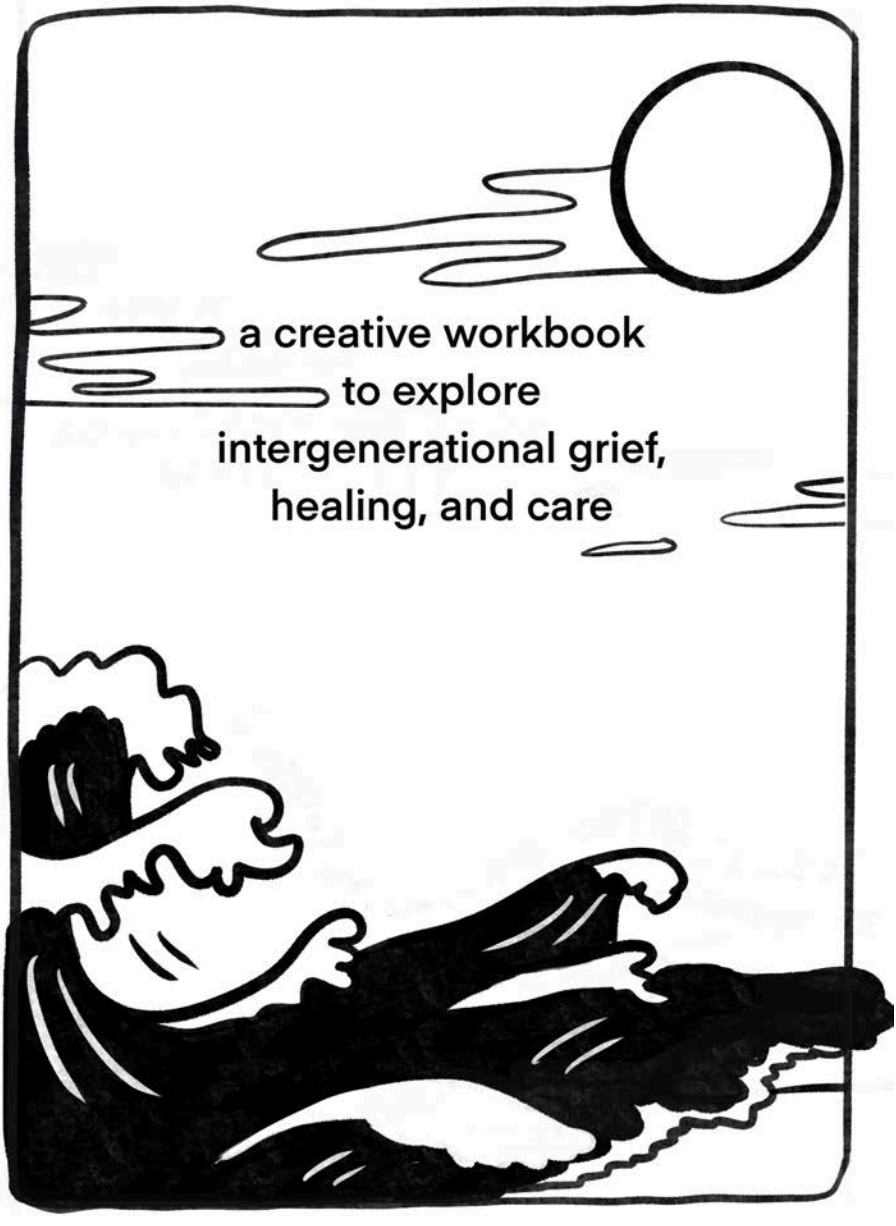
