



NAMI NJ's Webinar Series *"Multicultural Conversations"*

Let's come together and talk about mental health



NAMI NJ is committed to serving NJ's diverse communities and is hosting a webinar as part of the **NAMI NJ Multicultural Conversations Series**. Our [four multicultural programs](#) (serving African American, Hispanic/Latinx, South Asian, and Chinese American communities) will help facilitate meaningful, culturally-sensitive dialogues on various mental wellness topics.

"Resilience and Mental Health: What Every Latino Family Should Know"

"Resiliencia y Salud Mental: Lo Que Toda Familia Latina Debe Saber"

Friday, September 25, 2026

12:00 p.m. - 1:00 p.m. ET

This presentation will be presented in Spanish and is an open invitation for Latino families to explore two deeply connected topics: **resilience and mental health**. Throughout this webinar, we will discuss how our culture, rooted in strong family values, resilience, and community, can become a powerful source of emotional strength and healing.

We will openly and compassionately address many of the challenges Latino families face, including migration stress, financial pressures, cultural barriers, and the stigma surrounding mental health, all within a safe, judgment-free space. **Participants will learn** practical tools to strengthen resilience at home, improve family communication, support children and loved ones during difficult times, and recognize important signs related to emotional wellness.

We will also discuss **when and how to seek professional help**, understanding that asking for support is an act of courage, growth, and self-care, not weakness. Because when we care for our mental health, we also strengthen our families. **Every Latino family deserves the opportunity to heal, grow, and thrive together.**

Register

SPEAKER BIOGRAPHY



Yudelka Columna, LCSW

Yudelka Columna is a bilingual (Spanish–English) Licensed Clinical Social Worker (LCSW) in New Jersey with over 15 years of experience supporting children, adolescents, adults, and families facing trauma, anxiety, depression, PTSD, domestic violence, and migration-related challenges. She is the Founder and CEO of Healing Road Counseling Services and Latino Healing Partners, organizations dedicated to advancing emotional wellness in the Latino community.

Specializing in trauma-informed care, EMDR, Cognitive Behavioral Therapy (CBT), and culturally responsive mental health services, Yudelka is recognized for empowering Latino families through emotional resilience and healing. She is also the author of the Amazon Kindle bestselling book *Emotional Resilience*, featured internationally at major book fairs.

Her accomplishments include an honorary doctorate, recognition in *Marquis Who's Who in America* (2025–2026), and awards for excellence in mental health services in New Jersey. She holds advanced degrees in social work, trauma specialization, and business administration, bringing both clinical expertise and leadership to her work.

For more information on our multicultural programs, [visit our website](#).

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