

EXPLORING MENTAL HEALTH THROUGH PERSIAN POETRY



Join us as we examine the rich and healing art of Persian Poetry as it relates to our mental and emotional well being.

This series of workshops offers the Persian speaking community the opportunity to learn about themselves through the teachings of Persian master poets and philosophers. Participants will also be encouraged to write and share original poetry and present their favorite poems.

Moderator: Mojgan Moghadam Rahbar
Mental Health Advisor: Mastaneh Moghadam, LCSW

All sessions will be *virtual* through Zoom!
FREE ADMISSION WITH REGISTRATION!

Nighttime session:

Thursday April 7th, 7pm to 9pm
(PST)

Daytime session:

Wednesday April 20th, 10am to 12pm
(PST)



For more information or to register,
please call or email CCE at:
(818) 860-1223
connectwithcce@gmail.com



*This is a program of Cross Cultural Expressions in Partnership
with The Los Angeles County Department of Mental Health*



WELLNESS • RECOVERY • RESILIENCE



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

APRIL Topic:

**References to
Suicide and Grief
Within
Persian Poetry**