

## Reclaiming & Redefining Our Mental Health

9:00 - 9:40 a.m.	<b>Registration &amp; Breakfast</b>
9:40 - 9:45 a.m.	<b>Opening Blessing</b> Kevin Niuatoa, MDiv, ThM, RAMS, Inc. (Pacific Islander Wellness Initiative)
9:45 - 10:00 a.m.	<b>Welcome</b> Carolyn Wang Kong, Asian Pacific Fund
10:00 - 10:50 a.m.	<b>Opening Speaker: Reclaiming Mental Health</b> Kristina Wong, Doris Duke Artist Award winner, Guggenheim Fellow, and Pulitzer Prize finalist in Drama
10:50 a.m. - 12:00 p.m.	<b>Panel: Unpacking the Drivers of Mental Health &amp; (Un)Wellness</b> - Amy Grace Lam, Ph.D, Korean Community Center of the East Bay - Connie Wun, Ph.D, AAPI Women Lead - Kevin Niuatoa, MDiv, ThM, RAMS, Inc. (Pacific Islander Wellness Initiative) Moderator: Tavae Samuelu, Asian Pacific Fund
12:00 - 1:00 p.m.	<b>Lunch Break</b>
1:00 - 1:20 p.m.	<b>Wellness Practice (Taiji)</b> Chuck Siu & Amy Siu, Oakland Asian Cultural Center
1:20 - 2:40 p.m.	<b>Panel: Innovative Solutions</b> - Anni Chung, Self-Help for the Elderly - Tone Va'i, LCSW, Samoan Community Development Center - Yuan Wang, Lavender Phoenix Moderator: Carolyn Wang Kong, Asian Pacific Fund
2:40 - 3:35 p.m.	<b>Youth Panel: The Future of Mental Health</b> - Daria Cisper, South Bay Youth Changemakers - Kim Luna, Filipino Advocates for Justice - Aly Pascual, Filipino Advocates for Justice - Dan Pascual, AYPAL Moderator: Amulya Mandava, South Bay Youth Changemakers
3:35 - 3:45 p.m.	<b>Closing Performance</b> Samoan Community Development Center
3:45 - 4:00 p.m.	<b>Takeaways &amp; Appreciations</b> Tavae Samuelu, Asian Pacific Fund