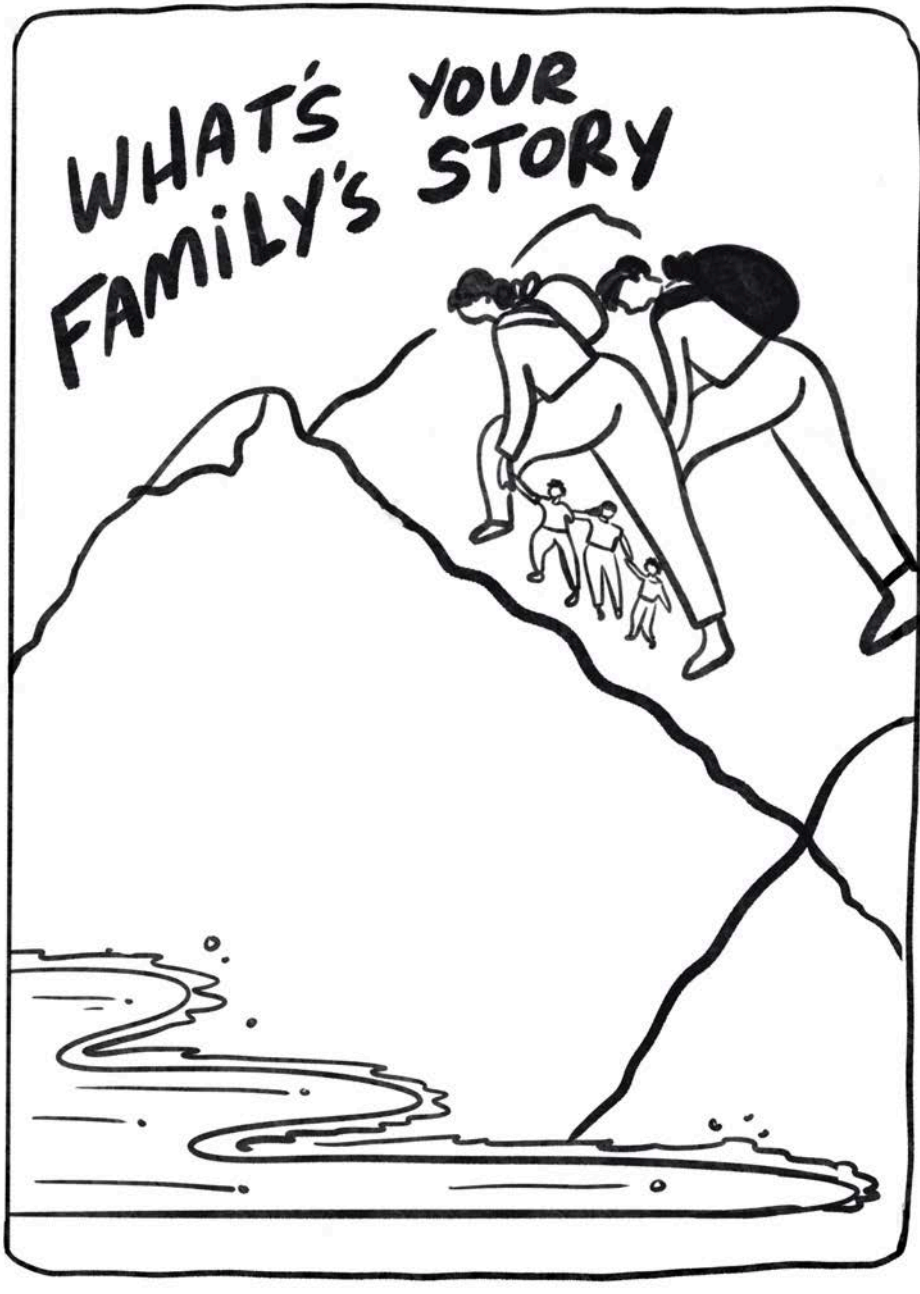

