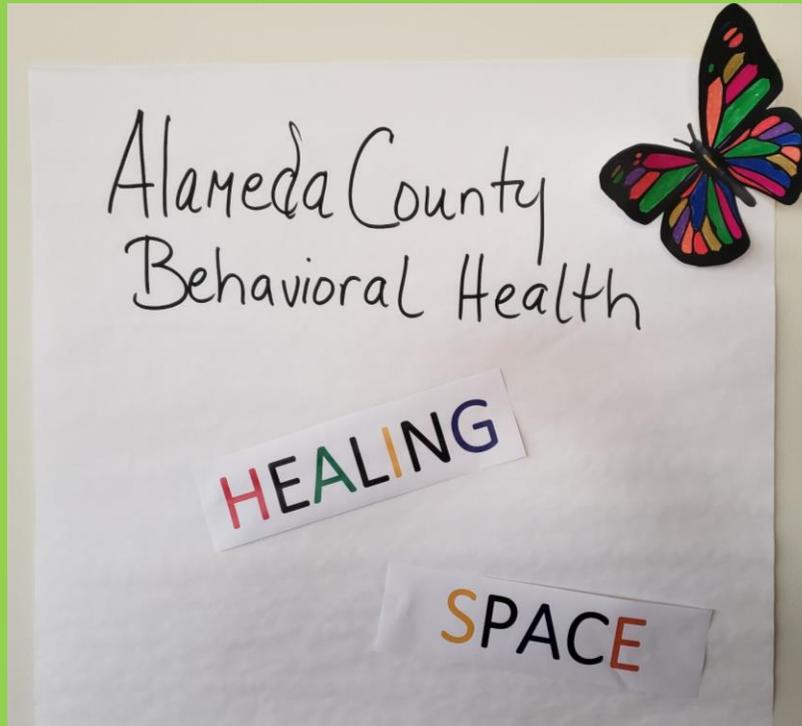


- **The Office of Ethnic Services in Alameda County Behavioral Health invites you to a lunch-time healing space** to reflect and offer support to colleagues as we work through these shocking and atrocious attacks on our communities.
 - **Friday August 16, 2019, 12:00–2:00pm @ 2000 Embarcadero Cove, Suite 305: 3rd Floor, Joaquin Miller Room**

Light refreshments will be provided. All are welcome.



Supporting our Community and Each Other Message from Colleen Chawla, HCSA Agency Director

This past week has been especially difficult, with three abhorrent acts of mass violence occurring within days of each other. From Gilroy, California, to El Paso, Texas, to Dayton, Ohio our national community has been traumatized yet again, and our immigrant, Latino, and communities of color are particularly shaken and fearful. As we continue to search for answers and navigate the pain and heartache, I want to reiterate our agency's support and our County's support for our staff and the communities we serve.

Alameda County has a large immigrant community and a majority population comprised of people of color. Our goal is to keep our communities safe and to respect the diversity of our racial, ethnic, cultural and linguistic backgrounds. Racism is not welcome here and we denounce all views, practices and beliefs that espouse hate and create division.

Gun violence is a critical public health issue. While some rhetoric tries to link mental illness to mass shootings, we must stand together to oppose the stigmatization and stereotyping of people with mental illness. The Health Care Services Agency and its departments remain dedicated to providing culturally and linguistically appropriate health, behavioral health, and support services to all members of our community.

To help with healing and coping, the resources listed below may be useful.

Please remember to take time for yourself and bring kindness and empathy to your interactions with others.

For any employee that would like to seek counseling, please contact EAP at (800) 834-3773.

- To help guide conversations with families and your broader communities, you may want to visit:

[HealthyChildren.org](https://www.healthychildren.org)

[Talking to Children About Tragedies & Other News Events](#)

Thank you for your continued commitment to creating safe, welcoming and healing spaces for those in our County and beyond.