



Center for Empowering Refugees & Immigrants

Sensing, feeling and thinking, and experiencing: Our way into Wellness in Action



WELLNESS IN ACTION



We are

Patricia Rojas-Zambrano

Wellness in Action co-founder and program director at CERI

Patricia is a licensed psychotherapist, educator & artist living and working in Ohlone lands. She is originally from Colombia and immigrated to the US as an adult. She is an Associate Professor of Somatic Psychology at CIIS and a doctoral candidate in Education at USF.



Adriana Beltrame dos Santos

Outreach worker at CERI

Adriana is from Brazil and speaks Portuguese. She earned a master's degree in East-West Psychology at CIIS in San Francisco and is passionate about working with cross-cultural transitions and supporting people in bridging different cultural experiences while uncovering their identities. Adriana has offered wellness groups to support Brazilian communities in the Bay Area as a Wellness in Action grantee at CERI and is now offering a grief group for CERI's CalHope Program.





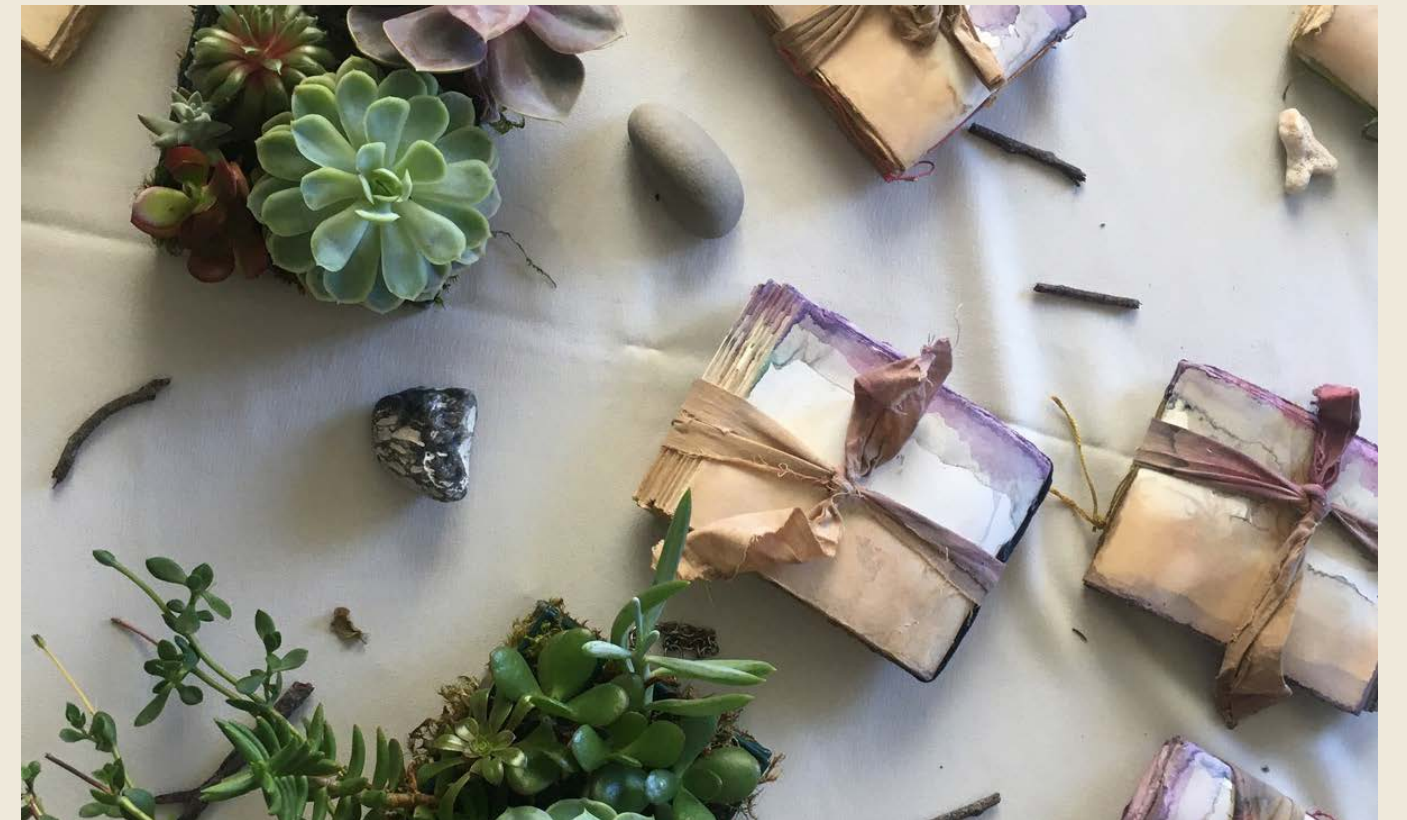
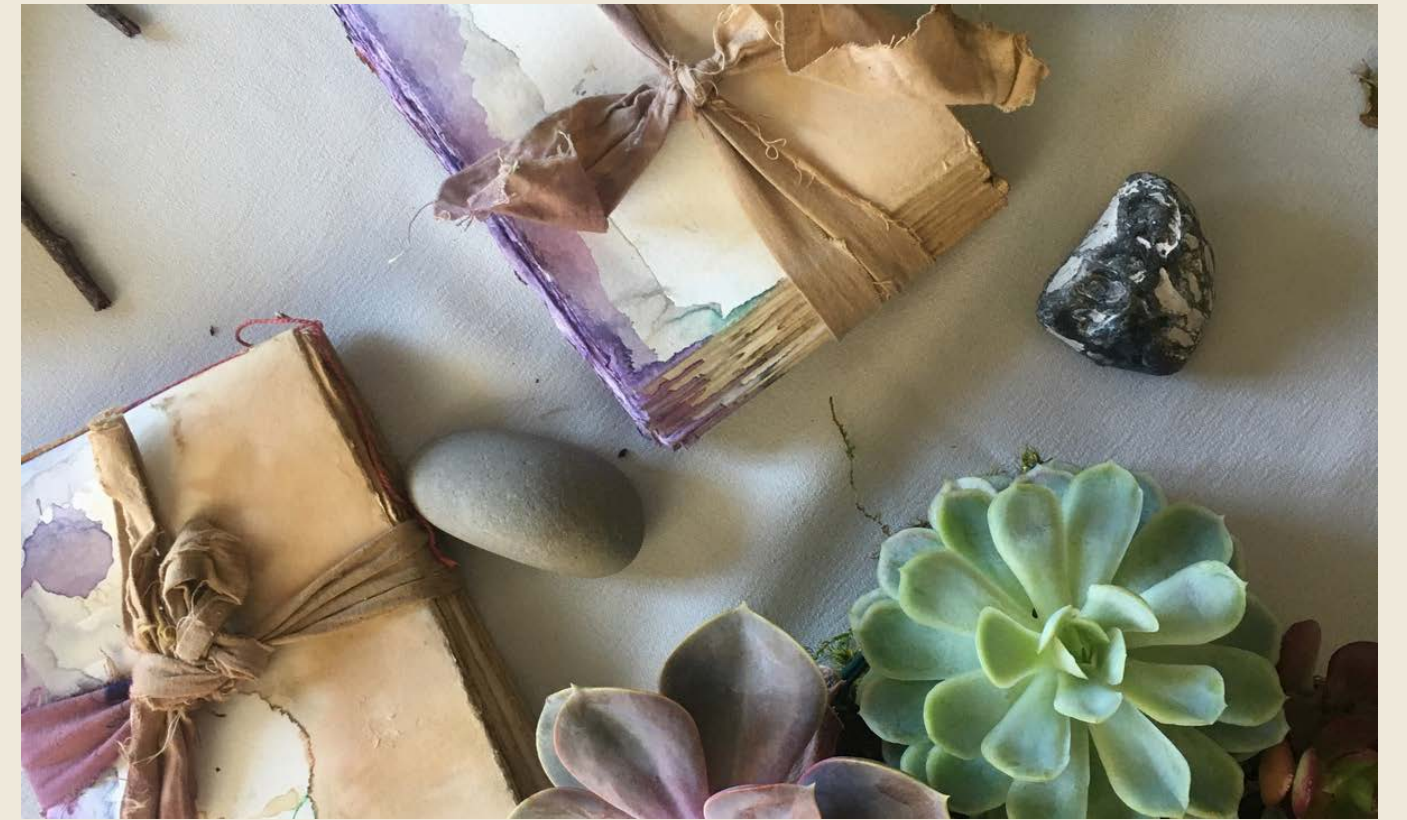
This experiential workshop invites participants into liberatory practices for increasing diversity and inclusion in community mental health, through a decolonizing lens.

AT THE END OF OUR WORKSHOP WE HOPE YOU WILL

1. Experience what it's like to engage in a supportive learning space to create and articulate theories of wellness and healing.
2. Be able to translate two of our arts-based teaching and learning practices in your organizations, communities, or with clients.
3. Be able to analyze, describe and tell others about their own experiences and positionality in diverse educational and work settings.

About

Wellness in Action is a workforce education and training program at the Center for Empowering Refugees & Immigrants (CERI) for grassroots community leaders from refugee, and immigrant communities interested in promoting mental health and wellness.