a creative workbook
to explore
intergenerational grief,
healing, and care

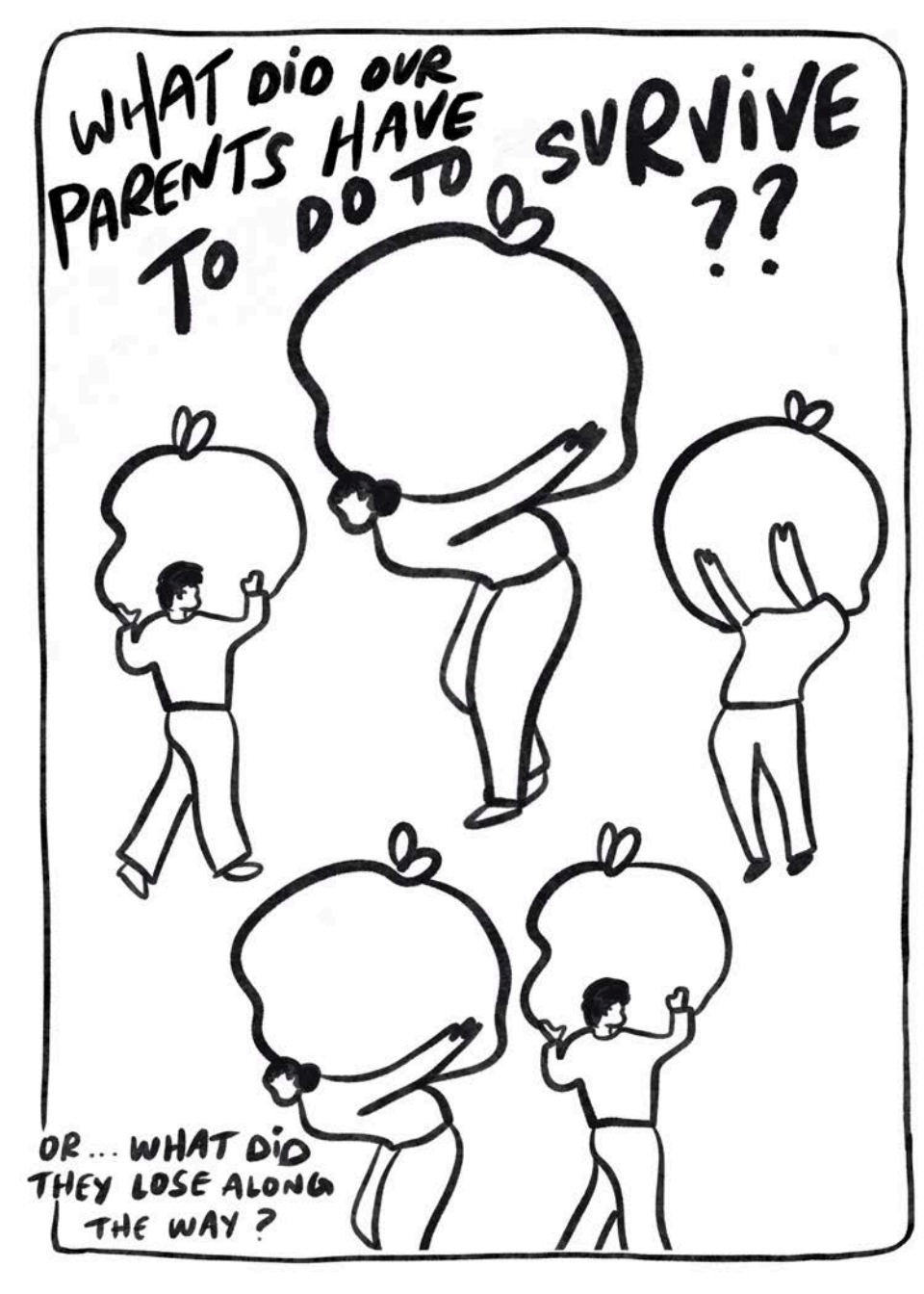
Elaine at OCAPICA approached us at Artcore with the idea of cross-disciplinary collaboration to bridge our work in L.A. and Orange counties through an exchange of art, community, justice, and healing. It prompted us to come up with artists working in these intersections.

Natalie was selected given her history of impact in collaboratively engaging the communities she works in by uplifting mutually shared histories of struggle through culturally specific contexts. This interactive zine was created from shared conversations to help support OCAPICA's free mental health services to its diverse community and uplift perspectives from folks in OCAPICA's community. It invites readers to interact with the prompts inside by either writing in its blank spaces or using them for journaling at greater length.

