

AUGUST 2023



# CROSS CULTURAL EXPRESSIONS NEWSLETTER

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AUGUST IS  
*National Grief  
Awareness*



## WHAT'S GOING ON AT CCE?

### Introducing "Access for All" Podcast and YouTube Series: Exploring Mental Health & Disabilities

CCE is excited to announce our collaboration with the LA County Department of Mental Health on "Access for All" – an illuminating podcast and YouTube series spotlighting the experiences of individuals with disabilities and their journeys with mental health.

Join us on this enlightening journey by watching our videos on CCE Productions' YouTube page or tuning in to the podcast on platforms like Spotify, Amazon Music, and more. For more, visit [cceccc.org](http://cceccc.org) and follow us on Facebook and Instagram for updates on "Access for All" episodes.

### CCE x VBA Partnership

CCE has been working closely with Voices Beyond Assault - a non-profit organization whose mission is to assist in the healing process for survivors who have experienced sexual violence. Together, have united to establish a dedicated therapeutic support group for all survivors of sexual violence.

If you or someone you know is seeking a safe space for healing, we invite you to join our community. For more information on joining, please follow CCE's instagram [@cce.ccc](https://www.instagram.com/cce.ccc), VBA's Instagram [@voicesbeyondassault](https://www.instagram.com/voicesbeyondassault), and email [info@voicesbeyondassault.org](mailto:info@voicesbeyondassault.org)

# COGNITIVE DISSONANCE: A CATALYST FOR POSITIVE CHANGE

At its core, cognitive dissonance refers to the uncomfortable mental tension that arises when we hold conflicting beliefs, attitudes, or behaviors. While this dissonance may initially cause discomfort, it has the potential to be a powerful catalyst for positive change in our lives.

The discomfort of cognitive dissonance surfaces when our actions or choices clash with our deeply held beliefs or values. Imagine someone who considers themselves environmentally conscious but frequently indulges in wasteful habits. This conflict between their green ideals and wasteful behavior triggers cognitive dissonance. This discomfort becomes a driving force, compelling them to align their actions with their values, potentially leading to more eco-friendly choices.

Cognitive dissonance often acts as a nudge towards self-reflection. When faced with the discomfort of inconsistency, we are prompted to examine our beliefs and actions more closely. This introspection can open the door to personal growth by fostering greater self-awareness. This discomfort also sparks a natural inclination to seek harmony within our thoughts and behaviors. We can unlock the power of cognitive dissonance in our own lives by taking these steps:

