ASIAN AMERICAN AND PACIFIC ISLANDER

Student Resource Guide 2021 - 2022
Multicultural Dream Center
The Multicultural Dream Center (MDC) provides resources, services, and education to support the cultivation of an inclusive campus community. The MDC supports all students, with a particular focus on marginalized populations, through mentorship, intercultural programs, retreats, workshops, and trainings. These various initiatives are geared towards fostering identity development, critical thinking, reflection, and dialogue across difference to support student retention and academic success.

Diversity and Inclusion Student Council
The Diversity and Inclusion Student Council (DISC) is open to all students who are interested in opportunities to create and foster a more inclusive campus in partnership with the Multicultural Dream Center. Our mission is to empower students to build an inclusive campus environment that is safe and welcoming for all. Through this online group, you will build a community and actively make a difference. Email Kem French (kem.french@csuci.edu) to join.

Ethnic Identity Group Resources
Additional resources on-campus, in the local community, and nationally. These resources are to offer students resources to build community and to expand their understanding of various marginalized populations

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders
Supporting healthy Asian/Asian American Pacific Islanders (HAAPI) is a support and discussion space for South Asian, Southeast Asian, East Asian, Pacific Islander, multi/bi-cultural and multi/bi-racial identified students. HAAPI provides students a safe space to discuss topics that are relevant to their experiences.

Student Organizations

Kilusan Pilipino
Helping to promote Pilipino culture to the Channel Islands campus, Ventura County community, family, and friends. As the sister club to Kilusan Pilipino in Stockton at the University of the Pacific (KP-OP est. 1994), we strive to be more than just another campus organization. KP is FAMILY. Kilusan Pilipino recognizes, welcomes, and thrives on diversity. As a whole, the KP Family consists of students from different ethnicities, cultures, and majors -- all that is required to join is a genuine interest in Pilipino culture. We continuously display the talents of our club members, whether it is leadership, acting, dancing, singing, or making each other laugh. Kilusan Pilipino becomes another family for its members, who develop close and personal friendships. Kilusan Pilipino is another home away from home.

KakePops Club
This organization is designed to promote Korean pop music and Korean culture by learning different aspects of Korean culture. We will be teaching some Korean, learning some mannerisms, and much more. KakePops isn't just a place to sit around and listen to music but a place to bond with other students with our love for K-Pop. We will watch Korean movies and dramas and stay updated on the latest K-Pop comebacks and music videos. Other activities include K-Pop trivia, You Like What I Like, Can You Hear Me? and much more!
Scholarship Resources

Asian and Pacific Islander Scholars
Based in Washington, D.C., APIA Scholars, formerly APIASF, is the nation's largest non-profit provider of college scholarships to Asian and Pacific Islander Americans (APIA).

Asian Pacific Fund
They coordinate 10 scholarship programs that provide financial support to undergraduate and graduate students. Each program is tailored to reflect the donor's personal interests, whether targeted to specific ethnicities, career paths (e.g. engineering, business, accounting), or backgrounds (e.g. children of farm or restaurant workers).

Chinese American Medical Society Scholarship
Since the early 1970's CAMS has awarded scholarships to outstanding medical students in need of financial assistance. Throughout the years, funding for the scholarship program has come from generous donations by CAMS members and friends of the Society.

Islamic Scholarship Fund
ISF increases American Muslim representation in media and government to improve public policy and public opinion. We believe that the interests of our community can only be protected if we are part of the policy-making process. ISF scholars and alumni across the country and world are ensuring our voices are heard.

Korean Ancestry Fund
The Dingwall Foundation's Korean Ancestry Grants to students of Korean ancestry (and a limited number of exceptional students of other Asian ancestries) pursuing undergraduate degrees at accredited universities in the United States.

The Paul and Daisy Soros Fellowship for New Americans
The Paul & Daisy Soros Fellowships for New Americans program honors the contributions of immigrants and children of immigrants to the United States. Each year, we invest in the graduate education of 30 New Americans—immigrants and children of immigrants—who are poised to make significant contributions to US society, culture or their academic field. Each Fellow receives up to $90,000 in financial support over two years, and they join a lifelong community of New American Fellows.
# Asian Pacific Studies Minor

The minor in Asian-Pacific Studies gives students exposure to the cultures, histories, literatures, philosophies, politics and psychologies related to the study of the Asian-Pacific region. The minor in Asian-Pacific Studies is appropriate for students interested in understanding the diverse perspectives and influences, traditional and modern, emanating from this part of the world.