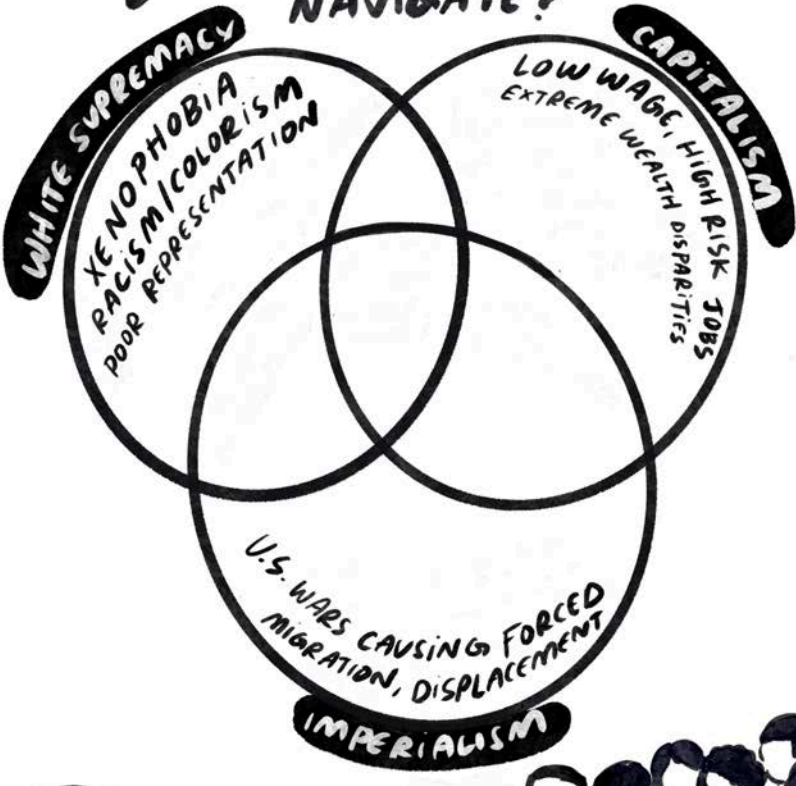
We are grateful to Natalie and the OCAPICA community for participating in this work and Elaine and Nikki, who currently steward OCAPICA's initiatives with thoughtfulness, resilience, and care.

