

# **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.

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

## **THIS MONTHS TOPIC: FORGIVENESS AND GRADITUDE**

### **MAY SESSION DATES AND TIME**

**Nighttime session:  
Thursday, July 7, 2022  
7pm to 9pm (PST)**

**Daytime session:  
Wednesday, July 27, 2022  
10am to 12pm (PST)**

All sessions are virtual through Zoom!

**FREE ADMISSION WITH REGISTRATION!**

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

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



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

