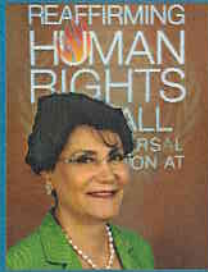


فارسی

## ABOUT THE FOUNDER & INSTITUTE



DR. PIRHEKAYATY—AKA DR. TARA PIR—IS A CLINICAL PSYCHOLOGIST AND DIPLOMATE IN BEHAVIORAL MEDICINE AND PROFESSIONAL PSYCHOTHERAPY WHO HAS BEEN IN CLINICAL PRACTICE, TEACHING, CONSULTATION, AND LEADERSHIP POSITIONS FOR OVER 30 YEARS. HAVING FOUNDED THE INSTITUTE FOR MULTI-CULTURAL COUNSELING & EDUCATION SERVICES (IMCES) IN 1989, DR. PIR HAS LED THE INSTITUTE TO BECOME ONE OF THE FEW NON-PROFIT OUTPATIENT COMMUNITY CLINICS DESIGNED TO TREAT THE VARIED NEEDS OF UNDERSERVED CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES OF LOS ANGELES.

IMCES PROVIDES VARIOUS PROGRAMS FOR CHILDREN, YOUTH, FAMILIES, AND ADULTS BASED ON THE PROVEN SUCCESS OF INTEGRATIVE, COORDINATED SERVICES IN PREVENTION AND EARLY INTERVENTION STRATEGIES, WHILE ALSO PROVIDING COMPREHENSIVE SERVICES FOR THE SEVERELY MENTALLY ILL POPULATION. OUR DIVERSE STAFF IS FLUENT AND COMPETENT IN VARIOUS CULTURES FROM AROUND THE WORLD, INCLUDING NINE DIFFERENT LANGUAGES: ARABIC, ARMENIAN, ENGLISH, FARSI, HEBREW, KOREAN, RUSSIAN, SPANISH, AND TAGALOG. WE UNDERSTAND, HONOR, AND RESPECT THE MANY DIFFERENT CUSTOMS THAT CULTURAL AND ETHNIC DIVERSITY BRINGS FOR TH. AT THE SAME TIME, IMCES PROMOTES SOCIAL JUSTICE AND STRIVES TO ELIMINATE THE STIGMA OF AND DISPARITY IN MENTAL HEALTH SERVICE DELIVERY WITHIN THE COMMUNITIES WE SERVE.

بالعربية

## ABOUT THE AGENCY

IMCES IS A FULL-SERVICE COMMUNITY MENTAL HEALTH CLINIC SERVING INDIVIDUALS AND FAMILIES OF ALL AGE GROUPS, CULTURES, & ETHNICITIES. OUR MISSION IS TO PROMOTE HUMAN RIGHTS AND FOSTER HEALTH AND RESILIENCY IN OUR COMMUNITY THROUGH EDUCATION, CULTURALLY PROFICIENT MENTAL HEALTH PROGRAMS AND SUPPORTIVE SERVICES, & PROFESSIONAL TRAINING—ON LOCAL AND GLOBAL LEVELS.

## IMCES

INSTITUTE FOR MULTICULTURAL  
COUNSELING & EDUCATION SERVICES

3580 Wilshire Boulevard, Suite 2000  
Los Angeles, CA 90010

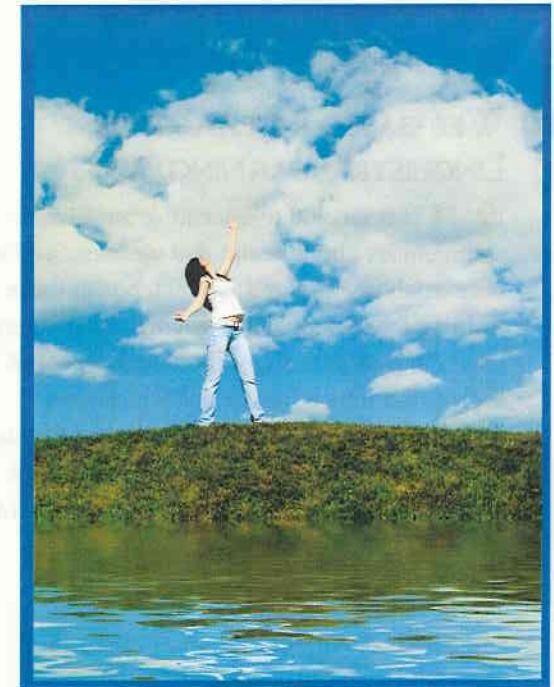
Phone: 1-213-381-1250  
Fax: 1-213-383-4803

