



Centro Monthly news & updates

May 2021

May is Mental Health Awareness Month



Mental Health Awareness Month

This May, Centro will be posting throughout the month on a variety of topics, including Mental Health Awareness Month! Visit our Facebook, Instagram and YouTube to view, like, and share information pertaining to these important topics!

[Centro's Instagram](#)

[Centro's Facebook](#)

May Social Media Highlights

- Mental Health Awareness Month (All May)
- Cinco de Mayo (May 5th)
- World Maternal Mental Health Day (May 6th)
- Children's Mental Health Awareness Day (May 7th)
- Mother's Day (May 9th)
- Día de las Madres (May 10th)
- Eid ul-Fitr (May 13th-Evening of May 14th)
- International Day Against Homophobia, Transphobia and Biphobia (May 17th)
- National Missing Children's Day (May 25th)
- Memorial Day (May 31st)

Radio Centro Multicultural

Radio Centro Multicultural has amazing content in both Spanish and English that is released on a daily basis! You can make sure to check out our radio programming this month by clicking the button below!

[Radio Website](#)

Centro Celebrates Día del Niño!

In honor of Día del Niño, Centro hosted a children's book day celebration on May 1st in Madison Heights! In partnership with the Mexican Consulate, Casa Amiga, and the Madison Heights Public Library, we were able to give away tons of books to families across Oakland County! We



want to extend a huge thank you to everyone who participated, you truly made this event one to remember!



JORNADA DE VACUNACIÓN CONTRA EL COVID-19

AVISO IMPORTANTE

PARA TODOS LOS MAYORES DE 16 AÑOS

4 DE MAYO

Por cuestiones climatológicas.
La Jornada de Vacunación se modificó
para el **5 de Mayo** en el
Ultimate Soccer Arenas
867 S Blvd E, Pontiac, MI 48341



CARNIVAL MARKET
101 East Walton Blvd
Pontiac, 48340

Salud



MÉXICO
CONSULADO EN DETROIT



@ConsulmexDet



@ConsuladoDeMéxicoEnDetroit

Centro Practices Self Care on YouTube!

In honor of Mental Health Awareness Month, Centro will be releasing several self-care



Centro's YouTube

videos featuring our advocates, throughout the month, on our new YouTube channel! Make sure to subscribe so you can take part in prioritizing your own self-care during this Mental Health Awareness Month!

Upcoming on Facebook Live!

Centro has more amazing Facebook Live Events coming up this month!

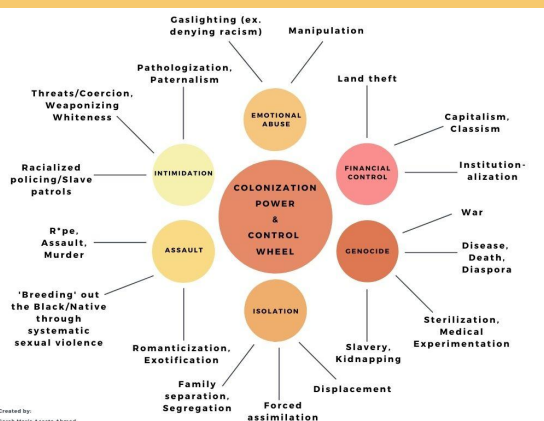
- Imposter Syndrome Explored with Life Coach Edicia Escott: May 14th @ 4pm
- ¿Por qué los niños se chupan el dedo? Presented by Dra. Lourdes Byers: May 17th @ 1pm

Centro's Facebook



Centro Spotlight: Sarah María Acosta Ahmad

Centro's VOCA Coordinator, Sarah María, was recently published in The Community Psychologist! Their article is entitled Missing and Murdered Indigenous Women and Two Spirit Peoples (MMIW2S): Deconstructing Colonial Ties to Domestic and Sexual Violence, and in their article they discuss how colonization is both a psychic and material wound and how it continues to eliminate marginalized bodies. In addition, Sarah's article, " traces how the disappearance, genocide, and cultural repression of Indigenous ways of life is central to colonization's systematization of abuse." If you are interested in reading more, please check out their article by clicking the button below!



Link to Article



Upcoming: Virtual Makeup Workshop!

Join Makeup Artist Rosa Elena Alcantara and Centro Multicultural La Familia for a virtual makeup workshop! For some, makeup can be an empowering tool for self care and confidence! This is an upcoming event, date and time are still to be determined, so stay tuned for additional details!

Centro Multicultural La Familia | www.centromulticultural.org