- Pranay Reddy
Executive Director at LA Artcore


WHAT'S YOUR FAMILY'S STORY

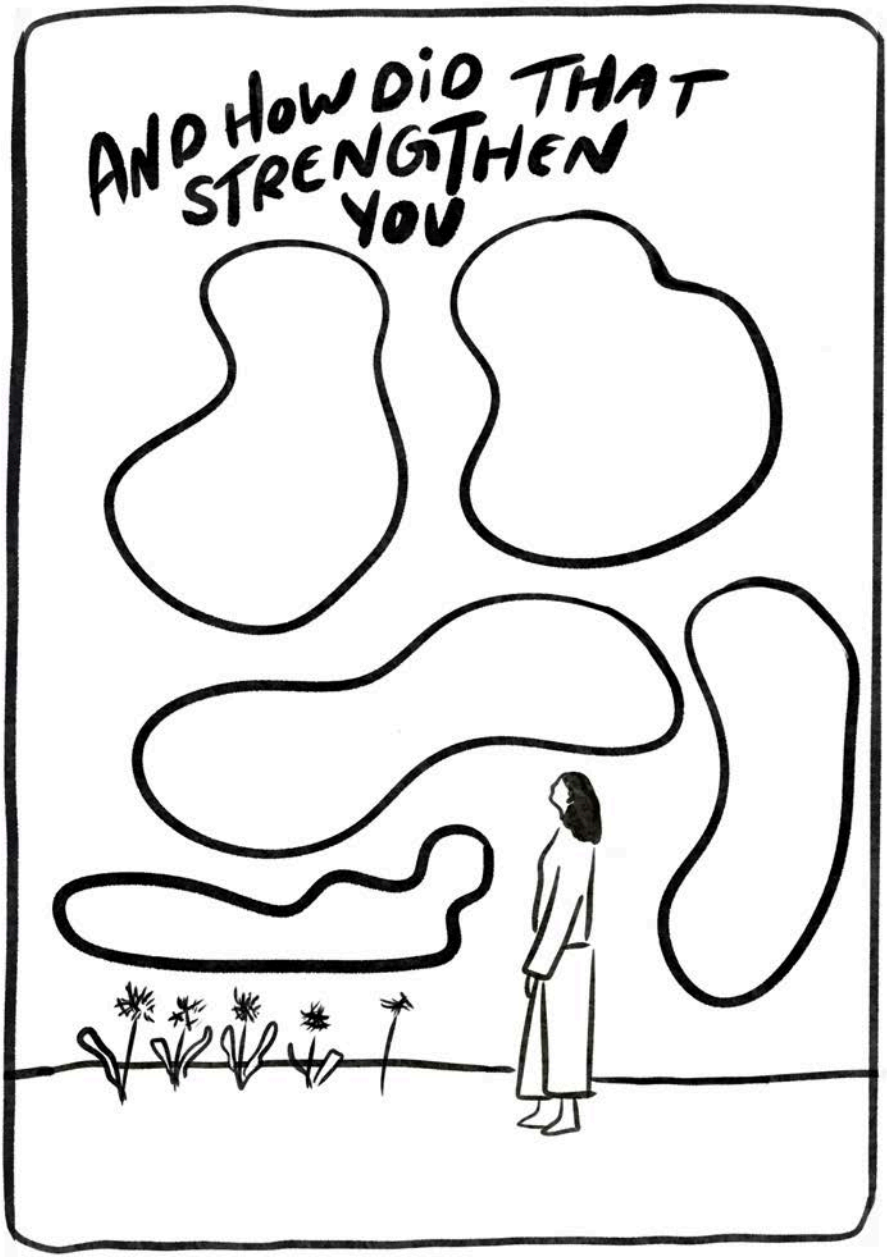

WHAT DID OUR PARENTS HAVE TO DO TO SURVIVE ??
OR... WHAT DID THEY LOSE ALONG THE WAY?