## PSY 344: Psychology and Traditional Asian Thought

This course examines the differences and similarities between the Western practice of psychology and traditional Asian systems of philosophy and religion. Concepts of health, well-being & enlightenment, and pathology will be considered from both Western and Asian viewpoints. Particular attention will be given to Hinduism, Buddhism, Taoism, and depth psychologies.

## HIST 436 - Psy & Hist Of East Asian Warrior Cultures

Examines the psychological and historical roots of martial arts in Asia. Through selected readings and films, the underpinnings of martial arts psychology in traditional Asian cultures will be explored in a historical context. Characteristics such as duty, enlightenment, honor, loyalty, and discipline will be examined in the context of the individual and group psychology of Asian martial cultures throughout history.

## HIST 381 - Traditional East Asia to 1600

Covers the history of East Asia (China, Korea, and Japan) from prehistoric times to roughly 1600 AD. Focus is placed on cultural, institutional, and social developments in civilizations of this region to provide a historical foundation, from the Asian perspective, for understanding the roots of modern globalization.

## HIST 382 - Modern East Asia

Examines the rise of East Asia (China, Japan, and Korea) from 1600 to the present. Provides an East Asian perspective on themes of globalization that have shaped modern nation states around the world, including colonization and imperialism, and industrialization. Topics covered include war, revolutions, and governments, as well as philosophies and cultural trends.

## HIST 380 - History of the Pacific Islands

Examines the history of the Pacific from human settlement to the present. Special attention will be paid to cross-cultural encounters, religious conversion, imperialism, and post-colonial realities in the region. The course employs interdisciplinary methods borrowed from anthropology, archaeology, and linguistics.

## HIST 390 - Women and Gender in East Asia

Examines the history of women and gender in East-Asian history from roughly 1000 CE to the modern era. We will examine social and political institutions, as well as cultural practices to examine the evolution of femininity and masculinity and identify common and divergent experiences of gender and sexuality through these civilizations. Topics covered include the family, Confucian norms, love and marriage, wartime gender constructions, and the cultural impact of modernization.

## HIST 397 - Pop Culture Along the Pacific Rim: Japan and U.S. in the Modern Age

Examines the connections and parallels between two civilizations along the Pacific Rim through the lens of popular culture in the modern era. Topics covered include: youth culture, countercultures and subcultures, war and reconstruction, mass media, and cultural stereotypes.
ENGL 356 - Lit Of Asia And The Diaspora
Examines the history of women and gender in East-Asian history from roughly 1000 CE to the modern era. We will examine social and political institutions, as well as cultural practices to examine the evolution of femininity and masculinity and identify common and divergent experiences of gender and sexuality through these civilizations.

HIST 391 - Traditional China
This course studies the social, political, economic, and cultural traditions in China from ancient times to the end of the Ming Dynasty.

HIST 392 - Modern China
This course explores the social, political, economic, and cultural changes in China from to the rise of the Ch'ing Dynasty to 1949.

HIST 393 - Contemporary China
This course examines the social, political, economic, and cultural developments in China since 1949.

HIST 394 - Traditional Japan
This course studies the social, political, economic, and cultural traditions in Japan from ancient times to the fall of the Tokugawa regime.

HIST 395 - Modern Japan
This course studies the social, political, economic, and cultural changes in Japan from the Meiji Restoration to the present.

HIST 396 - East Asia: Then and Now
This course examines the social, political, economic, and cultural foundations in China, Korea, and Japan. Emphasis is given to the profound political, economic, and other transformations taking place in these countries in the twentieth century.

BUS 339 - Business in China: Heritage and Change
Examines from a broad historical perspective a variety of institutions and modernization processes of the Chinese financial market, economic environment, and business practices.

