



## Overcoming Depression and Hopelessness

**SATURDAY, JANUARY 9, 2021**  
**1:30 PM to 3:00 PM**

### COMPASSIONATE YOUTH AMBASSADORS



**Alex Saltzman** is a Case Manager in homelessness prevention in The Bronx, New York City. He has an undergraduate degree in urban studies from Fordham University.

“My greatest passions have led me to pursue the work I have both as an employee and a volunteer. I have used my experiences living in America’s three largest cities, Chicago, LA and NYC, to give me a broad and worldly view on

contemporary issues that are commonplace across American society from corruption, to systemic racism to mental health. This has given me the opportunity to learn how all these endemic issues relate to one another and impact the most vulnerable. I have made it a mission of mine to fight these problems, educate myself and learn about new and creative solutions to these ancient plagues.”

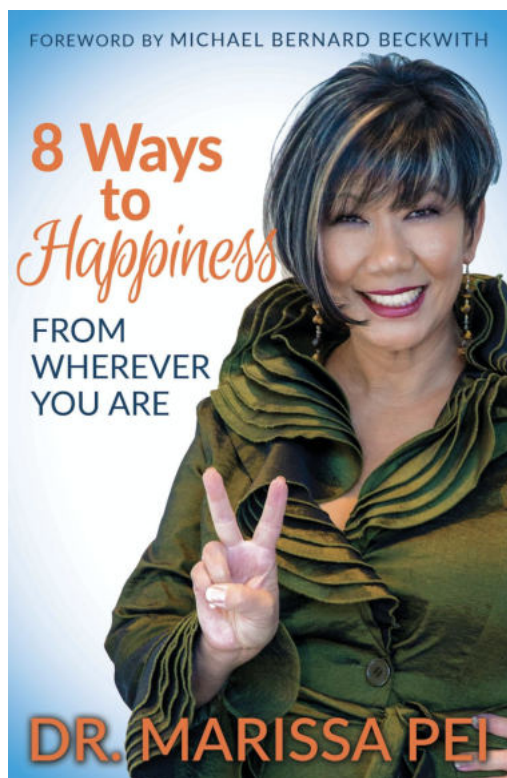


**Marisa O’Connor Iglesias** loves animals, art, and social justice. She has been a Youth Ambassador for Compassionate Arts in Action for 4 years, representing youth concerns at conferences in Sacramento, in Pasadena, Los Angeles and Santa Monica. She lives in Vista, in San Diego County and

continues to participate in Compassionate Projects while attending college classes. She works with Compassionate Arts as a Peer to Peer Counselor, helping youth and adults cope with emotional and confusing experiences

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**Dr. Marissa Pei** is a celebrity host producer of the 2016 Podcast of the Year Top 10 in Health Award winning show "Take My Advice, I'm Not Using It: Get Balanced with Dr. Marissa"



She is an organizational psychologist, speaking and consulting all over the world motivating individuals and organizations to be happy 88% of the time. Her show guests include bestselling authors like Dr. John Gray and Don Miguel Ruiz, Marianne Williamson to MaryAnn from Gilligan's Island and Muhammed Ali's daughter Laila Ali. She moonlights as a Red Carpet MC and

Broadcast Journalist interviewing stars like Halle Berry, John Travolta and Quincy Jones who use their limelight to highlight causes that help heal our Planet.

Winner of the 2014 Asian Heritage Award, 2012 Asian Entrepreneur of the Year Award and the 2017 Iconic Women Creating a Better World for All, she is a sought after Global Thought Leader. Her Balance Tools include the 21 Day Fast from Complaining and Balance Tai Qigong, a moving meditation that promotes Inner Peace One Breath at a Time.

Dr. Marissa's newest book "8 Ways to Happiness from Wherever You Are" has hit 8 Bestseller Lists including #4 Denver Post and #1 Amazon and 4 Book Award Medals, becoming the foundation to her Happy88 Mission, helping 8 million more people be 88% happy in the next 8 years. To that end, Dr. Marissa, introduced to Oprah as the Asian Oprah, has been interviewed on NBC CBS ABC and FOX in Seattle, San Diego, Las Vegas and was featured on FOX DC as one of their Women's History Month highlights. In her spare seconds, she raises recovering teenagers, races sailboats and lives out her life motto: No Regrets for the past and Don't Die Wondering for the future.

