM**  
**[Chinese]**  
**Mindfulness in Self-Care**  
*Finding balance through self-care*  
 Contact: Stephanie Chang (951) 233-8928

**11/13 @ 2:00PM-5:00PM**  
**[English]**  
**Healing Through Theatre**  
*Interactive storytelling workshop on trauma*  
 RSVP: <https://bit.ly/PaisDropRSVP>  
 (click here)

**11/19 @ 11:00PM-12:00PM**  
**[Chinese]**  
**The 5 Love Languages of Children**  
*Learning to love your child better*  
 Contact: Stephanie Chang (951) 233-8928

**11/21 @ 11:00AM-1:00PM**  
**[English]**  
**Healing from Trauma**  
*Understanding the cultural process of trauma*  
 Zoom ID: [988 9017 0490](https://98890170490)  
 (click here)

**11/23 @ 4:00PM-5:30PM**  
**[English]**  
**Finding Hope Amidst Darkness**  
*Depression and coping skills for Filipinx youth*  
 Zoom ID: [976 9870 5447](https://97698705447)  
 (click here)

**11/30 @ 7:00PM-8:00PM**  
**[Chinese]**  
**Self-Care for the Busy Parent**  
*Finding balance through self-care*  
 Zoom ID: [973 5410 6787](https://97354106787)  
 (click here)

\*Subject to change. For the most current info and more workshops, please visit us on Facebook @APCTCRiverside!

**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A PSYCHIATRIC EMERGENCY, CALL 9 - 1 - 1 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY.**



# COMMUNITY CORNER

HIGHLIGHTING COMMUNITY PARTNERS THAT WORK WITH US FOR MENTAL HEALTH.

## RIVERSIDE UNIVERSITY HEALTH SYSTEM - BEHAVIORAL HEALTH

is the County's mental health department that is comprised of three major programs: Mental Health Services, Substance Use Services, and the Public Guardian's Office. These programs provide prompt, efficient, professional, culturally competent services throughout the County, primarily targeted towards individuals with Medi-Cal in addition to those who are eligible for other specialized State programs. Services incorporate the latest innovations in clinical practices affecting mental health and is administered by a dedicated professional team of approximately 1,000 employees consisting of Psychiatrists, Clinicians, Peer Specialists, and paraprofessionals who serve over 45,000 consumers annually. The combination of innovative services and professional staff are contributing factors to the exceptional reputation that RUHS-BH has cultivated, which is also reflected in the high rate of client satisfaction.



One aspect that truly sets RUHS-BH apart is its commitment to cultural competency. The Department's development and implementation of cultural competency equips employees to meet the needs of Riverside County's diverse population, taking pride in its acceptance and valuing of people from all ethnic, cultural, racial, and linguistic backgrounds. Recently, Dr. Emelyn Navarro-Cheung, DM, LCSW, has been appointed as the new Community Liaison and consultant for the AAPI communities following the retirement of her predecessor, Ms. Gladys Lee. Dr. Navarro-Cheung, who migrated to the US from the Philippines with her family at the age of 14, brings a wealth of knowledge and expertise as a social worker of 38 years. She is passionate about empowering and helping people and communities to create and fulfill meaningful legacies.

*“ I envision sharing my combined knowledge, skills, strengths, and experiences to inspire others and facilitate collective impact to achieve excellence in improving and even transforming the lives of residents in Riverside County and Inland Empire. I believe my new role is a calling. ”*



Dr. Emelyn J. Navarro-Cheung, DM, LCSW, BCC, CDWF

As the Community Liaison, Dr. Navarro will be heading the Asian American Task Force (AATF), which was organized by RUHS-BH to bring the AAPI population in Riverside County together with providers and community health resources for the purpose of networking, education, advocacy, and community building. The overall mission of AATF is to assist and guide the Cultural Competency Program to help the AAPI population achieve well-being in body and mind. Community partners and stakeholders are welcomed and encouraged to attend the monthly meetings to collectively build a healthier community. Thank you RUHS-BH for your support! **For more information & resources, please visit [www.rcdmh.org/ccp](http://www.rcdmh.org/ccp).**

### CHECK THIS OUT!



**Attitude of Gratitude:** Did you know research from multiple studies confirm that gratitude effectively increases happiness *and* can reduce depression? During this month of November, consider starting a gratitude jar with your friends, family, or colleagues. Write down things you are grateful for or some words of hope and encouragement. Take some time to go through your gratitude jar together - either safe at home or over a Zoom call. Letting others know how you are grateful for them and what they mean to you helps build our unity, connection, and support system. Let's shift our mindset and take on an attitude of gratitude for a boost to our mental wellness. We'd love to share in gratitude with you, so please post and tag us on Facebook [@APCTCRiverside!](https://www.facebook.com/APCTCRiverside/)

*"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."*

-Winnie the Pooh by A.A. Milne