

EXPLORING MENTAL HEALTH THROUGH PERSIAN POETRY



Join us as we examine the rich and healing art of Persian Poetry as it relates to our mental and emotional well being.

This series of workshops offers the Persian speaking community the opportunity to learn about themselves through the teachings of Persian master poets and philosophers. Participants will also be encouraged to write and share original poetry and present their favorite poems.

Moderator: Mojgan Moghadam Rahbar
Mental Health Advisor: Mastaneh Moghadam, LCSW

Two-hour sessions will be held **twice per month!**
Each month will focus on a specific mental health topic and explore poetry related to that topic.

December Topics: ANGER MANAGEMENT & VIOLENCE

Nighttime session:

Thursday December 9th, 7pm to 9pm
(PST)

Daytime session:

Wednesday December 22nd, 10am to 12pm
(PST)



All sessions will be *virtual* through Zoom!
FREE ADMISSION WITH REGISTRATION!

This is a program of Cross Cultural Expressions in Partnership with The Los Angeles County Department of Mental Health



WELLNESS • RECOVERY • RESILIENCE



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

For more information or to register,
please call or email CCE at:
(818) 860-1223
connectwithcce@gmail.com

