

G!RL BE HEARD



Illustration by Jamie Chin via SolidarityStories.org

FROM INVISIBLE TO INDIVISIBLE: EMBRACING OUR AAPI HERITAGE

At a time of ongoing anti-Asian hate and violence targeting Black, indigenous and Latinx communities, amplifying each other's voices and standing in solidarity with one another is a necessary step towards collective liberation.

May is Asian American and Pacific Islander Heritage Month and Mental Health Awareness Month. AAPI communities are disproportionately impacted by the pandemic, misogyny, the rise of anti-Asian violence, racism, xenophobia, lack of access to mental health resources and health care such as abortion, and more.

As we build and re-build our communities towards creating a more just and equitable future, let's continue to learn about different AAPI heritages, nationalities, histories and even appearances. Let's stand up for the rights of AAPI girls, women, and non-binary youth so they no longer feel invisible in our communities.

Let's continue to share our powerful stories and create not just a better future, but a better today.

COMPANY MEMBER SPOTLIGHT



CAROLINE CAMPOS

“Due to mental health stigma, AAPI youth are one of the least likely groups to seek professional counseling. I would encourage young people to try and look past these stigmas which I know is easier said than done. Due to the rise of Anti-Asian hate crimes since the pandemic, it is important to take care of ourselves physically and mentally.”

AKSHITHA
VENKATARAMARAN

“This space [GBH Weekend Workshop] has given me comfort. I think that coming here, even if I was stressed or even if I’m sharing something vulnerable, every time I leave or every time the workshop has ended I always feel so much calmer and at peace with everything.”



PROGRAM HIGHLIGHTS

Be! Workshop Series



Girl Be Heard kicked off this month with a Be! Workshop by Malia'Kekia Nicolini! They showed us how to use the art of play in creating Radical Joy and collective liberation. If you missed it, you can watch the full session [here](#).

**MUSIC
WORKSHOP****Masterclass Facilitator:**
Yelimara Concepción Santos
(she/her/hers)

Join Yelimara Concepción Santos, for our free Be! Workshop Music Masterclass. She is a dance/movement psychotherapist supporting wellness in brown and Black communities across the United States and the Caribbean. In her workshop, you will learn how to use **Afro-Puerto Rican bomba music and dance and Afro-centric values in resistance, liberation, and joy.**

**>>> TUESDAY, MAY 17, 2022
5.30 PM - 7.00 PM (EST)
SIGN UP: tinyurl.com/beworkshopmusic**

Our next Be! Workshop is happening TODAY, Tuesday, May 17, 2022 at 5.30 pm (EST)! The workshop will be facilitated by musician, singer, and creative arts therapist, Yelimara Concepción Santos. She will show us how Music, particularly Afro-Puerto Rican bomba music and dance, and Afro-centric values can guide resistance, liberation, and joy.

Sign up for FREE today!

REGISTER NOW

Be! Workshop Series is free and open to girls, young women, and non-binary youth ages 14 - 21. Visit www.girlbeheard.org/bewksp for the full list of workshops.

UPCOMING PROGRAMS & EVENTS

GIRL BE HEARD presents

GIRL BE HEARD
WHAT'S GOOD?
podcast

What's Good?
podcast

Be the voice of change.
Learn how to become a podcaster.

GIRLBEHEARD.ORG/WHATS-GOOD

Do you want to tell stories and create change through podcasting?

Join our new free podcasting program 'What's Good?' from May 30, 2022 - end of June 2022. Apply to be 1 of 5 participants who will be selected for the 'What's Good?' cohort today at girlbeheard.org/whats-good.

What's Good?' is free and open to of girls, young women, and non-binary youth between the ages 14 - 21 who are interested in learning how to develop their own podcast and amplify their voices beyond the stage. From fun commentaries and chat sessions about current events to interviews with feminist and social justice leaders and artists, 'What's Good?' is all about youth sharing ideas, building communities, and expressing themselves on their terms. Learn more about 'What's Good?' [here](#).

