

TRAINERS: CULTURAL COMPETENCY AND DIVERSITY

New Hampshire Minority Health Coalition (NHMHC)

P.O. Box 3992 - 25 Lowell St.

Manchester, NH 03105

Phone: 627-7703

Website: www.nhhealthequity.org

Contact: Lynn Clowes

email: lculturalcomp@yahoo.com

NH Minority Health Coalition conducts and facilitates Cultural Competency training, workshops, and forums for health, mental health, and human service providers that serve culturally, ethnically, and linguistically diverse populations. NHMHC has been providing Cultural Competency consulting to assist management, leadership, and peer groups to determine the best approach to creating the type of environment that will foster and invite people from diverse cultures and backgrounds to access services. They also offer workshops designed and tailored to assist organizations with Cultural Competency initiatives on topics such as Tips and Skill Building in Cross Cultural Communication, Organizational Assessment on Cultural Competency, Class Disparities and their Impact on Your Workplace, and Simulated Patient Scenarios. Recent clients of consulting and workshops include NH Department of Health and Human Services, WIC, Exeter Hospital, Greater Manchester Area Mental Health, MicroCredit NH, City of Manchester Health Department, Bureau of Disease Control, and Southern NH University, among others, NHMHC also hosts culture forums.

Culture Forums are presentations by NH residents who are members of specific cultures. Presentations have been done on Bosnian, Puerto Rican, Iraqi, Arabic, Sudanese, Congolese, Vietnamese, and French Canadian cultures. The presenters speak about the beliefs and barriers their cultural community faces in accessing health care. A recent Culture Forum entitled Exploring Other Viewpoints, featured an African American retired psychiatrist, African Descendants Program Peer Educator, and Haitian directors of the Haitian Community Center to explore their cultures' health and mental health perspectives. These forums are approved for continuing education hours from Springfield College and Dartmouth Hitchcock. Cultural forums can be designed to meet your organization's cultural initiatives and diversity learning needs.

Manchester Cultural Diversity Task Force

50 Bridge St., Suite 308

Manchester, NH 03101

Phone: 624-470 Fax: 628-6285

Contact: Regis Lemaire

Cultural Diversity Task Force of Manchester is an ad hoc, unincorporated, volunteer effort by various individuals and organizations to dispel stereotyping images about the culturally diverse people in the community. Its mission is to promote appreciation of the many cultural groups greater Manchester and respect for cultural differences; further to promote acceptance cultural differences and increase communication among the diverse cultural groups of greater Manchester. CDTF accomplishes this mission through monthly meetings, internal and external cultural diversity training, community outreach and advocacy, cultural education, cultural conflict resolution, networking, and a monthly newsletter.

Meetings are held the fourth Wednesday of the month, January through June, September, and October. Summer meetings and the annual winter holiday meeting are determined annually by the group.

Strategic Education for Ethnic Diversity (SEED)

3027 Brown Ave.
Manchester, NH 03103
Phone: 627-8839 Email: seed1962@aol.com
Contact: Michael Worsley

Michael's personal encounters with cultural perceptions and barriers prompted him to develop SEED, a multifaceted agency that provides training and strategy development on cultural competency issues. He has provided workshops and sessions to groups such as local police departments, St. Anselm's College, UNH Human Resources, and Shop 'N Save. His work includes sessions titled *Four Levels of Race*, *Minority Recruitment*, and *Transnational Adoption*.

New Dynamics

Phone: (800) 580-4651
Website: www.newdynamicsconsulting.com email: newdynam@aol.com
NH contact: Sharon Bueno Washington 434-7026 buenowash@aol.com

New Dynamics is an organization development consulting firm known for its leadership in the fields of diversity and team development, in professional development and personal growth. Cognizant of the varying types of diversity, New Dynamics often offers diversity consulting workshops open to the public that focus on *Gender- Men, Women, and Colleagueship*, *Valuing Multicultural Diversity*, and *Sexual Orientation*. Their curriculum complements affiliate New Dynamics Publications books and articles.

New Dynamics has also worked with organizations and companies to challenge barriers of gender and cultural bias, creating work environments that nourish individual and organization productivity. Their tailored consultation and training teams have worked with corporations such as Proctor and Gamble and FleetBoston Financial, as well as human service, religious, and educational institutions as close as Londonderry schools.

Though its development has brought international clients, New Dynamics maintains a strong base in New Hampshire.

WORKPLACE TRAINING: DIVERSITY

Employment Practices Group

11 Bedros St.
Windham, NH 03087
Phone: 421- 0080 Fax: 425-632 Website: www.employmentpg.com
Contact: Julie Moore jmoore@EmploymentPG.com

Employment Practices Group (EPG) provides comprehensive training, education and risk-management services to private employers, municipalities and schools on a variety of crucial employment issues to ensure legal protection against litigation. Employment Practices Group can provide training and conduct workshops on selected modules, or provide a complete and comprehensive program.

