



South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

DECOLONIZING SELF CARE PRACTICES FOR THE HISPANIC/LATINX COMMUNITY

UPCOMING WEBINAR



DESCRIPTION: A webinar about implementing decolonizing self-care strategies while rethinking of the Hispanic and Latinx Community Culture on Wellness. We'll discuss Wellness and Mental Health practices as we share experiences on minority stress.

Thursday, July 29th. 10am - 11am CT

Register [HERE](#)



SPEAKER:

Ari Acosta (she/ella) Mental Health & Equity Specialist who's currently working at the Texas Institute for Excellence in Mental Health in as a Behavioral Health Equity Specialist, providing technical assistance and trainings around Cultural Humility and Mental Health, Diversity and Inclusion, and CLAS Standards.

REMINDERS

- This webinar will be recorded and presented in English, however captioning and other language interpretation services will be available upon request. Please contact ari.acosta@austin.utexas.edu at least 5 days in advance to request them.

**CEUs
Available**