WELLNESS IN ACTION

Our Values



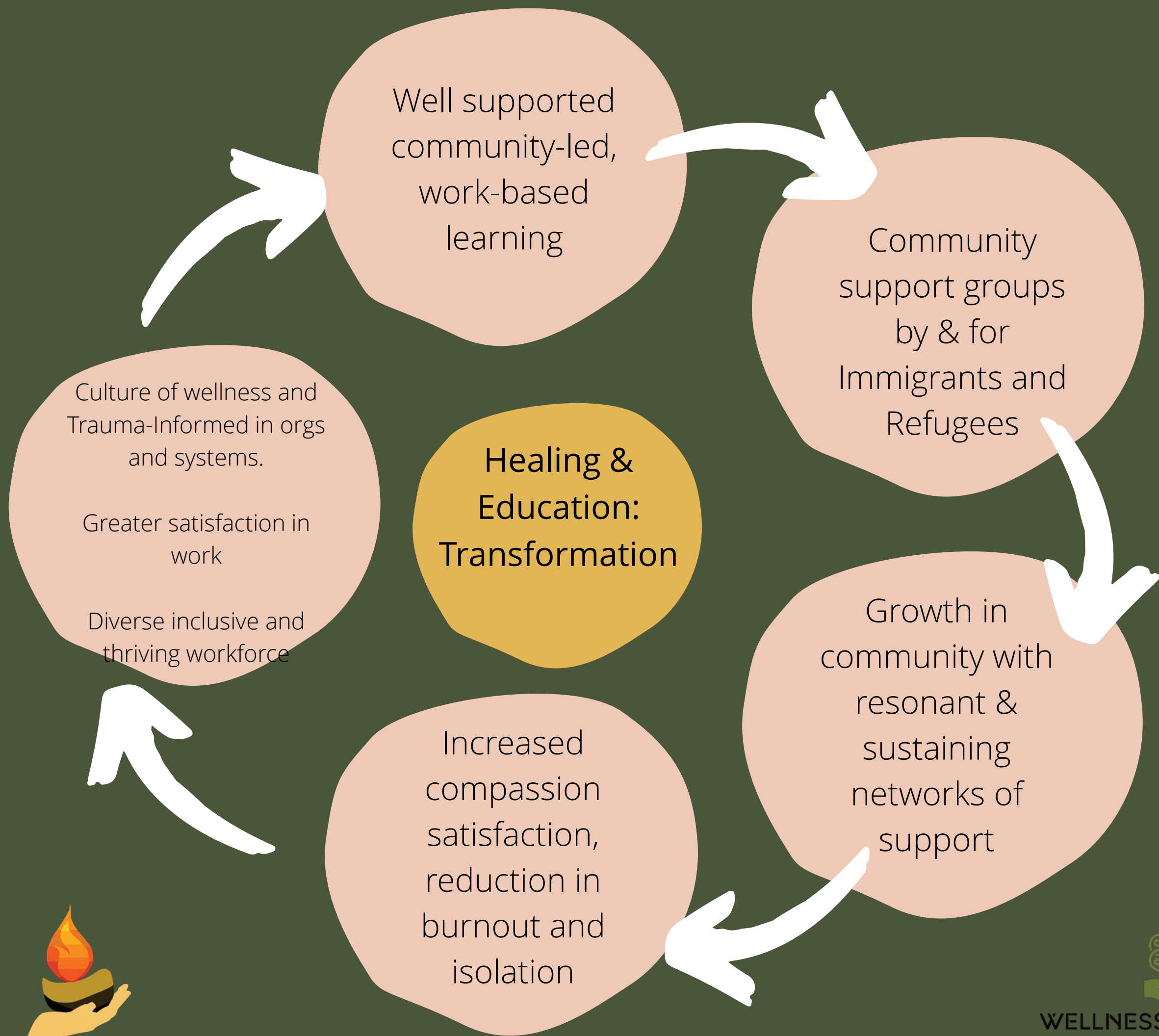
- Care
- Self-determination
- Creativity
- Humility
- Courage and Safety
- Life-long learning
- Inclusivity
- Respect

Our Approach

"We are all teachers, we are all learners"

- Critical pedagogy and Transformative Learning
- Trauma-informed - Sanctuary space
- Human Rights - Respect the dignity and humanity of all
- Strength-based
- Arts-based
- Nature-based
- Honor ancestral knowledge
- Community-driven
- Intergenerational & relational wisdom





Mentoring &
Community
Project Support

Career
Pathway
Development

Arts & Wellness
Community
Events

Reground





Over 300+ hours of self-care/ shared cared groups for frontline workers



WiA Leaders

Our WiA leaders have reached over 500 people with community-based and culturally sustaining mental health promotion and wellness services



100+ BIPOC attended REground



180 hours of training



Training & support with representatives from over 20 local CBOs



200+ participants per year over the last 5 years in A&W workshops and trainings



Mentored 31 community leaders





Get in touch

FOR INQUIRIES OR ANYTHING
UNDER THE SUN

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