Academic Journals

<table>
<thead>
<tr>
<th>Journal of Asian American Studies</th>
<th>Journal of the Society for Asian Music</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Perspectives</td>
<td>Southeast Asian History</td>
</tr>
<tr>
<td>Asian Online Journals</td>
<td>Asian American Law Journal</td>
</tr>
<tr>
<td>South Asian Studies</td>
<td>Asian Pacific Communication</td>
</tr>
<tr>
<td>AAPI Nexus: Asian Americans and Pacific Islanders, Policy Practice and Community</td>
<td>Asian and Pacific Islander Populations in the United States</td>
</tr>
</tbody>
</table>
**Counseling and Psychological Services (CAPS)**

**Hours:** Monday-Friday, 8am-5pm (Summer hours vary)

**Address:** Bell Tower East, Room 1867 (on-campus) | **Phone:** (805) 437-2088

Counseling and Psychological Services (CAPS) provides short-term mental health services in a confidential setting to assist CSUCI students in achieving their academic and personal pursuits. CAPS is pleased to provide a wide range of services to assist the campus community including:

- Individual counseling
- Group counseling
- Couples counseling
- Psychiatric consultation
- Crisis intervention
- 24/7 phone counseling
- Consultation with faculty, staff, and loved ones
- Outreach
- Relaxation Room
- Psychoeducational resources

**Ventura County Behavioral Health**

Call Toll-Free - Confidential - 24 Hours A Day, 7 Days A Week

**Crisis and Referral Line:** 1-866-998-2243

**Substance Use Treatment:** 1-844-385-9200

**Suicide Prevention Lifeline:** 1-800-273-8255

Ventura County Behavioral Health offers services for people looking for help for mental health and substance use issues. We reach out to the general population, those already getting help, and those seeking help.

**Ventura County Behavioral Health**

The Anxiety and Depression Association of America provides you with insightful facts and statistics, helpful information to seek a provider, and trending articles about the mental health of Asian Americans and Pacific Islanders.

**Behavioral Health Equity**

The Substance Abuse and Mental Health Services Administration has put together resources for the Asian American, Native Hawaiian, and Pacific Islander communities. Resources include national survey reports, agency and federal initiatives, related behavioral health resources, and in-language resources.

**Each Mind Matters: California's Mental Health Movement**

California's Mental Health Movement highlights the collective efforts of all people and organizations that want to put an end to stigma related to mental illness, promote mental health, prevent suicide, and create communities across California where everyone feels comfortable reaching out for help and support they deserve. Each Mind Matters has worked with diverse community members to create a range of resources to reflect the cultural and linguistic diversity of the state.

**National Asian Pacific American Against Substance Abuse**

**Address:** 340 E 2nd St #409, Los Angeles, CA 90012 | **Phone:** (213) 625-5795

National Asian Pacific American Families Against Substance Abuse (NAPAFASA) is a private, 501c3 non-profit, membership organization dedicated to addressing the alcohol, tobacco, and other drug issues of Asian Americans and Pacific Islanders (AAPI) populations.
Mental Health Resources for Black, Indigenous and People of Color (BIPOC)

In addition to COVID-19, recent events have brought heightened attention to the specific stressors faced by Black, Indigenous and People of Color (BIPOC) communities, who may be experiencing heightened fear, anger and grief at this time. Consistent with the Guide’s mission to provide timely mental health resources, we highlight a range of resources that may be useful to BIPOC-identifying individuals seeking support for mental health concerns and/or coping with race-related stressors, whether current and/or historical, as well as those hoping to share available resources to their patients. Mass General Psychiatry is not affiliated with, nor does it directly endorse, any non-MGH organizations listed here. This list is intended only to share resources currently available in the broader community.

55 Mental Health Resources for People of Color

Mental illness does not discriminate: Nearly 20% of U.S. adults experience a mental illness each year, regardless of race or ethnicity. And while it’s clear that mental health is a cross-cutting issue that affects all communities, providing effective services for people of color requires acknowledging and understanding their different lived realities. In this webpage, OnlineMSWPrograms.com collected resources that have been tailored to the mental health needs of various racial and ethnic groups.

Oxnard Wellness Center

Hours: Monday-Saturday, Call Center 9 am - 4 pm / Peer Support 9 am - 8 pm
Address: 2697 Saviers Road, Oxnard, CA | Phone: (805) 653-5045

As you know, Turning Point’s Wellness Center serves the most vulnerable members of our community. We are doing all that we can to provide essential services to our program members and our community, while keeping everyone safe and adhering to the recommendations from public health agencies. While our daily routines are disrupted our essential resources have pivoted as a sign of the times. Please reach out. We are here to help you navigate the resources available:

- Mental Health one on one support from a Peer Support Specialist, including WRAP (Wellness Recovery Action Plan)
- Community Resources/Referrals
- Food Pantries
- Meal Service Locations
- Assist in obtaining mental health services

CSUCI Basic Needs Program

The Basic Needs Program exists to provide support to students experiencing a basic necessity insecurity. Our strategy focuses on short-term mediation while we work with students to find long-term solutions.