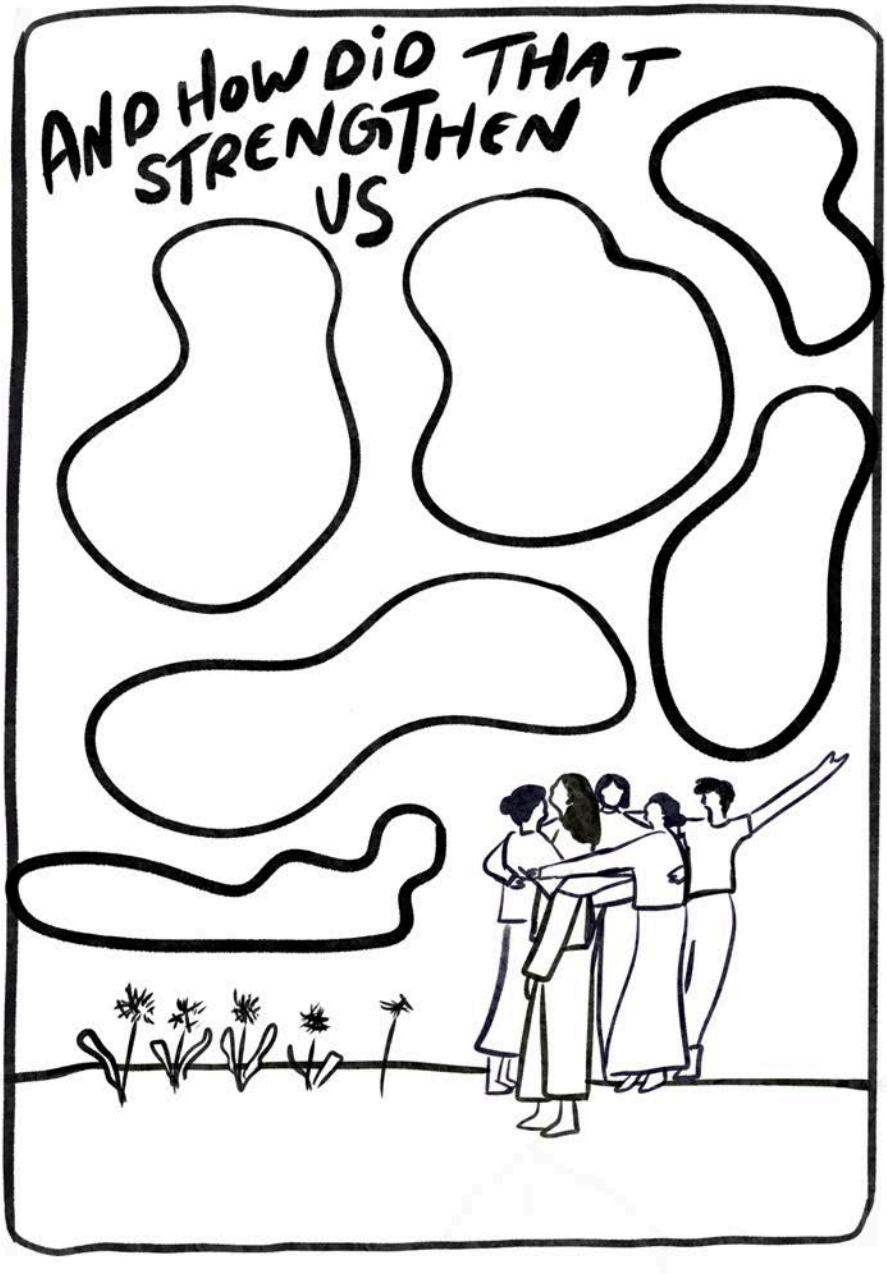
WHAT STRUCTURAL BARRIERS DID THEY HAVE TO NAVIGATE?



HOW MIGHT HAVE THESE SYSTEMS IMPACT DIFFERENT COMMUNITIES IN DIFFERENT WAYS?

HOW DID THAT IMPACT THEM?
AND HOW DID THAT IMPACT YOU?

