

You are invited to a new Lunch & Learn focusing on Culture and Health with **The Cambodian Family** — *Join us for lunch and meaningful conversation!*



Overview

CalOptima Health's Equity and Community Health department is excited to host a special Lunch & Learn featuring **The Cambodian Family** — a trusted community organization dedicated to advancing health and wellness in the Cambodian and other immigrant/refugee communities. Together, we will explore how culture shapes health outcomes and discuss strategies to better support the physical, mental and emotional well-being of Cambodian individuals and families. This session will highlight culturally rooted practices and actionable insights to help us deliver more responsive, inclusive care.

Don't miss this opportunity to learn, connect and grow — over a shared meal!

At the end of the program, attendees should be able to:

- Identify two to three community resources that can be utilized to support culturally sensitive physical and mental health care
- Identify at least two common health/mental health disparities and cultural-historical factors affecting Cambodian health outcomes.
- Explain at least one method for engaging with and actively listening to individuals from the Cambodian community with respect and empathy.
- Understand how culturally defined strategies are used to increase access and improve health outcomes through the Social Ecological Model (SEM) framework.
- Understand the background and history of Cambodian refugees and immigrants in the United States, particularly in Orange County.

EVENT INFORMATION

When:

Thursday,
June 19, 2025

Time:

11:30 a.m.–1:30 p.m.
(Cambodian-style lunch
will be provided at
11:30 a.m.)

Location:

CalOptima Health
Room 109N (First floor)
505 City Parkway West
Orange, CA 92868

For questions,
please email
continuingeducation@caloptima.org.

Space is limited! Please
RSVP by Monday,
June 9, 2025,
through the link or QR
code below:

bit.ly/42rEGIW



In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please email continuingeducation@caloptima.org two weeks before the training date.



Agenda:

Noon: Welcome/Introduction — Katie Balderas, MPH, Director, Equity and Community Health, CalOptima Health

12:05 p.m.: Guest Speakers:

- Vattana Peong, MPH, Executive Director, The Cambodian Family
- Sophia Chhoeng, B.A., Assistant Director of Programs, The Cambodian Family
- Amina Sen-Matthews, M.A., Director of Health and Mental Health Programs, The Cambodian Family

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

1.5 CE Credits Offered

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. The course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.



EVENT INFORMATION

When:

Thursday,
June 19, 2025

Time:

11:30 a.m.–1:30 p.m.
(Cambodian-style lunch
will be provided at
11:30 a.m.)

Location:

CalOptima Health
Room 109N (First floor)
505 City Parkway West
Orange, CA 92868

For questions,
please email
[continuingeducation@
caloptima.org](mailto:continuingeducation@caloptima.org).

Space is limited! Please
RSVP by Monday,
June 9, 2025,
through the link or QR
code below:

bit.ly/42rEGIW



*In compliance with the Americans
with Disabilities Act, we will
make every reasonable effort to
accommodate your request. For
any special requests, please email
continuingeducation@caloptima.org
two weeks before the training date.*

