



*May 2026*

**STRONGER TOGETHER:  
CELEBRATING ASIAN  
AMERICAN HERITAGE &  
MENTAL HEALTH**

Swipe to see our workshops and register!





# Upcoming WORKSHOPS

May 2026

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TUE  
MAY 12

**Adoptee Health: Exploring Self Intimacy,  
Privilege, and Compassion with Laura X.  
Williams, MA, LMFT, LAC, CST**  
7:00 PM - 8:15 PM (EST)  
Register Here: <https://bit.ly/512AH>

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THU  
MAY 14

**Question Persuade Refer (QPR) Suicide  
Prevention Training with Wendy Chin, Co-  
President of OCA-NJ**  
7:00 PM - 8:30 PM (EST)  
Register Here: <https://bit.ly/514QPR>

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SAT  
MAY 16

**Adoptees, Asian Diaspora, and the Trauma That  
Hides in Plain Sight with Kellan, Kai Ming  
Holistics (IICT)**  
1:30pm-3:00 PM (EST)  
Register Here: <https://bit.ly/516KKM>

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MON  
MAY 18

**311/911 on Adolescent Mental Health with  
Dr. Angela Kang**  
7:00 PM - 8:30 PM (EST)  
Register Here: <https://bit.ly/518AMH>



## **Adoptee Health: Exploring Self Intimacy, Privilege, and Compassion with Laura X. Williams, MA, LMFT, LAC, CST**

**Date:** Tuesday, May 12, 2026

**Time:** 7:00 PM - 8:15 PM (EST)

**location:** Virtual

**Register Here:**

<https://bit.ly/512AH>

In recognition of Mental Health Awareness Month, it is important to carve out space for the mental health considerations for people who have been adopted at any stage of life. To focus on adoptee mental health is to focus on how complex personal/global dynamics impact human well-being. Our workshop will explore the intersection of healing justice (framework), adoptee consciousness (model), and mental health (theory). Participants will be invited to engage in experiential moments throughout the workshop to inquire deeper about one's own sense of self intimacy while being in an online community space. Self care practices are encouraged before, during, and after the workshop.

Laura X (she/her+) is a transracial Chinese American Adoptee who grew up in NJ as an only child. Laura currently lives and works on the unseeded territory of the Arapahoe, Cheyenne, and Ute Nations and peoples (Denver, CO). Laura practices psychotherapy as a relationship therapist, addictions counselor, and certified sex therapist. She likes to play trombone and community organize.

RSVP to receive the Zoom link. You'll receive the Zoom details the day before the event. For any questions or accessibility accommodations, please reach out to us at [events@chineseadopteealliance.org](mailto:events@chineseadopteealliance.org).



