

NAMI NJ's Webinar Series "Multicultural Conversations"

Let's come together and talk about mental health



NAMI New Jersey is committed to serving NJ's diverse communities and is hosting an Instagram Live as part of the **NAMI NJ Multicultural Conversations Series**. Our [four multicultural programs](#) (serving African American, Hispanic/Latinx, South Asian and Chinese American communities) will help facilitate meaningful, culturally-sensitive dialogues on various mental wellness topics.

Coping During the Holiday Blues

Thursday, December 15, 2022

5:30 p.m. - 6:15 p.m. ET

NAMI NJ Multicultural Conversations Series invites you to join us on [Instagram LIVE](#) to learn about various stressors that can be experienced over the winter months.

NAMI NJ Multicultural Outreach Coordinators will share perspectives about Seasonal Affective Disorder, as well as challenges faced over the course of the holiday season. They will share strategies used that have helped navigate the winter months to lessen stress.

After the presentation, there will be an opportunity for Q&A. This LIVE will be recorded, saved and posted to our social media in the days following the webinar.

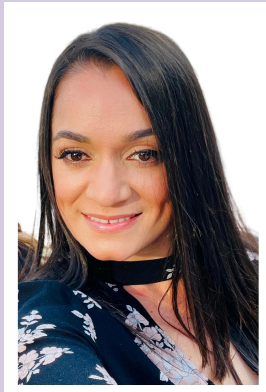
Follow us on
Instagram!

How to join us on Instagram Live:

1. Follow NAMI NJ on Instagram or visit NAMI NJ's Instagram Profile Page:
<https://www.instagram.com/nami.nj/>
2. Click on our Profile Picture.
3. The Livestream will pop up.

HOST

Viviana De Los Angeles



Viviana De Los Angeles has been working for the Middlesex County Department of Public Health and Safety Office of Health Services for over 13 years. Viviana is the Coordinator for the Middlesex and Union Counties Regional Chronic Disease Coalition. She is responsible for managing, organizing, and promoting all coalition activities and grants, as well as planning, implementing and evaluating bilingual evidence-based health education and outreach programs. She is a Master Trainer for the SMRC programs license hosted by the New Jersey Department of Human Services and is responsible for providing training and technical assistance to peer leaders throughout the state. Additionally, Ms. De Los Angeles is passionate about raising awareness of mental illness and eliminating the stigma attached to it by sharing her personal journey of mental health recovery. In 2018, she became a trained facilitator for family support groups through the National Alliance on Mental Illness (NAMI). She is also a presenter on NAMI's signature program In Our Own Voice, and she is helping to reduce stigma in different audiences in both English and Spanish.

Recently, Ms. De Los Angeles has been onboarded with a part time position at NAMI NJ as the Program Coordinator for Diversity, Equity and Inclusion Program working directly with LGBTQ+, Law Enforcement, and Asylee/Refugee communities.

PANELISTS

Melanece Walker



Melanece Walker is a licensed social worker who has been in the field for over 20 years, specializing in mental health and wellness. At [AACT-NOW](#), Melanece currently is the program coordinator. She is a Co-Facilitator for the Central and Southern Region NAMI Family Support Group and is an Advisory member. Melanece has previously worked for the State of Maryland, for the Baltimore City Department of Social Services, Child Protective Services Unit and for the State of New Jersey in their Division of Developmental Disabilities. Melanece holds a Masters of Social Work degree from Temple University and a Bachelor of Social Work from the University of Maryland Baltimore County and a certificate in Public Policy and Administration.

She helped start The Mental Health & Wellness Ministry at Alpha Baptist Church to fight stigma and help families dealing with mental illness. She has led numerous workshops, presentations and classes about mental illness and stress. As a former Division I track athlete, in her spare

time she continues her love of running by running 5Ks. Her hobbies include writing poetry, reading, cooking and gardening. She lives in Burlington NJ with her husband and four children.

Subha Bolisetty



Subha is a Statewide Program Coordinator for one of the NAMI New Jersey's multicultural programs called [SAMHAJ](#) (South Asian Mental Health Awareness of Jersey). She is a trained NAMI Family Support Group facilitator and facilitating groups since 2015. She started working with NAMI NJ as a state program coordinator in September of this year. She is a parent advocate, caregiver for her young adult son with Autism, complex physical, developmental and mental health challenges, graduated from NJ partners in Policymaking leadership development program in May 2022. She has a masters degree in computer science from University of Wisconsin, and another masters in Applied Statistics from Osmania University, India. Over the last 22+ years, she served as a passionate advocate in causes related to disabilities and mental health awareness. She received NAMI NJ's SPIRIT award in 2021.

Hiu Lui Cheung



Hiu Lui is the NAMI NJ [CAMHOP](#) Statewide Coordinator. She received a Bachelor degree of Behavioral Sciences, a Postgraduate Diploma of Education and a Master Degree of Chinese Language and Literature. She worked as a Program Assistant in a non-profit organization, serving teenagers and families in need before she became a teacher. She has 8 years of teaching experience, and worked closely with students and their families. She is now a Social Emotional Learning Coach, and started working at NAMI in September 2022. She can speak English, Mandarin and Cantonese.

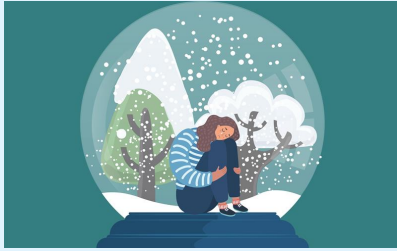
Nelhy Barreiro



Nelhy Barreiro is a Program Coordinator for the [NAMI New Jersey en Español Program](#). She has been working for the program since May 2019. The program offers a NAMI Family Support Group, and a NAMI Connection Support Group every month. She is trained to facilitate both groups. She is trained to offer Sharing Hope/Compartiendo Esperanza program and she is a state trainer for NAMI Family Support Group Program. The program offers NAMI In Our Own Voice and Family to Family classes in Spanish.

She began her career in Banking Administration after completing her degree at Stella Maris University, she also has completed a degree in Systems Technology in Ecuador. After moving to Canada, she completed an Associate Degree in Human Resources and Administration at UQAM - the University of Quebec in Montreal. Recently, she is studying to become a Bio-decoding therapist at Christian Flèche school. Additionally, she is fluent in Spanish, French, and English.

Major Depressive Disorder with a Seasonal Pattern



Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder, or SAD) is characterized by recurrent episodes of depression in late fall and winter, alternating with periods of normal mood the rest of the year.

[Learn more](#)

Seasonal Affective Disorder



Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter and begin to feel better in the spring, with longer daylight hours. [Learn more](#) | [Download Infographic](#)

For more information on our multicultural programs, [visit our website](#).



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