



# CROSS CULTURAL EXPRESSIONS NEWSLETTER

JUNE IS  
Pride Month

## WHAT'S GOING ON AT CCE?



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### TRAPPED.:A Powerful New Film Exploring Ancestral Trauma and Mental Health in Immigrant Families

"Trapped", Produced by Cross Cultural Expressions in partnership with the Los Angeles County Department of Mental Health starring Navah Rahbar, Brian Felker, Pantea Ommi, Nasi Nassiri, and Julia Monteon. This film follows Daria, a daughter of immigrants who, after a lifetime stuck in her mothers fears and generational trauma, must learn to set herself free. "TRAPPED." is now available to stream on the CCE YouTube channel CCE Productions. Original song "I'll Set Myself Free" from the motion picture "TRAPPED." is now available for streaming on Spotify, iTunes, Apple Music, and Youtube.

### Mental Health Book Club Series

CCE is hosting an 8-session Book club about the book Mindfulness By Mark Williams and Danny Penman The book club will be facilitated by Sara Farhang, AMFT. Sessions take place on 8 consecutive Thursdays from 3pm-5pm. Starting Thursday, June 19, 2025 on Zoom. Link will be provided upon registration There is a suggested donation of \$10 per session (those who are unable to pay the suggested donation are welcome to attend free of charge.)

For more information please contact CCE at (818) 860-1223 or email at [connectwithcce@gmail.com](mailto:connectwithcce@gmail.com)

### "Our Immigrant Stories: A Collection of Essays From the Iranian Diaspora." and "Our Immigrant Stories: A Collection of Essays from the Eastern European Diaspora"

Cross Cultural Expressions in partnership with the Los Angeles County Department of Mental Health has brought together members of the Iranian and Eastern European communities of Los Angeles county to share their unique stories around the immigrant experience through a series of essays. These stories, along with each contributing writer's original artwork have been compiled in two beautiful books titled "Our Immigrant Stories: A Collection of Essays From the Iranian Diaspora." and "Our Immigrant Stories: A Collection of Essays from the Eastern European Diaspora". Both books (which includes English translations of all the shared stories) also include mental health articles and mental health resource lists. If you are interested in receiving a copy of one or both of these books, please use these links available on our website [Cross Cultural Expressions](https://www.cceccc.org)

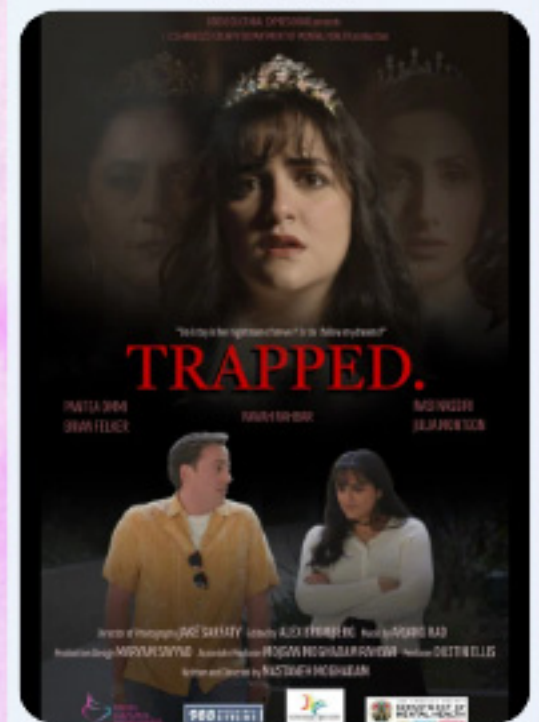
[THE IRANIAN DIASPORA](https://www.cceccc.org) and [THE EASTERN EUROPEAN DIASPORA](https://www.cceccc.org)

# “MENS MENTAL HEALTH MONTH”

June is Men's Mental Health Awareness Month. This means that it is time to talk about how men feel and why it is okay for them to ask for help. A lot of boys and men grow up their whole lives hearing things like “Be strong” or “Don't cry.” Because of this, some men hide their feelings or think they have to handle everything alone. But mental health is important for everyone. Just like we take care of our bodies, we need to take care of our minds too. Sometimes people feel sad, stressed, or tired, and this is totally okay. What's not okay is feeling like you can't talk about it. Men are less likely to go to therapy or tell someone when they're struggling. but not talking can make things worse. in fact many men suffer in silence and this can lead to serious problems like depression or even suicide. If you're a man and you're having a hard time, you are not alone. There are people who care about you and want to help and if you know someone who might be struggling, reach out. Even a small text or kind word can make a big difference. It's not strong and not weak to speak up. Let's support each other and remind every man: it's okay to feel and it's okay to ask for help.

By: Shannon Broukhim  
CCE Volunteer

## MOVIE OF THE MONTH



The film “TRAPPED.” written and directed By Mastaneh Moghadam LCSW, has recently won multiple awards at the International Independent Film Awards, including: Gold for Best Narrative Feature, Gold for Best Screenplay for Mastaneh Moghadam, Gold for Best Editing for Alex Bromberg, Gold for Best Actress in a Leading Role for Navah Rahbar, Gold for Best Actor in a Supporting Role for Brian Felker, Gold for Best Actress in a Supporting Role for Pantea Ommi, and Platinum for Best Original Song, “I’ll Set Myself Free”. “TRAPPED.” tells the story of a young girl named Daria who learns to break free from the “tower” she is being kept in. This film teaches about the importance of living your life for yourself and not dwelling in the fears of others. It also takes a magnifying glass to the restraints and difficulties of generational trauma.

# MENTAL HEALTH HERO OF THE MONTH:

## LADY GAGA

This Prideful June, we spend our time celebrating the LGBTQ+ community and raising awareness about the unique challenges its members face, including mental health struggles. Lady Gaga stands out as a powerful advocate for mental health and LGBTQ+ rights, using her platform to inspire hope and healing.

Open about her own battles with PTSD and chronic pain, Lady Gaga co-founded the Born This Way Foundation, which empowers young people to build mental wellness and embrace their identities fearlessly. Her advocacy emphasizes kindness, acceptance, and the importance of creating safe spaces for marginalized communities. She had truly embodied that through her performances in drag. For many LGBTQ+ individuals, who face higher rates of anxiety, depression, and discrimination, Lady Gaga's message is a beacon of strength. In June, her work reminds us all that mental health advocacy and LGBTQ+ pride go hand in hand. Both are about embracing authenticity and fostering communities where everyone can thrive.

Remember: "Don't be a drag, just be a queen."!

By: Ester Fridman

CCE Volunteer

"Don't ever let a soul in the world tell you that you can't be exactly who you are."

LADY GAGA



## YARAN IRANIAN PEER COUNSELING HELPLINE

### *A program of Cross Cultural Expressions*

In Times of Global Conflict, We Stand With You

At Cross Cultural Expressions, we understand that war—anywhere in the world—brings deep emotional and mental stress. The impact is felt not only by those directly affected in war-torn regions, but by communities, families, and individuals everywhere.

We want you to know: you are not alone.

Whether you're grieving, anxious, or simply overwhelmed, your feelings are valid.

We are here to listen, support, and uplift.

We stand for peace, love, and freedom—for everyone, across all cultures and borders.

If you or someone you know is struggling, please reach out. Together, we can hold space for healing, connection, and hope.

Speak with one of our Yaran Iranian peer counselors via our telephone helpline:

**(818) 332-7999**