Title IX and Inclusion Office - CSUCI

Title IX & Inclusion serves as an expert campus-wide resource that works with partners across CSUCI to cultivate and promote an inclusive and safe learning and working environment. Responsible for the development and administration of comprehensive equity programs, the office manages equal opportunity compliance, including the areas of affirmative action and Title IX, and collaboratively facilitates community engagement and education on matters of social diversity, inclusion and social justice. Title IX & Inclusion also oversees response to the University’s nondiscrimination policies.
Community Resources

South Asian Network
Address: 18173 Pioneer Blvd. Ste I, Artesia, CA 900701
Phone: (562) 403-0488  |  Email: saninfo@sansocal.org
The South Asian Network (SAN) is a 501c3 nonprofit organization that provides culturally and linguistically specific services to and advocacy on behalf of South Asians in Southern California, in the areas of healthcare access, gender-based violence, and civil rights/civic engagement.

Japanese American Citizen League
Address: Ventura County JACL, 1831 Adelaide Court, Oxnard, CA 93035
The Japanese American Citizens League is a national organization whose ongoing mission is to secure and maintain the civil rights of Japanese Americans and all others who are victimized by injustice and bigotry. The leaders and members of the JACL also work to promote cultural, educational, and social values and preserve the heritage and legacy of the Japanese American community.

Ventura County Chinese American Association
Address: 165 E Daily Dr. Camarillo, CA 93010
The Ventura County Chinese-American Association (VCCAA) is an organization that came together in 1970 and was chartered as a non-profit organization in 1976. The objectives of the Association are to preserve the Chinese cultural heritage, language, and customs. The Association promotes participation in education, business, and government as Chinese Americans, so as to foster constructive citizenship, improve general well-being and cultivate an appreciation of their dual heritage.

211 Ventura County
Phone: dial 2-1-1 or (800) 339-9597
211 Ventura County, a program of Interface Children & Family Services, is the comprehensive information and referral service for Ventura County. We connect over 30,000 Ventura County callers and texters each year with information about health and human services available to them. 211 Ventura County phone and text service is available 24 hours a day, 7 days a week. 211 is available in 150 languages through phone interpretation services.

County of Ventura: Human Services Agency
Community-Based Resources and Events
Includes resources and events on basic assistance, career & business, community, Coronavirus support, counseling & mental health, education & training, health & nutrition, HSA, opportunities for youth, support for parents & families, and support for seniors.
Dear Asian Youth
Dear Asian Youth is a youth-led, global organization that promotes intersectional activism, solidarity with other marginalized communities, and equality and equity. Through our digital platform, grassroots organizing, and community-based advocacy, we strive to showcase diversity in the Asian community as well as accurate and holistic representation.

Japanese Americans for Justice
Japanese Americans for Justice (JA4J) is a network of individuals activists and organizers working to engage the broader JA community in the movement to Close the Camps, and ensure the injustice our community experienced during WWII, never happens again.

805 Asians
This Meetup group is for anyone looking for Asian culture and community in Ventura County 805. You only have to be friendly and fun to join! We are a pretty active group with regular events since starting in 2013. Most meetups are for food & dining, but we are open to your suggestions. Our events promote socializing friendship and professional networking throughout the 805 area.

Building Democratic Philanthropy
AAPIP developed this Supporting API Communities Resource Directory to mobilize the philanthropic sector towards meaningful action in the midst of heightened violence and hate targeting Asian American communities. The purpose of this resource directory is to connect philanthropy with established organizations and coalitions engaged in community efforts addressing anti-Asian violence.

Asian Pacific Islander Legislative Caucus
The California Asian Pacific Islander Legislative Caucus represents and advocates for the interests of the diverse API communities throughout California. It seeks to increase Asian Pacific Islander participation and representation in all levels of government.

