

Dare to Dream V  
***Navigating the Path to Healing***

회복의 길

# Resource Guide

20th Anniversary



**Oct.13, 2020 7:00 PM**

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Korean Women's International Network of Los Angeles  
세계한민족여성네트워크 미서부 LA지부

## 미서부 LA지회 컨퍼런스 서면축사

안녕하십니까.

여성가족부장관 이정옥입니다.

세계 한민족여성네트워크 미 서부 지역본부 LA 지 회의 행사 개최를 진심으로 축하 드립니다. 그리고 코로나19 팬데믹으로 왕래와 교류가 제한된 상황에서도 화상회의를 통해 활동을 지속해주시는 코윈 미서부 LA지회 여러분들께 감사드립니다.



우리는 지금 코로나19 팬데믹 위기 속에 있습니다. 그동안 경험하지 못한 전염병의 확산 속에서 국가 간 하늘길은 막혔고 일상적인 가족, 이웃과의 만남조차 가뭄이며 살아가고 있습니다. 작년 말 시작된 코로나19 위기가 장기간 지속되면서 감염에 대한 불안감과 사회적 고립감 등으로 인한 ‘코로나 블루(코로나 우울증)’이라는 신조어까지 등장하였습니다.

이런 혼란한 상황 속에서 우리가 의지할 수 있는 대상은 바로 가족, 친구, 그리고 넓게는 우리 동포일 것입니다. 타지에서 서로 돕고 의지하며 나눈 동포의 끈끈한 정은 코로나19 위기 속에서도 서로에게 위안이 되어줄 수 있습니다. 그런 점에서 코윈 회원들이 모여 힐링과 회복을 이야기하는 이번 행사는 큰 의미가 있다고 생각합니다.

올해는 코로나19로 세계한민족여성네트워크(KOWIN) 대회가 개최되지 않아 KOWIN 회원 여러분들을 만날 기회가 없었습니다. 너무나 아쉽지만 KOWIN 여러분의 건강과 평안이 무엇보다 중요한 만큼 건강한 모습으로 내년 대회에서 만날 날을 기약해봅니다. 얼굴을 대면하고 손을 맞잡는 것은 어려운 상황이지만, 내년 대회까지 전화, 영상 등 비대면 방식을 통해 지속적으로 교류해주시기를 바랍니다.

마지막으로 다시 한 번 KOWIN 미서부 지역본부 LA 지회의 행사 개최를 축하드리며, 회원 여러분 모두가 항상 건강하시기를 기원합니다.

감사합니다.

## US Western Region Los Angeles Conference Written Congratulatory Address

Greetings.

This is Lee Jung-ok, Minister of Gender Equality and Family.



I would like to congratulate the US Western Region Headquarters Los Angeles Chapter for holding its conference. I would also like to thank the members of KOWIN US Western Region Los Angeles Chapter for continuing their activities through a virtual conference amidst the Covid-19 pandemic that has necessitated the restrictions in movements and interactions.

We are currently in the middle of a crisis created by the Covid-19 pandemic. As the infectious disease, of which kind no one has experienced before, is spreading, international travel is blocked, and people are nervous to just go on with their everyday lives and gather with friends and family. As the Covid-19 pandemic, which began at the end of last year, is being protracted, anxiety about contracting the virus, as well as social isolation and such, has coined a new phrase, Corona Blues.

In the midst of this disturbing situation, the ones we can depend on are our family, friends, and our Korean community. The strong bond created as we help and rely on one another will provide mutual comfort in this crisis. From that perspective, I believe that the conference, at which the KOWIN members gather and discuss healing and restoration, is particularly meaningful.

This year, I did not have the opportunity to meet KOWIN members in person because the Korean Women's International Network (KOWIN) Convention could not be convened. It is very regrettable, but your health and peace of mind are more important than anything else. I am expectantly waiting for next year's convention where we hope to see everyone in good health. Meanwhile, although it would be difficult to meet face to face and hand in hand, I would like to encourage you all to keep in touch by telephone, internet, and other means that do not require in-person contact.

Lastly, I would like to congratulate again on the KOWIN US Western Region Headquarters Los Angeles Chapter's conference, and to wish everyone good health always.

Thank you.



## 축 사

세계한민족여성네트워크(KOWIN) 로스앤젤레스 지회의 창립 20주년 Dare to Dream V 행사 개최를 진심으로 축하드립니다. 금번 행사를 준비하시느라 물심양면으로 애쓰신 정석란 회장님을 비롯한 KOWIN 임원진과 관계자 여러분의 노고를 치하합니다.

