



Welcome to our July Newsletter!
This month, we're celebrating healing, courage,
and generosity across our community.

KFAMLA YOUTUBE



Join our livestream 2nd and 4th Fridays of every month at 12PM!

Our YouTube channel offers more than an introduction to KFAM's programs. Through livestreams, shorts, and a variety of videos, we share helpful information, practical resources, community updates, and stories that matter to Korean American and API community.

Subscribe to KFAMLATV and stay informed, connected, and engaged with our community!





GENDER-BASED VIOLENCE

Nail Art Healing Session



Our GBV hosted Nail Art Healing Sessions, creating a relaxing space for clients to enjoy self-care and connect.



Hello,

I wanted to share my heartfelt gratitude.

This was the first time I have received nail care since moving to the United States eight years ago. With a tight household budget, spending time or money on myself always felt like a luxury. Sometimes, it even made me feel guilty. So, it was something I had never considered doing.

After the nail care session, my clean and sparkling nails became the most beautiful part of me. Every time I look at them, I feel as though even my tired heart become a little brighter. I am truly grateful for the gift of having time just for myself. Thanks to this experience, I was reminded that I, too, am beautiful.

Thank you sincerely, from the bottom of my heart.
I love you, KFAM!



Self-Defense Class

She's Club



On July 11, KFAM GBV and Peace Over Violence hosted a self-defense class for teen girls, focusing on personal boundaries, practical safety skills, and confidence-building.



The She's Club program concluded with a leader feedback meeting on July 13. Twelve Korean women leaders reflected on healthy relationships and shared suggestions for future improvements.



MEET OUR

Mental Health Program

We are excited to introduce our Mental Health Program, offering counselling, workshops, and resources to support the wellness of the individuals and families we serve.

1. How would you describe our Mental Health Department in one sentence?

We're a team of passionate professionals dedicated to helping our clients thrive while building a healthier, stronger, and happier community.



2. What are the most common concerns or topics people seek counseling for?

Most clients come to us for anxiety, depression, family or relationship concerns, trauma, and difficulties that affect their daily functioning.

3. What are the most common communication challenges between parents and children in immigrant families?

Many immigrant families struggle with communication because parents and children often differ in language, cultural values, and levels of acculturation to American society.

4. What is a Korean or English slang word or trendy expression you've heard recently?

I like the Korean expression 소확행 (sohwakhaeng), meaning 'small but certain happiness.' I think it's a great reminder that small moments of joy can make a big difference in our mental well-being.

5. Lastly, what message of encouragement would you like to share with our community?

Counseling is not a sign of weakness; it is a wise decision to take care of yourself. I encourage our community to use therapy as a way to support your mental health, heal, and grow. Taking care of yourself is an important step toward a healthier and stronger life.



MISOOK NIERODZIK, PSY. D.

MENTAL HEALTH
PROGRAM DIRECTOR

YOUNG DONORS

"There's no age to giving back."

Catie Min, wanted to create something to help cheer her mom up after the loss of her own mother. She created her very first crochet exhibition in honor of her grandmother and raised over \$3,000 for our foster children.

"The exhibition is my way of writing a letter to Heaven, using every stitch to honor the bond that keeps a family together."

-Catie Min-



Lina Kwak and Venture Crew 707 sold baked goods to raise funds for foster infant essential kits.

"My service project focused on creating baby essential kits for infants entering foster and adoptive care through KFAM's AFFI Department.

Each kit included diapers, baby wipes, clothing, bottles, a diaper bag, and a handwritten card.

The inspiration for this project came from my belief that supportive families play a vital role in a child's development. Many children in foster care begin life without a stable environment.

By partnering with KFAM, I wanted to support both the children and the families welcoming them into their homes."

-Lina Kwak-



Summer Crochet Workshop

KFAM Leadership volunteer Lauren led a community crochet workshop, teaching basic skills while promoting stress relief and mental well-being.