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**WE WILL BE CREATING 8-FOOT painted Posts on each Discussion topic gathered from the Zooms.**

These will be shared as public art to give a Visual way to encourage help, connection and understanding of mental health issues affecting youth.



This is **Alex Saltzman's** art. "It deals with responsibility, internal struggles between good and bad thoughts and consequences of actions." Both individuals in the painting represent the

same person.

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The Lead Artists are **Fe Love & Kira Carrillo Corser** the Co-founders of [Compassionate Arts in Action](#).

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**Felecia Lenee**, better known as **Fe Love** to her fans, is the host and creator of the Artist Eclectic pLAYgROUND, a "pop-up" event space that supports new as well as established artists and

innovative entrepreneurs primarily in the Pasadena and Greater Los Angeles area. She is co-founder of [Compassionate Arts in Action](#), on the Leadership Team for [CompassionateCalifornia.org](#) and a creative strategist for the national project PostsForPeaceAndJustice. She works as the Youth Program Director and Creative Strategist for the national project, ***Posts for Peace and Justice***.

Felecia has a B.F.A. from CALARTS where she trained as an actress.

**Compassionate Arts in Action mission**  
*is to build resilience and hope using art experiences and partnerships to communicate & educate while promoting civic engagement for peace & social justice*



**Kira Carrillo Corser** is a California based artist who is known for her social and environmental justice projects combining photography, painting, video and installations with community and civic partnerships. Her work is based in promoting hope, while giving communities a visual voice grounded in grass roots reality on issues including: veterans rights, poverty, prejudice, gangs, war and injustice and promoting health, compassion and community.



She has a Masters in Fine Art, a Bachelor's degree in Journalism, 10 years at PBS, and 8 years at CSU Monterey Bay. Her work has been on national broadcasts with President Clinton and President Carter, in the Smithsonian Museum, the National Steinbeck Center, the National Center for Civil and Human Rights and The Carter Center. Her work has won 23 awards with 4 books and numerous videos. She specializes in collaborations with communities, policy makers, and educational institutions

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**Dr. Hong Dang Bui, MD (Rose)** - Lead for **Compassionate San Diego**, came to the United States in 1975 escaping the war plagued Vietnam. She has led a fulfilling medical and spiritual journey, together with her 52-year husband, Hum Dac Bui, M.D. She is a retired professor in

pediatric infectious diseases at the Loma Linda University, and has been the medical director for a Free Clinic from 2013 to 2019 in Redlands, CA.

Spiritually, she devotes her life in interfaith works, in meditative sessions, in CaoDai teachings and writings and in the work for Compassionate cities. She participated in interfaith meetings in Italy, Japan, in the Parliament of World's Religions in South Africa, Spain, Canada and the United States; in World's Alliance of Religions for Peace in Seoul, South-Korea.

After the unexpected passing of Hum in late 2019, she moved to San Diego. She devotes her time in finishing the book "CaoDai, a Realizable Path to Light," that Hum spent his last years to pen. In this book they describe their spiritual journey and give a comprehensive account of CaoDai. CaoDai teaches that all religions spring from One same Divine Source and that we all receive a spark of the Divine Spirit.

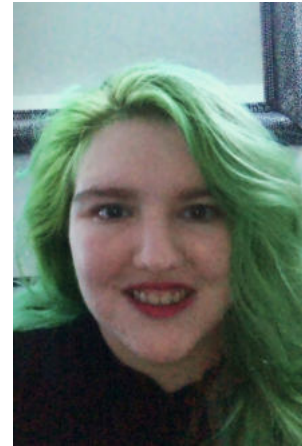
She also continues her passion in Interfaith with the Poway Interfaith Team and as a lead in building **Compassionate San Diego**, a county and communities initiative.

**Facebook friend us!**

[@COMPASSIONATESANDIEGO](#)



If you want to join us or know ways to support our work, we would love to hear! We are looking at ways to support **Jordan Bui** and **Madison Ross** in the future as they take on the leadership of the CSD Youth Ambassadors Council!



SPECIAL THANKS TO OUR OTHER PARTNERS FOR HELPING GROW THIS COMPASSIONATE EFFORT TO HELP THE YOUTH!

**Emily Schell**, CSD Team Member, California Global Education Project, The Jacobs Institute for Innovation in Education

**Rev. Dr. Abigail**, POINT Interfaith, **Patricia Frisher** San Diego Arts Network, Compassionate California, **Rev. Dale Suggs** BELOVED San Diego, **The Charter for Compassion** are all partners or participating!