우리의 삶 속으로 갑자기 몰아닥친 코로나19 확산세가 장기화되면서 우리 한인동포사회가 많은 어려움을 겪고 있는 상황입니다. 그런 의미에서 이번에 KOWIN LA지회에서 “Navigating the Path to Healing - 회복의 길”이라는 주제로 준비한 토론회는 우리 한인동포들에게 큰 도움을 줄 것으로 기대됩니다.

특히 코로나19 장기화로 많이 힘들어하는 젊은 직장인과 학생들, 그리고 자녀 돌봄 및 양육으로 지친 학부모님들을 대상으로 각계 전문가들을 모시고 진행하는 행사인 만큼 각별한 의미가 있습니다. 전문가 분들과 함께 현 상황을 되짚어 보면서 위안도 얻으시고, 위기를 극복하는 방법에 대해서도 성찰해 볼 수 있는 계기가 되길 바랍니다.

다시 한 번 KOWIN LA지회 창립 20년을 축하드리며, 계속해서 동포사회를 위한 코윈 LA지회의 역할과 무궁한 발전을 기원드립니다.

2020년 10월 13일

주로스앤젤레스 총영사

박 경 재

## Congratulatory Address

I would like to extend my heartfelt congratulations to Korean Women's International Network Los Angeles Chapter for hosting the Dare to Dream V Conference in its twentieth year anniversary. I would like to thank President Sukran Chung, officers, and others for their tireless efforts that went into the preparation for this event.

As the Covid-19 pandemic that disrupted our lives suddenly is becoming protracted, our Korean community is experiencing many difficulties. In light of this situation, I expect that the conference prepared by the Los Angeles chapter of KOWIN, with its theme of "Navigating the Path to Healing," will be of great help to the members of our Korean community.

It will be especially meaningful to those who have recently entered the workforce and to students, as well as parents who are fatigued from the demands of childrearing, to hear from the professionals in their respective fields who can help them cope with the prolonged pandemic. I hope that the attendees will receive comfort and aid as they analyze the current situation and have an opportunity to reflect on the ways to overcome crises.

Again, congratulations to KOWIN LA for its twentieth anniversary, and I hope that KOWIN LA will continue to fulfill its role in the Korean community and prosper in the years to come.

October 13, 2020  
Korean Consulate General, Los Angeles  
Park Kyung-jae

## About Our Speakers



Our keynote speaker **Professor Kyeyoung Park** is a professor of Anthropology and Asian American Studies at the University of California, Los Angeles. She is the author of the book, *LA Rising: Korean Relations with Blacks and Latinos after Civil Unrest* (2019), published by Lexington Books. Her first book, *The Korean American Dream: Immigrants and Small Business in New York City* (1997), by Cornell University Press, is the winner of the Association for Asian American Studies' Book Award. She is coauthor of *Korean Americans Ethnic Relationship in (Multiethnic) Los Angeles*, and co-editor of *Korean American Economy and Community In The 21st Century*. In addition she edited or co-edited three special issues of peer-reviewed journals: *Second Generation Asian Americans' Ethnic Identity* (1999 Amerasia Journal), *How Do Asian Americans Create Places? Los Angeles and Beyond* (2008 Amerasia Journal), and *Emigration and Immigration: The Case of Korea* (2014 Urban Anthropology). Her current research projects are about the Korean immigrant communities in Argentina, Brazil, and Paraguay and the second generation Korean American Transnationalism.



**Dr. Amy Kim** (PSY28181) is a licensed clinical psychologist who earned her B.A. from Columbia University in NYC and M.A. and Psy.D. from Pepperdine University. She has extensive experience working with adults struggling with anxiety, depression, stress/overwhelm, negative habits, eating disorders and addictive behaviors. Dr. Kim has trained at numerous universities including UCLA, USC, UC Santa Cruz and LMU, and is skilled at helping people with the challenges of being present in today's fast-paced, pressured and often stressful world. As a mindfulness expert, Dr. Kim frequently presents at corporations and organizations to help professionals cultivate mindfulness in their lives. Dr. Kim serves as a subject matter expert and UX consultant about psychology and human behaviors for organizations, institutions and corporations.



**Debra Suh, Esq.** has been the Executive Director of the Center for the Pacific Asian Family (CPAF) since 1999. CPAF is a nonprofit organization specializing in supporting immigrant, limited English speaking Asian and Pacific Islander (API) survivors of domestic and sexual violence. Prior to joining CPAF, Debra worked as an attorney at the Legal Aid Foundation of Los Angeles where she established the API Legal Unit to improve access for API immigrants.