California Rural Legal Assistance, Inc.
Hours: Mon-Wed: 8:30am-5:30am / Thurs: 8:30am-6:30pm / Friday: 10-11:30am, pm-5pm
Address: 338 South “A” Street Oxnard, CA 93030  Phone: (805) 486-1068
California Rural Legal Assistance, Inc. (CRLA) is a nonprofit legal service program created to help California’s low-income individuals and communities. We represent all types of individuals and communities. We have offices from the Mexican border to Northern California. CRLA was founded in 1966 to help rural communities because those communities were not receiving legal help. CRLA has 18 offices to continue to meet the legal needs of these communities. The impact of CRLA's litigation has touched the lives of literally millions of low-income individuals, improving conditions for farm workers, single parents, school children, the elderly, people with disabilities, and entire communities.
Activism

Asian Pacific Islander Legislative Caucus
The California Asian Pacific Islander Legislative Caucus represents and advocates for the interests of the diverse API communities throughout California. It seeks to increase Asian Pacific Islander participation and representation in all levels of government.

Aspire for Justice
The mission of ASPIRE is to empower undocumented Asian Pacific Islander youth and young adults to educate, advocate, organize, and mobilize for the rights of immigrant families. Our vision is to build an inclusive and socially just society.

Hollaback!
Hollaback! is a global, people-powered movement to end harassment — in all its forms. We believe that we all deserve to be who we are, wherever we are. We believe we all have a role to play in disrupting harassment and building a culture where it is no longer seen as “just the price you have to pay” for being a woman, LGBTQ+, a person of color, or any other marginalized identity. We teach people to take action, and to reach across their own identities to ally with others and establish a united front against harassment each time we witness it.

Stop AAPI Hate
In response to the alarming escalation in xenophobia and bigotry resulting from the COVID-19 pandemic, the Asian Pacific Planning and Policy Council (A3PCON), Chinese for Affirmative Action (CAA), and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate reporting center on March 19, 2020. The center tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the U.S.

Asian Americans Advancing Justice
Asian Americans have been part of the American story since its earliest days. From those who traveled to the U.S. as a result of changing immigration policies, to refugees who came to American shores in search of safety, to recent immigrants who continue to join our nation in search of the famed “American Dream,” the one indisputable truth about our community is its breadth, diversity, and resilience.

South Asian Americans Leading Together (SAALT)
South Asian Americans Leading Together (SAALT) is a national, nonpartisan, non-profit organization that fights for racial justice and advocates for the civil rights of all South Asians in the United States. Our ultimate vision is dignity and full inclusion for all.

The Brown Asian American Movement: Advocating for South Asian, Southeast Asian, and Filipino American Communities
An article on activism within the Asian American Community in Asian American Policy Review.
This website provides an article on the Social Justice Fund for Ventura County and their support of the AAPI community. Attached in the article are links to resources in support of the AAPI community.

**Amigos805**
This website provides an article on the Social Justice Fund for Ventura County and their support of the AAPI community. Attached in the article are links to resources in support of the AAPI community.

**Asian Pacific Community Fund**
The mission Asian Pacific Community Fund is to cultivate philanthropists to invest in organizations that empower underserved Asian and Pacific Islanders (API) to prosper by: Building healthier communities, Creating a stronger API voice, and Developing API leaders.

**Asian Pacific Islander Cultural Center**
**Address:** 934 Brannan Street, San Francisco, CA
The Asian Pacific Islander Cultural Center's (APICC) mission is to support and present multidisciplinary art reflective of the unique experiences of Asian Pacific Islanders living in the United States.

**Chinese American Museum**
**Address:** 425 N. Los Angeles Street Los Angeles, CA 90012
The mission of the Chinese American Museum (CAM) is to foster a deeper understanding of, and appreciation for, America's diverse heritage by researching, preserving, and sharing the history, rich cultural legacy, and continued contributions of Chinese Americans.

**Federal Asian Pacific American Council**
**Address:** 12801 Fair Lakes Parkway Fairfax, VA 22033
FAPAC is an organization that promotes equal opportunity and cultural diversity for APAs within the Federal and District of Columbia governments. FAPAC encourages the participation and advancement of APAs in the Government workforce.
The Conference on Asian Pacific American Leadership (CAPAL) seeks to empower Asian American, Native Hawaiian, and Pacific Islander (AANHPI) youth by increasing access to public service opportunities and building a strong AANHPI public service pipeline.