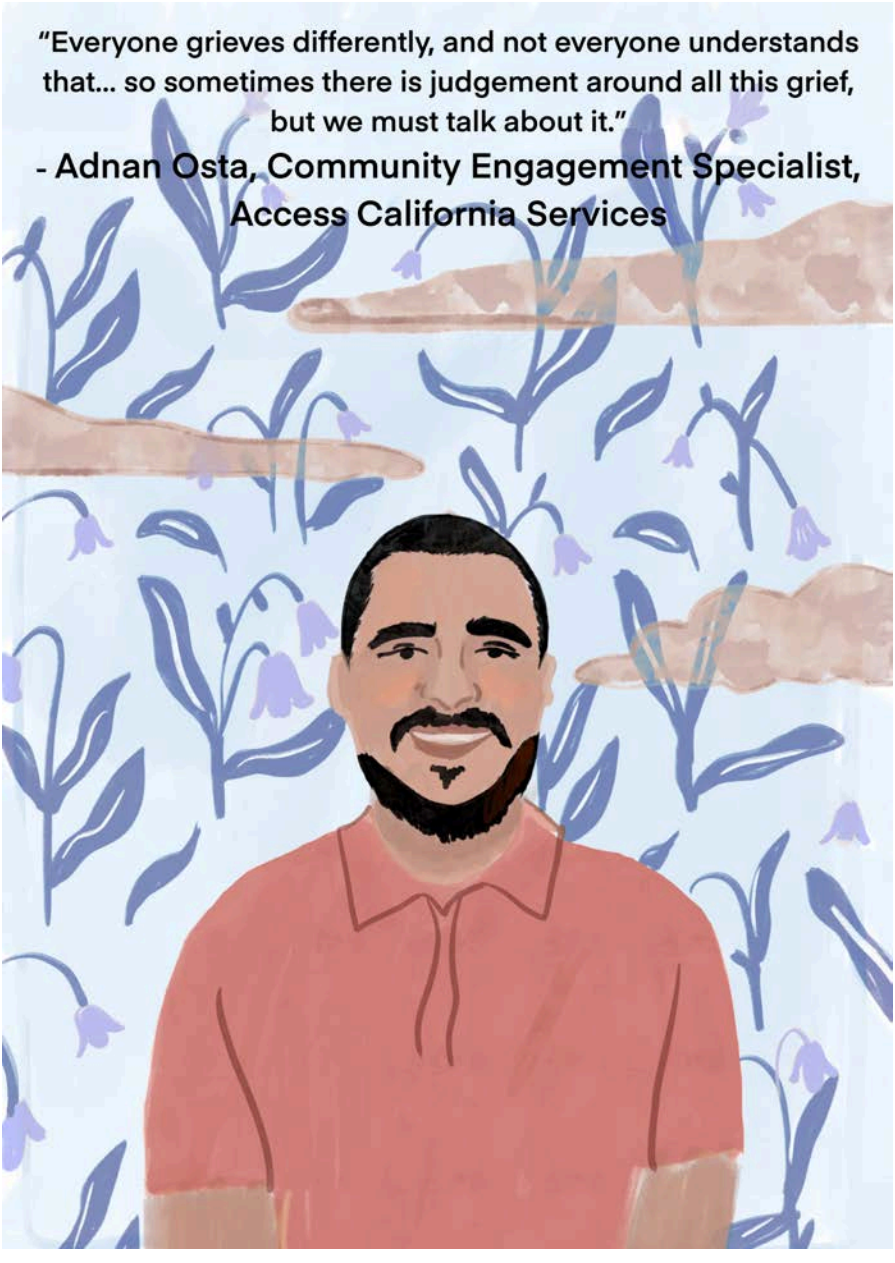

AND HOW DID THAT STRENGTHEN YOU


AND HOW DID THAT STRENGTHEN US

WHAT ARE YOU GRIEVING

"Everyone grieves differently, and not everyone understands that... so sometimes there is judgement around all this grief, but we must talk about it."

- Adnan Osta, Community Engagement Specialist, Access California Services



WHAT ARE YOU HOLDING?

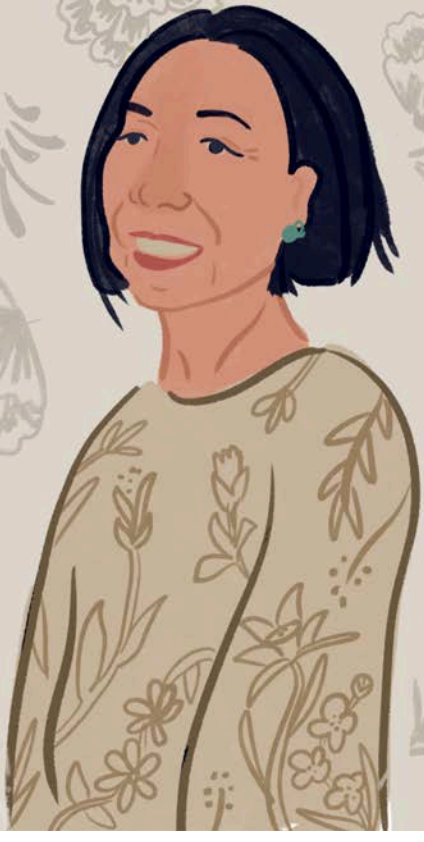
AND THOUGH WE INHERIT TRAUMA... WHAT ELSE DID WE INHERIT?

WHAT IF WE PROPERLY TENDED TO OUR GRIEF?
WOULD IT BRING US CLOSER TOGETHER? HELP US FEEL EACH OTHER'S LOSSES MORE ACUTELY? HELP US HELP EACH OTHER AND OURSELVES?

HOW DID YOU WITNESS OR EXPERIENCE CARE

"Khi đến Mỹ, Hồng không có người thân mà khi người được giới thiệu việc làm hoặc nhà ở, là giúp làm! Chúng tôi phải tìm cách giúp nhau."

