

Join us March 8th when renowned Native American Psychologist  
Dr. Leslie Gray is presenting two Insightful and Transformational Workshops

College of San Mateo



**Morning Lecture:**

**10 to 12 noon in Building 5 -202**

***Cultural Literacy in Mental Health: An Indigenous Perspective***

The current economic crisis exists in causal circularity with a personal and a national "dispiritedness" in America. The country's political stand-off weighs on our daily lives like a slab of concrete. This weight is felt keenly, for example, by returning vets, LGBTQ persons, at-risk young adults and other marginalized or isolated people, all of whom must push against it if they hope to create an America in which they feel economically safe, socially supported and psychologically healthy.

**Afternoon Seminar:**

**2 to 4 pm in Building 3 the CSM Theater**

***Ancient Solutions for Modern Dilemmas***

In this experiential seminar we will engage in simple practices of renewal that are perennial. The aim will be restoration and replenishment for those who work in any aspect of our current educational system. You are invited, prior to the seminar, to reflect on or daydream about that which depletes you, or seems to present insurmountable obstacles, in your work; and then to crystallize your musings into a question which you will ask a circle of stones. Science and spirituality converge when we encounter rocks, for they are quite literally our ancestors and as such can be called upon when we need to remember who we are, where we come from and the source of our personal power.

*We look forward to honor of your presence-Thank you.*

Please contact Catherine Firpo, PhD for more information at (650) 574-6172  
RSVP to Durella Combs at: [combs@smccd.edu](mailto:combs@smccd.edu)

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CalMHSA: The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop. 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.