APPLY NOW

GIRL
BE HEARD *presents*

**STAGING THE
REVOLUTION 2022:**

**OUR
EXISTENCE
IS
RESISTANCE**

Join us as Girl Be Heard's After-School and Weekend Workshops come together for a night of performances celebrating Resistance and Radical Joy

📅 **JUNE
4TH**
🕒 **4 - 6 PM**

📍 Five Angels
Theater
789, 10th Ave,
NY 10019.

GET FREE TICKETS:
tinyurl.com/str2022



Come join us on June 4th at the Five Angels Theater at the 52nd Street Project! You don't want to miss Girl Be Heard's return to in-person performance with a lineup of amazing eight After-School cohorts from across NYC and our tremendous Manhattan, Brooklyn, Bronx, and Queens Weekend Workshop cohorts coming together for a night celebrating activism as resistance and an expression of Radical Joy.

RESERVE FREE TICKETS



Save the date for our biggest event of the year - **Mainstage 2022!** Girl Be Heard company members are returning live to the stage for the first time in over two years and presenting their very first full-length musical, ***Voices Be Heard: The Musical***.

Voices Be Heard: The Musical follows the lives of six girls living separately in an old New York City apartment building, facing their own day-to-day struggles of survival in the bustling city.

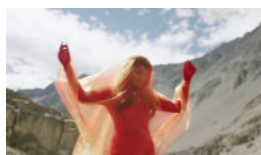
SIGN UP TO GET NOTIFIED WHEN TICKETS GO ON SALE

ARTIST SPOTLIGHT



Chai

are an incredible **Japanese rock band that consists of four young women—Mana, Kana, Yuuki and Yuna.** The band describes themselves as a new exciting onna-band (new exciting woman band). All the band members of Chai decided to wear pink since they felt that



M.I.A.

is a British-born Sri Lankan rapper who focuses on political messages in her music. **As a child, she was displaced by the Sri Lankan Civil War, which made the family go to London as refugees.** She is the first person of South Asian descent to be nominated



Michelle Zauner

is a Korean-American musician, director, and author. **Her debut book, "Crying in H Mart: A Memoir" is a heart-wrenching account of the way food ties us to those who have passed.** Check out our **post** about Zauner for AAPI Heritage Month. She is also the lead vocalist and songwriter of the

actively choosing to do this was liberating. Check out their cheery new music video [here](#).

for an Academy Award and Grammy Award in the same year. Her iconic music video for **"P.O.W.A" is a must watch.**

indie rock band Japanese Breakfast who were nominated for a Grammy this year. Check out their new pop-rock album [here](#).

OPPORTUNITIES & RESOURCES

- [Mental Health America AAPI Resources](#)
- [Why Asian Americans Don't Seek Help for Mental Illness](#)
- [A Mental Wellness Activity Book for Asian Americans](#)
- [Protecting your mental health and well-being while speaking out](#)
- Girl Be Heard is looking for a **Major Gifts Lead**. They will play a critical role in increasing individual donor support, leading annual appeal campaigns, developing strategies for stewardship and prospecting, overseeing the annual Gala, and driving board development. Learn more about this opportunity [here](#).
- UN Women is seeking an **Administrative Assistant**. Under the supervision of the Deputy Director, the Administrative Assistant supports the Office Operations by performing a variety of standard administrative processes ensuring high quality and accuracy of work. The Administrative Assistant promotes a client, quality and results-oriented approach. Learn more [here](#).
- Check out the opportunity to be a **Public Policy Intern** this summer at Girl Inc. The Summer Intern will support the Public Policy team's efforts on a number of issues affecting girls' lives including, but not limited to, preventing and addressing gender-based harassment and violence, school discipline reform, supporting girls' mental health, promoting comprehensive sex education, and youth civic engagement. Learn more [here](#).

Follow Girl Be Heard!



Legal Notice

Company GmbH | Example Street 123, | 12345 City, Country
Telephone 0123 456 789 | example@company.com | www.yourcompany.com
Management board: This guy and that guy
VAT tax No. DE 123456789
Commercial registration No. in YOUR local court: ABC 123456 D

[Legal Notice](#) | [Privacy Policy](#) | [Unsubscribe](#)