

Brain Wellness: Care, Community and Belonging: A Virtual Discussion

[Spanish for Community](#)—a FHIS Experiential and Community Engaged Learning initiative—invites you to attend a discussion with Stefanía Cardonetti (Argentina) and Dr. Rafael Casas (Spain) on mental health.

¿Qué es la salud mental y cómo se pierde? ¿Qué puede poner en riesgo nuestra salud mental? ¿Cuáles son los signos y síntomas de una pérdida de salud mental (tanto en nosotros como en alguien cercano)? ¿Cómo se cuida la salud mental? ¿Cómo podemos hablar de este tema - por ejemplo, con un familiar o compañero/a? Desde dos perspectivas, una histórica, y la otra de la práctica clínica, estas dos charlas ahondarán en estos temas.

“Historia, inmigración y salud mental”

Wednesday, October 6

Speaker: Stefanía Cardonetti, PhD Candidate, CONICET- UDESA (Universidad de San Andrés) -UNQ (Universidad Nacional de Quilmes), Argentina

Time: 2:00-2:50pm PDT

Zoom Link: <https://zoom.us/j/99817127176?pwd=Zjk0a3dvMF1pd0hlRHI2SFVBV0trZz09>

“Nuestra salud mental de cada día: cuidar, cuidarse y cuidarnos”

Friday, October 8

Speaker: Dr. Rafael Casas, MD Psychiatrist, Youth Program, Centre de Salut Mental Nou Barris, Barcelona, Spain

Time: 10:00-10:50am PDT

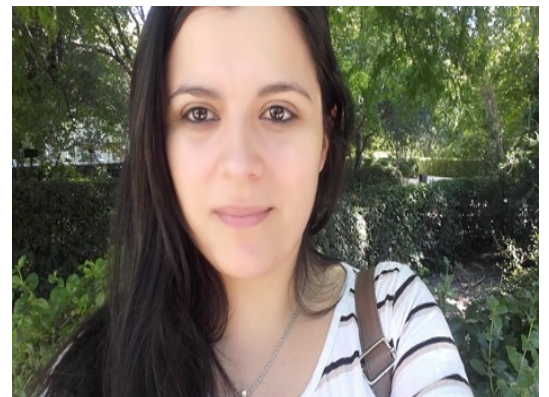
Zoom Link: <https://ubc.zoom.us/j/62785723907?pwd=ZTFLEldDekxnZmxjdlQrQXVwNGJkZz09>

This event is free and open to the FHIS community. Talks will be held in Spanish.

About Our Speakers

Stefanía Cardonetti. PhD Candidate, CONICET- UDESA (Universidad de San Andrés) -UNQ (Universidad Nacional de Quilmes), Argentina

Specialization, Research: History, Migration, Emotions



Dr. Rafael Casas. MD Psychiatrist, Youth Program, Centre de Salut Mental Nou Barris, Barcelona, Spain

Specialization, Research: Psychiatry, Qualitative Research, Mental Health



Spanish for Community Partner: Djavad Mowafaghian Centre for Brain Health, UBC

The BC Brain Wellness Program is a unique and interactive program establishing clinically relevant lifestyle approaches to complement medical treatment in the clinics at the Djavad Mowafaghian Centre for Brain Health. By combining traditional clinical care with interventions that support healthier lifestyles, the program's goal is to improve and sustain quality of life and function for its participants while pursuing rigorous research into lifestyle interventions for brain health. In addition, the program provides learning opportunities for medical professionals and the general public on brain wellness practices and enhanced educational experiences for UBC students from a wide range of fields.



SPAN 301 Community Engaged Learning (CEL) Component: BC Brain Wellness Program Language Project

This virtual discussion is hosted by *Spanish for Community (SFC)*. This event is part of SPAN 301's Community Engaged Learning (CEL) component, facilitated by instructors Dr. María Carbonetti and Dr. Anna Casas, and SFC Coordinator and Teaching Assistant Lorenia Salgado-Leos.

Keywords:

Spanish for Community, Mental Health, Community, Care, Community Engagement, Community Engaged Learning, Hispanic Studies, FHIS