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



INSTITUTE FOR MULTICULTURAL  
COUNSELING & EDUCATION SERVICES

## HEALTH & WELLNESS EDUCATIONAL RESOURCES



For Eastern European/Middle Eastern  
(EE / ME) Communities  
Primary Language: Armenian, also Farsi & Russian

A NON-PROFIT ORGANIZATION  
ASSOCIATED WITH DPI/NGO OF THE UNITED NATIONS



# HEALTH & WELLNESS

## ESL & CITIZENSHIP

While IMCES cherishes the diversity and proliferation of all languages and cultures, we also promote a common language to bridge the differences and facilitate communication and understanding. IMCES offers ESL (English as a Second Language) courses for monolingual clients who speak Armenian, Farsi, and Russian. ESL education helps connect our community members to resources and assists them in developing towards self-sufficiency.

## WEB-BASED INTERACTIVE LINGUISTIC LEARNING (WILL)

IMCES is dedicated to educating our EE/ME communities about health and wellness, and we have established innovative methods to make learning interesting and engaging. Such cutting-edge innovation includes the development of Web-based Interactive Linguistic Learning (WILL) offered in Armenian, Farsi, and Russian via [www.imces.org](http://www.imces.org). This online environment serves as a resource to educate all ages on ways to prevent and handle matters related to:

- Depression & Coping
- Stress & Anxiety
- Child & Youth High-risk Behaviors
- How to Handle Friends and Family Members with Severe Mental Illness
- Physical Limitations and Illness
- Addiction & Substance Abuse
- Healthy Parent-Child Relationship

## MOBILE RESOURCES

IMCES offers mobile services—for both health and technology which travel every month to new locations within Los Angeles County.

Environments where you can find us include places such as parks, churches, and other community locations. The time and locations will be announced through local church bulletins, PSA radio in Armenian and Farsi, and through the IMCES website.

### MOBILE TECHNOLOGY CENTER

Our mobile technology center includes a built-in computer lab proficient in several languages, including Armenian, Farsi, and Russian. Users of all ages can have access to resources including:

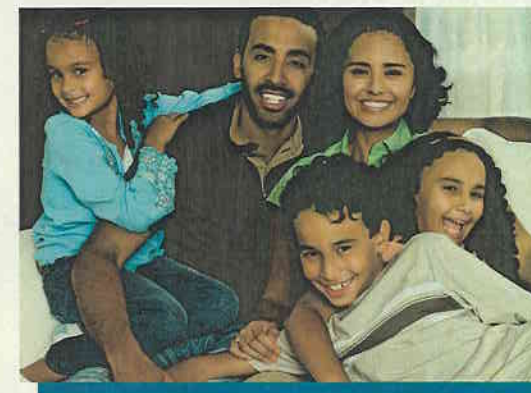
- Computer Literacy & Skills Training
- Vocational Skills & Job Search
- Health Education Videos
- WILL site via [www.imces.org](http://www.imces.org)



### MOBILE HEALTH SERVICES

Our mobile health services travels around the county to bring integrated health services into the community. Services provided include:

- Health Screening
- Nutrition
- Primary Care
- Dental Hygiene



## "WELLNESS IN THE PARK" SUNDAY EVENTS

To engage the community and provide fun activities for the entire family, IMCES is taking our activities and resources out of the clinic and into the outdoors. IMCES offers activities for all ages that promote harmony and revitalization, including such programs as:

- Meditation and Yoga  
\* Promotes Physical, Mental, Social, Spiritual Health & Self-realization
- Educational Presentations
- Family Events
- Children's Games
- Older Adult Activities

