

Welcome

Immigrant Mental Health Solidarity Network

CONVENING

March 2nd and 3rd, 2026

Morning Survey



Morning Activities

**Training
Session 1**

**Movement &
Mental Health**

Lunch

Morning Survey



Training Session 1 Options

Counting on Each Other: What Makes Coalitions Work

*Presented by: Stacey Carless &
Angelica Reza Wind*

Going for the Gold: Nuggets of Grant Writing Wisdom

Presented by: Michele Oros

Movement and Mental Health Options

Tai Chi for Resilience: Cultivating Calm, Balance, and Inner Strength

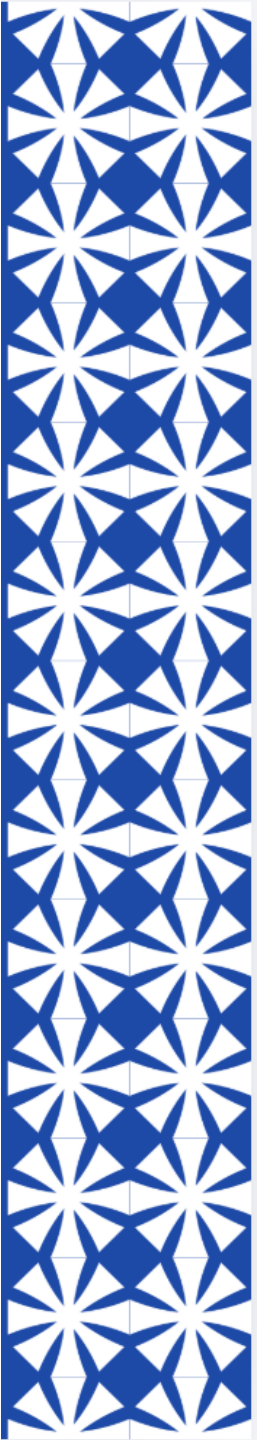
*Presented by:
Jasmine YiPing Ni*

Wellness and Movement

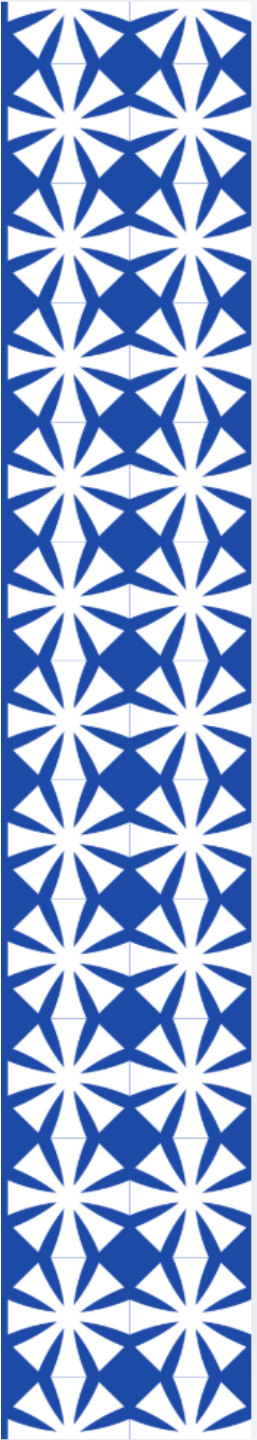
Presented by: Andre Avila



Learn More Here!



Please transition to classrooms.



***Lunch
Provided by:***

Neomonde

In Lunchroom



Training Session 2 Options

Navigating Public Policy for Resilience

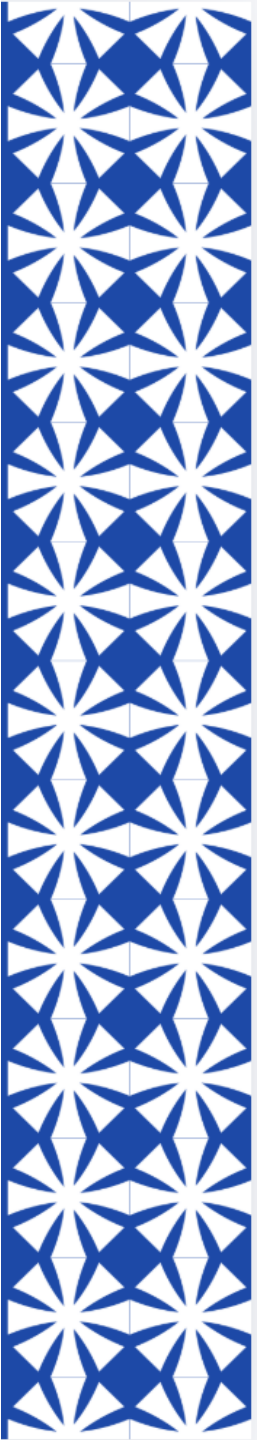
*Presented by: Scottie Seawell &
Carolina Silicio Perez*

Understanding Mental Health and Resilience while Supporting Immigrant Communities

Presented by: Rachel Galanter



Learn more here!



Call to Action: Why Are We Here?

