

UCA WAVES

Wellness  
Advocacy  
Voices  
Education  
Support

Youth Mental Health  
Collaborative

A Supportive and Engaging  
Community that Fosters  
Healthy and Holistic  
Development of Our Youths



## Mission

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- Raise awareness of cultural identity and mental health challenges young Asian Americans face due to familial, cultural and societal factors
  - Develop community support and resources for youth mental health
  - Promote cultural sensitivity to psychological well-being and responses
  - Encourage civic engagement in public policies to address mental health issues
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## Who We Are

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We are a coalition consisting of organizations and passionate individuals, including parents, community leaders, licensed health professionals, researchers, and advocates dedicated to advance youth mental health.



# What We Do (Resources We Provide)

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- Asian Parents American Children Educational Conferences/Webinars: 34 videos [here](#)
- Youth Peer Support Group: Sign up [here](#)
- Parent Peer Support Group: Video [here](#); WeChat blog [here](#)
- Mental Health First Aid (MHFA) Training: information [here](#)
- Robert Wood Johnson Foundation (RWJF) Clinical Scholar Leadership Development Programs
  - [“Breaking Silence in Asian immigrant families”](#) 2020-2023
  - Nursing Student Peer Mentoring program video [here](#) 2021



# Contact Us

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Visit our Website:

<https://ucausa.org/uca-waves/>

Email Jennifer or Tim our coordinators:

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