

Story Slam Live Finals at the H4A Summit!

Sat., Oct. 14, 2023, 8 pm, Northwest Labs

Please turn off your cell phones.

THE STORIES

- **My Mother's Superpower** – Wendy Hanamura, AB '83
- **The Legacy** – Emil Guillermo, AB '77
- **How To Train for a Marathon While Depressed** – Shirley Mak, EdM '17
- **I Learned It From My Mother** – Catherine Liu, AB '25
- **Calling On The Power Of My Mother's Voice: A Code-Switching Performance** – Seo-Young Chu, PhD '07
- **"Are You Chinese?"** – Ming Li Wu, AB '21, EdM '22

Each of the six Finalists above were awarded a \$500 prize by the Preliminary Screening Jury.

Bonus story: **"Chinese Girls Are . . ."** – John Lian, PhD '20

HOSTS

Renee Tajima-Peña '80, Academy Award nominated filmmaker, multimedia producer (PBS docuseries *Asian Americans*), and Asian American Studies professor

Jeff Yang '89, Asian American pop culture expert (*Rise: A Pop History of Asian American from the Nineties to Now*), journalist, and business/media consultant

SLAM JUDGES

Melissa Borja AB '04, writer, historian, Asian/Pacific Islander American studies professor

Michelle Chen AB '99, Thirteen/WNET producer

Stephanie Lim '03, Co-founder and CEO of Third State Books

AUDIENCE POLL

To vote, please connect to WiFi and download the free Whova App before the Slam if you haven't already. After the stories are told, the Audience will award a \$500 prize by voting on Whova. We'll let you know when to open the App and look for a message about the Slam poll.

Please select your favorite story (sorry, you can only pick one!) and submit your vote.

PRELIMINARY SCREENING JURY

Jane Sujen Bock, AB '81, lawyer, H4A Story Slam producer; **Linda Chin**, MS '84, cultural producer, theater reviewer, Tunefoolery director; **John Lian**, PhD '20, virologist, past Slam winner; **Theresa (Tree) Loong**, AB '94, filmmaker, artist, educator; **Jeannie Park**, AB '83, former magazine editor; **Pearl J. Park**, ALM '23, social activist, documentary filmmaker, public health consultant; **Peter Shimamoto** JD '85, attorney; **Vivian Toy**, AB '85, journalist; **Nelson Wang**, AB '92-'93, journalist; **Jennifer Young Lee**, AB '95, doctor, writer, and producer.

STORY SLAM TEAM

Jane Sujen Bock, producer; Paula Bock; Eva Camp; Linda Chin, Divy Kangeyan; Jeannie Park

CONTENT ALERT

The stories you are about to hear touch on family trauma, racism, mental illness, loss, and suicidal thoughts. They are told with incredible grace, humor, resilience, and bravery.

Please help our storytellers to focus by not photographing or recording the Slam (we'll share professional recordings and photos later), and please show them love! (over)

Free and Confidential Mental Health Resources

No matter what you are facing, you are not alone.

If you or a loved one are in need of immediate help, the confidential helplines below are available 24/7.

National Suicide Prevention Lifeline	800-273-8255
The Trevor Project	866-488-7386
National Domestic Violence Hotline	800-799-7233
Rape, Abuse and Incest National Network	800-656-4673
National Child Abuse Hotline	800-422-4453
Trans Lifeline	877-565-8860
Crisis Text Line	Text HOME to 741741 to connect with a Crisis Counselor

AAPI Mental Health Resources

General Mental Health Resources

- [Crisis Text Line](#)
- [National Suicide Prevention Helpline](#)
- [SAMHSA's National Helpline](#)
- [Loving-Kindness Meditation](#)
- [Grounding Techniques](#)
- Free meditation apps: [Headspace](#), [Shine](#), [Calm](#)

AAPI-specific Mental Health Resources

- [Asian Mental Health Collective](#)
- [Asian Mental Health Project](#)
- [Brown Girl Therapy](#)
- [Project Lotus](#)
- [MGH Center's Asian American Racism & Mental Health Resources](#)
- [NAMI Asian American and Pacific Islander Mental Health Resources](#)
- [NAAPIMHA Mental Health Resources](#)

BIPOC Therapists/Sliding Scale Directories

- [APISAA Therapist Directory](#)
- [Ayana Therapy](#)
- [Inclusive Therapists](#)
- [Open Path Psychotherapy Collective](#)
- [South Asian Therapists.org](#)

Associations and Networks

- [Asian American Psychological Association](#)
- [South Asian Mental Health Initiative & Network](#)
- [South Asian Sexual & Mental Health Alliance](#)

Other AAPI Support/Affinity Groups

- [Asian Pride Project](#)
- [Asian American Feminist Collective](#)
- [AAPI Women Lead](#)
- [National Asian Pacific American Women's Forum](#)
- [The Center for Asian Pacific American Women](#)

Events

- [Asian American Native Hawaiian Pacific Islander Mental Health Events](#)