Presented By: Cristina Espana



Learn more here!



2026 IMHSN Convening

Reflections and Closing

Afternoon Survey



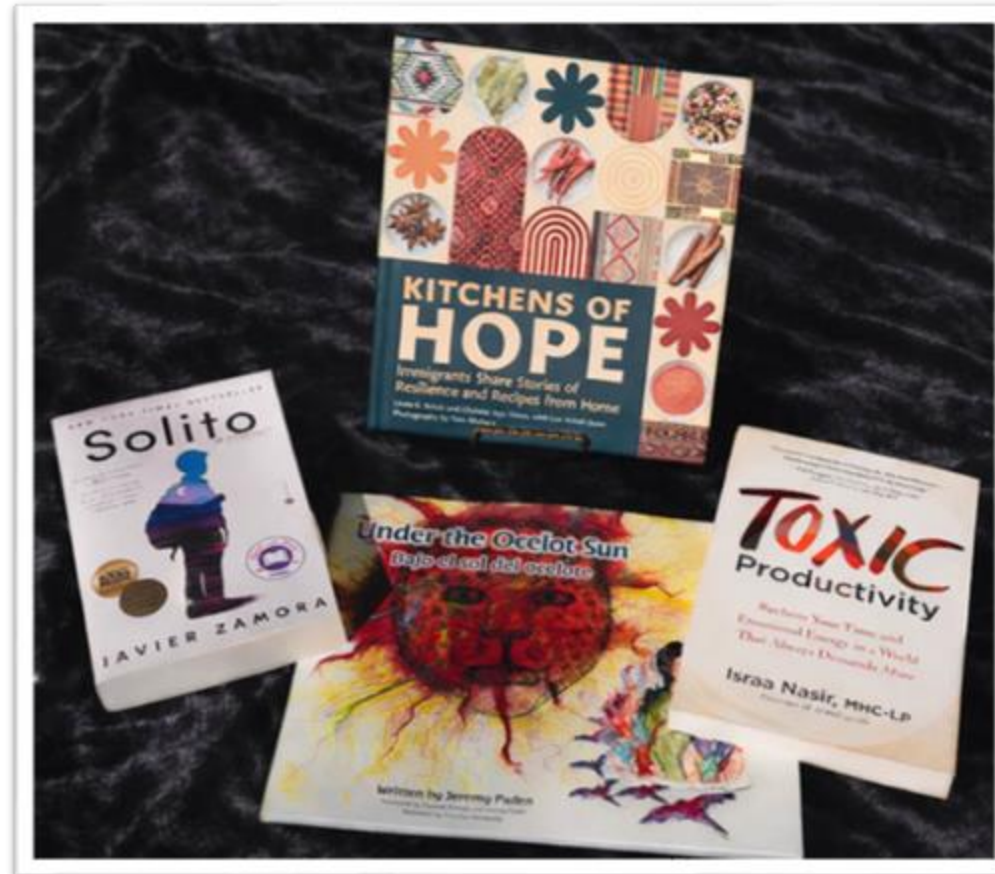
Good work– by Danielle Coke

You were created to do good work. Work that empowers and inspires, liberates and transforms, restores and softens. Yes, work can be hard – as it was meant to be. The verb itself calls us to action, rejecting passivity and demanding sustained effort. It provokes, agitates, and disturbs. But this work – the call for justice – is good work. It defends the oppressed and frees the captive. It tears down walls and destroys barriers. It changes things. So when you are feeling weary, or hopeless, or spent, remind yourself that the darkness is being flooded by marvelous light. Yes, this is work. And it is good.

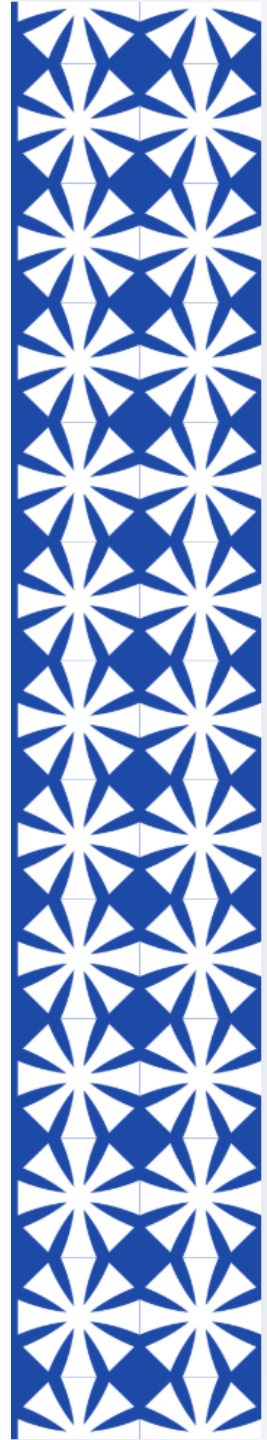


Raffles

Thank you for being with us!



Afternoon Survey



Raffles

Thank you for being with us!



[@krees_flowers](#)

Afternoon Survey