OCA-Asian Pacific Advocates
OCA-Asian Pacific Advocates is dedicated to advancing the social, political, and economic well-being of Asian Americans and Pacific Islanders (AAPIs).

South East Asia Resource Action Center
SEARAC is a national civil rights organization that empowers Cambodian, Laotian, and Vietnamese American communities to create a socially just and equitable society. As representatives of the largest refugee community ever resettled in the United States, SEARAC stands together with other refugee communities, communities of color, and social justice movements in pursuit of social equity.

LEAP Emerge (Southern California)
Founded in 1982, LEAP (Leadership Education for Asian Pacifics) is a national, nonprofit organization, with a mission to achieve full participation and equality for Asian and Pacific Islanders (APIs) through leadership, empowerment, and policy.

Japanese American Citizens League
The Japanese American Citizens League is a national organization whose ongoing mission is to secure and maintain the civil rights of Japanese Americans and all others who are victimized by injustice and bigotry. The leaders and members of the JACL also work to promote cultural, educational, and social values and preserve the heritage and legacy of the Japanese American community.
Asian and Pacific Islander American Vote
Asian and Pacific Islander American Vote (APIAVote) was founded in 2007 with a vision to increase civic engagement among Asian Americans and Pacific Islanders (AAPI). As a national, nonpartisan organization, APIAVote's mission is to work with local and state community-based organizations (CBOs) to mobilize AAPIs in electoral and civic.

Asian American Advancing Justice
Asian Americans Advancing Justice is an affiliation of five organizations advocating for the civil and human rights of Asian Americans.

Asian Professional Exchange
The APEX mission is to be the premier membership organization for Asian Pacific Americans in Southern California who have a strong commitment to excellence in professional development, community service and cultural awareness.

Seeding Change
In 2014, the Chinese Progressive Association launched Seeding Change – A Center for Asian American Movement Building. The national program is rooted in CPA's 40+ years of grassroots organizing and alliance building.
Island Pacific Market
**Address**: 4833 S. Rose Ave., Oxnard, CA 93033
Island Pacific seeks to UNITE communities by celebrating the FILIPINO “BAYANIHAN” SPIRIT, creating PRIDE amongst our people and bringing AWARENESS of our diverse culinary traditions so that our cuisine is RECOGNIZED and ACKNOWLEDGED as part of American life and society.

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**Indian Grocery Stores**
This website provides a list of The Best 10 Indian Grocery Stores in Ventura, California.

**Indian Restaurant in Ventura County**
This website provides a list of The Best 10 Indian Grocery Stores in Ventura, California.

**Best Hawaiian Restaurants in Ventura County**
This website provides a list of The Best 10 Hawaiian Restaurants in Ventura, California.

**Asian Restaurants in Ventura County**
This website provides a list of The Best Asian Restaurants in Ventura, California.

**Asian Markets**
This website provides a list of Asian Grocery Stores in Ventura, California.
Desi Divas: Activism in South Asian American Cultural Performances

Desi Divas: Activism in South Asian American Cultural Performances is the product of five years of field research with progressive activists associated with the School for Indian Languages and Cultures (SILC), South Asian Americans Leading Together (SAALT), the feminist dance collective Post Natyam, and the grassroots feminist political organization South Asian Sisters. Christine L. Garlough explores how traditional cultural forms may be critically appropriated by marginalized groups and used as rhetorical tools to promote deliberation and debate, spur understanding and connection, broaden political engagement, and advance particular social identities. Within this framework, she examines how these performance activists advocate a political commitment to both justice and care, to both deliberative discussion and deeper understanding.

Asian Pacific Islander with Disabilities

Breaking down barriers faced by Asians and Pacific Islanders with disabilities by providing information and education to the community, training young adults to become advocates, and connecting families to resources.

Human Rights Campaign

This webpage explores Asian Pacific American Heritage Month through an LGBTQ+ lens.

Asian-American Artist, Now Activists, Push Back Against Hate

New York Times article discusses the ways Asian American artists have used art to push against hate.

11 Asian American Women Activists You Need to Know

An article that highlights Asian American women activists and their impact in our society.

Desi Divas: Political Activism in South Asian American Cultural Performances (e-book)

Desi Divas: Political Activism in South Asian American Cultural Performances (e-book)

An article that highlights Asian American women activists and their impact in our society.