## Asian Pacific Islander (API) Heritage Month at South

Hosted by AANAPISI | May 2020

Lunch & Learn: API Heritage Month & AANAPISI at South

12:30PM - 1:30PM

Come eat lunch and chat with AANAPISI staff about favorite API comfort meals while learning about why API Heritage Month exists and the history of the AANAPISI program at South!





MAY **14** 

MAY

Heightened Racism During COVID-19: Discussion

11:30AM - 12:30PM

Since COVID 19, the API community has experienced heightened racist attacks, including hateful rhetoric and physical and social violence. Join us for a group discussion in a safe and supportive environment.

## Mindfulness: Community Gathering & Activity

11:30AM - 12:30PM

Mental health and care is typically considered a taboo topic in API communities. During these uncertain and stressful times, take a quick break and join us for a virtual community gathering and discussion as we collectively participate in virtual guided mindfulness activities.



Census 2020: What It Is & Why It Matters

11:30AM - 12:30PM

The 2020 Census will provide informed data about the US population for the next decade. Historically, API communities have been misrepresented in census data. Join us for a presentation from U.S. Census Representatives, regardless if you've completed it or not yet!



RSVP for an eventhere: tinyurl.com/APIMonthSouth All events will be hosted virtually!

Questions? Contact Vy Pham (vy.pham2@seattlecolleges.edu) & Helen Enguerra (helen.enguerra@seattlecolleges.edu)

South Seattle College does not discriminate against individuals on the basis of race, color, creed, national origin, sex, disability, age, religion, honorably discharged veteran or military status, or sexual orientation. If you need accommodations for a disability for these events, please contact Disability Support Services at 206.934.6648 or email rose.kolovrat@seattlecolleges.edu