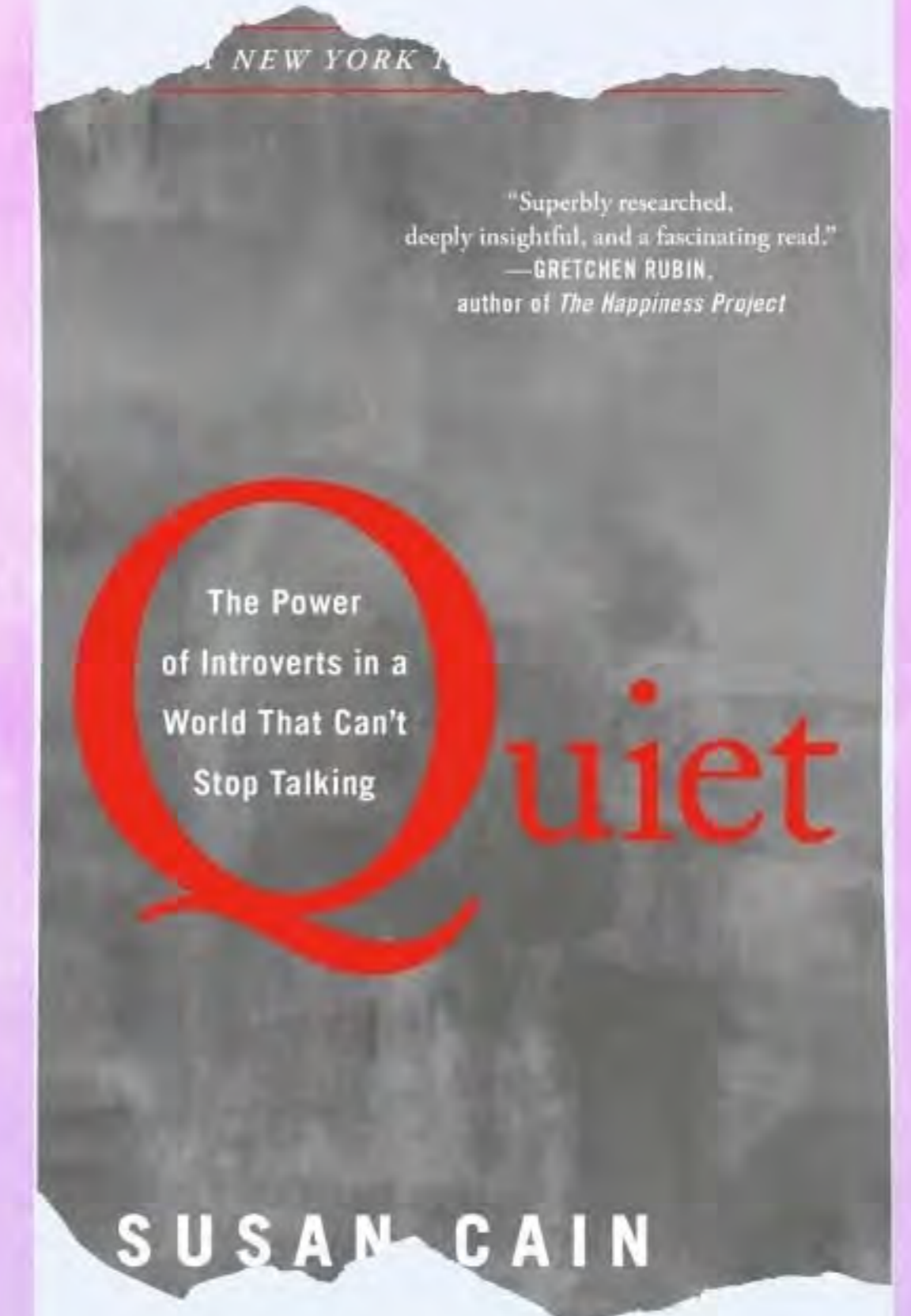
1. Pause: View discomfort as an informative signal, inviting curiosity.
2. Embrace Discomfort: Engage with it as if conversing with a friend over coffee. What is it trying to tell you?
3. Adapt and Expand: Integrate new information and interact with diverse perspectives, enriching your understanding.

In a world that often resists change, cognitive dissonance emerges as an unexpected ally for personal and societal progress. By embracing the discomfort it brings, we can harness its power to align our beliefs, behaviors, and values, fostering positive change that ripples through our lives and the lives of those around you.

## BOOK OF THE MONTH



### Quiet By Susan Cain



*Quiet is a compelling read due to its illuminating exploration of introversion in a predominantly extroverted culture. Through in-depth research and personal stories, Cain validates the strengths of introverts, challenges societal biases, and highlights the invaluable contributions they make. The book not only offers insight into the inner lives of introverts but also encourages a broader understanding of human diversity.*

# MENTAL HEALTH HERO OF THE MONTH:ALYSON STONER

Alyson Stoner, a remarkable artist and advocate, is widely known for her talents in acting, dancing, and music. Alyson has used her platform to not only entertain but also to raise awareness about mental health. Her journey took a unique turn when she founded Movement Genius, an initiative that combines movement and mindfulness practices to support mental and emotional well-being.

Alyson's dedication to mental health advocacy is evident through her transparent discussions about her own struggles, including anxiety and mental health challenges. Through Movement Genius, she has created a space that harnesses the power of movement, dance, and mindfulness to promote self-expression, healing, and inner growth. By offering tools that empower individuals to connect with their bodies and emotions, Alyson exemplifies a mental health hero who is actively contributing to the well-being of others. Her commitment to fostering understanding, resilience, and positive change resonates deeply with CCE's mission to uplift and support mental health awareness and initiatives.

I don't want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well. Embracing mental health is a critical part of that journey

ALYSON STONER



## YARAN IRANIAN PEER COUNSELING HELPLINE

*A program of Cross Cultural Expressions*

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

*Information/Referral Services*

*Support with Family Issues*

*Support with Mental and Emotional Health*

Speak with one of our peer counselors via our telephone helpline:

**(818) 332-7999**