- Hồng, volunteer at Vietnamese American Cancer Foundation



"We must find a way to look out for one another..."

WHAT will
we do
DIFFERENTLY

WE WERE TAUGHT TO SURVIVE...
NOT ASK FOR HELP
SO...
WE WILL HAVE TO TAKE CARE
OF EACH OTHER
WE WILL HAVE TO MOVE MORE
TENDERLY THAN WE HAVE...

"A part of healing means understanding our past, present, and looking towards our future. When we embrace solidarity, commonality, and advance ourselves through struggle is when we build resilience in mental health,"

Don Han, Director of Community Partnerships, Groundswell

THOUGH WE HAVE INHERITED LEGACIES OF VIOLENCE WE ALSO HAVE INHERITED LEGACIES OF
FREEDOM FIGHTING
- DR. CONNIE WUN

RESOURCES

REPORTING

211 ORANGE COUNTY

- CALL 2-1-1 AND PRESS #6
- OCHATEACTIVITY@211OC.ORG
- OCCR.OCGOV.COM/OC-HUMAN-RELATIONS-COMMISSION/REPORT-HATE-CRIMES
- TAGLINES: REPORTING, LOCAL RESOURCE NAVIGATION

CA VS HATE

- 833-866-4283
- CAVSHATE.ORG
- TAGLINES: REPORTING, STATEWIDE RESOURCE NAVIGATION

MENTAL HEALTH AND RESOURCE NAVIGATION

- WAYMAKERS OC
- (949) 250-0488
- WAYMAKERSOC.ORG
- TAGLINE: VICTIMS ASSISTANCE, VICTIMS COMPENSATION,

EMERGENCY REHOUSING

ACCESS CALIFORNIA SERVICES

- 714-917-0440
- ACCESSCAL.ORG
- TAGLINES: RESOURCE NAVIGATION, MENTAL HEALTH, SWANA AND REFUGEE

ASIAN AMERICAN SENIOR CITIZENS SERVICES CENTER

- 714-560-8877
- AASCSC.ORG
- TAGLINES: RESOURCE NAVIGATION, MENTAL HEALTH, CHINESE, AAPI

KOREAN COMMUNITY SERVICES

- 714-503-6550
- KCSINC.ORG
- TAGLINES: MENTAL HEALTH, RESOURCE NAVIGATION, PHYSICAL HEALTH, KOREAN, AAPI, SPANISH-SPEAKERS

RESOURCES (CONT)

OC HERALD CENTER

- 949-438-1266
- OC.CCHCLA.ORG
- TAGLINES: MENTAL HEALTH, RESOURCE NAVIGATION, CHINESE, TAIWANESE

SOUTHLAND INTEGRATED SERVICES

- 714-620-7001
- SOUTHLANDINTEGRATED.ORG
- TAGLINES: MENTAL HEALTH, PHYSICAL HEALTH, RESOURCE NAVIGATION, VIETNAMESE

THE CAMBODIAN FAMILY

- 714-571-1966
- CAMBODIANFAMILY.ORG
- TAGLINES: MENTAL HEALTH, RESOURCE NAVIGATION, CAMBODIAN/KHMER

VITAL ACCESS CARE FOUNDATION

- 714-751-5805
- VACF.ORG
- TAGLINES: MENTAL HEALTH, RESOURCE NAVIGATION, VIETNAMESE

OCAPICA

- 714-636-9095
- POLICY@OCAPICA.ORG (MAILTO:POLICY@OCAPICA.ORG)
- TAGLINES: RESOURCE NAVI GATION, MENTAL HEALTH, AAPI

This booklet was made possible by

ocapica.org
@ocapica97

Funding for the development of this booklet provided by the California Department of Social Services (CDSS) Transformative Grant Program, with gratitude to the API Equity Budget. Printing provided by the Mental Health Oversight and Accountability Commission (MHSOAC). OCAPICA is grateful to our funders!”

This booklet was made possible by

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