**Dr. Juliet Hwang (she/her/hers)** is a healer. She is a pediatrician with a special interest in healing from childhood trauma and supporting parents who have a history of trauma. She has been practicing meditation for over 16 years and was ordained in the [Order of Interbeing](#), the lay community, in the tradition of [Zen Master Thich Nhat Hanh](#). She has taught meditation to physicians, nurses, hospital staff, medical students, family practice residents, ALS caregivers, university administrators, and homeless men and women going through addiction recovery. She facilitates a mindfulness meditation group for families in Long Beach with her husband and two children. She is also a Certified Facilitator of The [Resilience Toolkit](#): a collection of mindfulness and body movements to help calm the nervous system, within a social justice framework. You may reach her at [embodiedhealer@gmail.com](mailto:embodiedhealer@gmail.com).

## **List of Resources**

### **Therapy Resources**

*Psychology Today*: Large database for therapists' profiles (private pay and insurance)

Low-fee therapy: Unlicensed graduate student therapists who provided therapy at a low-fee as part of their clinical/graduate work training:

The Maple Counseling Center

<https://www.tmcc.org/>

Fuller Psychological and Family Resources

<https://www.fuller.edu/fuller-psychological-and-family-services/>

Pepperdine Community Counseling Center

<https://gsep.pepperdine.edu/about/clinics/west-los-angeles/>

The Wright Institute

<https://www.wi.edu/>



Insurance: Ask your insurance or do a search online to see who takes your insurance

Fig Tree Therapy Center (takes most insurance)

<https://www.figtreetree.la/>

Private Pay Korean Therapists:

Amy Kim, Psy.D. (English only)

<http://www.dramykim.com/>

Esther Lee, Psy.D. (English and Korean language therapy)

<http://drestherleetherapy.com/>

### **Emergency Shelter & 24 hour Crisis Response for DV survivors**

Center for the Pacific Asian Family (CPAF): Los Angeles & surrounding counties

24 hour Helpline: 1-800-339-3940

[www.NurturingChange.org](http://www.NurturingChange.org)

Asian Women's Shelter: San Francisco

24 hour hotline: 1-877-751-0880

[www.sfaws.org](http://www.sfaws.org)

Korean Women's International Network of Los Angeles / 세계 한 민족 여성 네트워크 미 서부 LA 지부

Asian Americans for Community Involvement: San Jose

24 hour hotline: 408-975-2739

[www.aaci.org](http://www.aaci.org)

My Sister's House: Sacramento

24 hour hotline: 916-428-3271

[www.my-sisters-house.org](http://www.my-sisters-house.org)

Home of Green Pastures: Korean Christian emergency shelter in OC

24 Hour hotline: 1-714-532-2780

[www.hogp.org](http://www.hogp.org)

### **Counseling Services: LA**

Korean American Family Services (KFAM)

213-389-6755

[www.Kfamla.org](http://www.Kfamla.org)

Koreatown Youth and Community Center

213-365-7400

[www.kyccla.org](http://www.kyccla.org)

## **Legal Services: LA**

Asian Americans Advancing Justice, LA

800.867.3640 Korean language line

[www.advancingjustice-la.org](http://www.advancingjustice-la.org)

Legal Aid Foundation of Los Angeles

323-801-7987 Korean language line

[www.lafla.org](http://www.lafla.org)

## **Resources for Youth**

Love Is Respect (24/7)

(866) 331-9474

(866) 331-8453 (TTY)

<https://www.loveisrespect.org/> or Text LOVEIS to

22522 (texting may incur a fee depending on your wireless plan)

This resource is designed to educate and empower young people to prevent and end abusive relationships. This hotline is available 24/7

NNEDV's Technology Safety project: info to stay safe in internet

<https://www.techsafety.org/>

### Break the Cycle

Free legal assistance for young survivors, 12 – 24 years old, living in LA County, Seeking help because of dating abuse, domestic violence, stalking, or sexual assault

Call 424.265.7346 text: 424.209.2532 or email [legalservicesla@breakthecycle.org](mailto:legalservicesla@breakthecycle.org)

Center for the Pacific Asian Family: confidential intervention and prevention programs for dating violence and sexual assault, specializing in working with immigrant and Asian American youth.

[www.NurturingChange.org](http://www.NurturingChange.org)

### TEENLINE

(310) 855-HOPE OR TEXT "TEEN" TO 839863

<https://teenlineonline.org/>

Confidential teen-to-teen peer helpline that offers advice, referrals, crisis intervention and prevention; they do report to authorities in cases of abuse.

### **Books**

*No Mud No Lotus: The Art of Transforming Suffering* by Thich Nhat Hanh

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem

*The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* by Dr. Nadine Burke Harris

*Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror* by Judith Herman

*The Way of Tenderness: Awakening Through Race, Sexuality, and Gender* by Zenju Earthlyn Manuel

*Radical Dharma* by Reverend angel kyodo williams, Lama Rod Owens, Jasmine Syedullah

*Radical Acceptance* by Tara Brach

*Self-Compassion* by Dr. Kristin Neff