



Presented by
**ALLIANCE for
CALIFORNIA
TRADITIONAL ARTS**



The traditional arts for healing

FREE WORKSHOP SERIES ON WEDNESDAYS

**FROM 6PM-7:30PM PST FOR THE COMMUNITIES OF
SAN FERNANDO AND SANTA CLARITA VALLEYS!**

NOV 16 | Zoom

Share and listen to stories: Cultural healing dishes
Juana Mena and Omar G. Ramírez

NOV 30 | Zoom

Milagro of wellness: a personal offering
Ofelia Esparza and Rosanna Esparza Ahrens

DEC 7 | Zoom

The rebozo [shawl] for wellbeing: affirming our healing for grief and loss
Luz Marlene Cordero, Francisca Teodoro, Mayra Simons

DEC 14 | Tia Chucha's Centro Cultural

Music heals us: collective songwriting to move forward
Vaneza Mari Calderón and Chuy Sandoval
6-8pm with treats!
12677 Glenoaks Blvd, Sylmar, CA 91342

FOR AGES 14 AND UP! BILINGUAL IN ENGLISH AND SPANISH!

Register: bit.ly/culturacura2022

Questions? Contact Betty Marín at bmarin@actaonline.org



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

