



“Strength In Communities”

Special Seeing Through Stigma Speaker Panel

Honoring

Minority Mental Health Month July 2021

Friday, July 30, 2021 • 4:30 - 6:00 pm

VIRTUAL SPEAKER PANEL VIA ZOOM:

<https://zoom.us/j/99298291947>

PANELISTS:

Alexis Madayag

Community Member

Deborah Wright

Heart & Soul Board Member

Yvette Agua

Heart & Soul Peer Support Specialist



Our speakers will share their personal journeys from mental health challenges to places of hope, resilience, wellness, and recovery.

SEEING THROUGH STIGMA

Freeing The World From Stigma...One Story At A Time

WE ARE CHANGING THE CONVERSATION FROM DIAGNOSIS TO DIALOGUE, FROM MENTAL ILLNESS TO MENTAL RESILIENCE.



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



**July is
Minority Mental Health Month**