## **Question Persuade Refer (QPR) Suicide Prevention Training with Wendy Chin, Co-President of OCA-NJ**

**Date:** Thursday, May 14, 2026

**Time:** 7:00 PM - 8:30 PM (EST)

**location:** Virtual

**Register Here:**

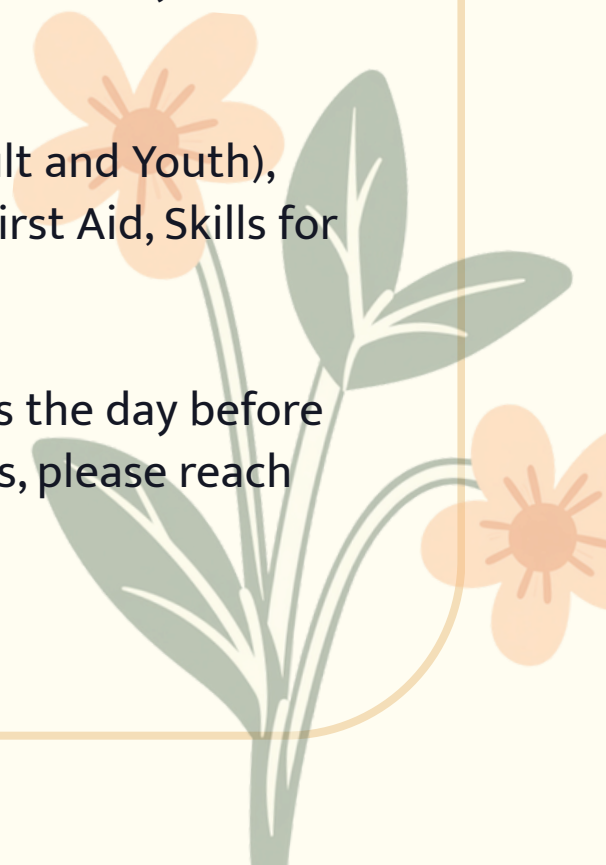
<https://bit.ly/514QPR>

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is an evidence-based and evidence-informed course and is the most widely taught Gatekeeper training in the world. QPR-3 steps for anyone can learn to prevent suicide.

Ms. Chin is an Emergency Response Coordinator with the Disaster and Terrorism Branch (DTB), a highly specialized unit within the NJ Division of Mental Health and Addiction Services (DMHAS) under the New Jersey Department of Human Services (NJ DHS).

Ms. Chin is a Certified Trainer in Mental Health First Aid (Adult and Youth), Question Persuade Refer Suicide Prevention, Psychological First Aid, Skills for Psychological Recovery (SPR) and Stress First Aid.

RSVP to receive the Zoom link. You'll receive the Zoom details the day before the event. For any questions or accessibility accommodations, please reach out to us at [events@chineseadopteealliance.org](mailto:events@chineseadopteealliance.org).





## **Adoptees, Asian Diaspora, and the Trauma That Hides in Plain Sight with Kellan, Kai Ming Holistics (IICT)**

**Date:** Saturday, May 16, 2026

**Time:** 1:30pm-3:00 PM (EST)

**location:** Virtual

**Register Here:**

<https://bit.ly/516KKM>

Many adoptees and those in the Asian diaspora carry forms of trauma that don't always look like trauma — showing up instead as perfectionism, people-pleasing, or the pressure to succeed and belong. Beneath this often lies a deeper story of early separation, cultural disconnection, and intergenerational survival.

In this talk, Kellan weaves personal experience alongside somatic insight and experiential practice to explore how these layered experiences shape the nervous system, identity, and sense of self. With compassion and honesty, they offer a space to better understand the overlooked body's role in trauma — and a pathway toward moving beyond survival patterns into greater authenticity, self acceptance, and true belonging.

Kellan is a queer, neurodivergent, transracial adoptee from China. They work integratively with adoptees and queer clients to address deep-rooted trauma beyond the reach of traditional talk therapy, through their practice, Kai Ming Holistics (IICT).

RSVP to receive the Zoom link. You'll receive the Zoom details the day before the event. For any questions or accessibility accommodations, please reach out to us at [events@chineseadopteealliance.org](mailto:events@chineseadopteealliance.org).



## **311/911 on Adolescent Mental Health with Dr. Angela Kang**

**Date:** Monday, May 18, 2026

**Time:** 7:00 PM - 8:30 PM (EST)

**location:** Virtual

**Register Here:**

<https://bit.ly/518AM>

Dr. Angela Kang will present “The 311 and 911 of Adolescent Mental Health.” This informative session will provide an overview of the foundations of adolescent mental health, including common emotional and behavioral challenges faced by teens today. Dr. Kang will also highlight key warning signs that may indicate more serious or emergent concerns, helping caregivers and community members better understand when and how to seek support. Attendees will gain practical insights, tools, and resources to respond effectively to both everyday (“311”) situations and urgent (“911”) mental health needs in adolescents.

Angela Kang is a licensed psychologist in NY and NJ. She earned her bachelor's degree from Georgetown University and her PhD from Fordham University. She has over 17 years of experience working with children, adolescents, adults, and couples. Currently, she sees adults and couples in her private practice and specializes in working with Asian Americans struggling with acculturation, intergenerational family conflict, and cultural stressors. She previously served as a Program Director of the Montefiore School Health Program where she worked with children, adolescents, and families in a school-based clinic for over 10 years. She also serves as a mental health consultant and adjunct instructor for Fordham University and provides workshops for school staff and students in the NYC area.

RSVP to receive the Zoom link. You'll receive the Zoom details the day before the event. For any questions or accessibility accommodations, please reach out to us at [events@chineseadopteealliance.org](mailto:events@chineseadopteealliance.org).