Employers will learn, to implement, and enforce proper policies and procedures to comply with state and federal laws governing: Diversity, Transgender Diversity, Sexual Harassment, Internal Investigators, Personnel Practices, The Basics of Employment Law, Employee Handbooks, and Workplace Violence.

Employment Practices Group believes that an inclusive environment for all employees creates a productive workplace. When company practices benefit all employees, irrespective of their cultural differences and diverse orientation, the quality of a company is enhanced through protection against discriminatory litigation. In addition, providing a positive and inclusive atmosphere prevents the silent "killers" of a productive company: lackluster morale, low productivity, employee turnover, and an atmosphere of conflict.

Conlon Consulting Group
Wells, ME

JPSmiga Company, Inc.
511 Pickering St.
Manchester NH 03104-2747
Joe Smiga
622-2202
www.jpscoaching.com

The Smiga Company provides coaching and consulting to corporations, small to medium size businesses, associations and individuals. They provide a full array of learning profiles and facilitator kits as an authorized distributor of Inscape Publishing. One they use is an assessment tool that helps people understand where they currently are and next directions for them in diversity work. Their approach is a path of cultural change along with paradigm shifts, which lead you and your business goals to the heights of success you have envisioned and create a new reality.

TRAINING: SPECIAL EMPHASIS

Mariposa Museum of World Cultures
Peterborough, NH
Phone: 924-4555 Website: www.mariposamuseum.org
Contact: Linda Marcella

Linda Marcella, Director of Mariposa Museum (see description in ----- section), specializes in Cambodian culture. She shares her enthusiasm and knowledge of Cambodian culture through consulting and educating in schools.

Latin American Center

521 Maple St.
Manchester, NH 03104
Phone: 669-5661 Fax: 669-5265 Email:
Contact: Eileen Phinney, Founder

Latin American Center is deeply invested in providing culturally and linguistically appropriate services to Manchester's Latino community including bilingual assistance, assistance with forms and applications, insurance, job, housing, medical referrals, among others.

Eileen Phinney sometimes presents on Latino culture in **schools**.

Parent Information Center

P.O. Box 2405
Concord, NH 03302-2405
Phone: 224-7005 Website: www.parentinformationcenter.org
Contact: Lillye Ramos-Spooner email: picnhlil@aol.com

Lillye Ramos-Spooner, Chair of PIC's Multicultural Outreach Council, advises PIC's staff on diversity and cultural issues. In addition the Council can help **families** through various activities including: assist in **determining needs of multicultural communities**, evaluate effectiveness of outreach activities, **locate materials for families which has been translated into other languages, suggest strategies and priorities** for specific groups, and recommend agencies that work with multicultural communities with whom PIC can collaborate.

Martin Luther King Coalition

Contact: Sally Croteau Phone: (800) 654-1270

The Martin Luther King Coalition sponsors the Martin Luther King Day Celebration in Manchester, and **offers year-round educational programs on the life, work, and philosophy of Martin Luther King, Jr.** The Coalition is comprised of groups including American Friends Service Committee-NH, Concord Feminist Health Center, Greater Manchester Black Scholarship Foundation, Manchester Education Assoc., Manchester NAACP, NH Citizens Alliance, and YWCA.

American Friends Service Committee

4 Park St., Suite 208
Concord, NH 03301
Contact: Arnie Alpert 224-2407

The American Friends Service Committee is a Quaker based social justice organization guided by the belief that every person has inherent dignity. AFSC-NH acts as a support and resource program for youth activists all over the state, organizes events such as Gimme Shelter, Homeless Memorial Day, MLK Day, national campaigns, and speaks in **high schools**. In the past, AMFC-NH has done presentations on **sweatshops, the complexities of war, student activism, conscientious objection, the NH mill girls and their labor struggle, the School of Americans, the history of Afghanistan, Free Trade, Globalization, and the death penalty.**

Manchester Community Resource Center

177 Lake Ave

Manchester NH

Phone: 647-8967

Contact: Renie Denton, Executive Director

MCRC periodically sponsors speakers from a variety of national origins and cultures to present about their culture to a public audience. These forums are announced in the MCRC newsletter.

National Guard: Training for National Guard on Diversity, HR, and equal opportunity

Phone: 603-684-9329 or 603-224-1329

Contact: Mary Bergner

Email: mary.bergner@nh.ngb.army.mil

YWCA

72 Concord Street

Manchester NH 03101

Contact: Sally Wuellenweber, Education Coordinator

625-5785

The YWCA owns and is willing to facilitate discussion of the video “Tough Guise” about the social construction of masculine identity, including a variety of guises available to men such as rugged individualism and dominance through violence.

CO-CULTURAL COMMUNITY BASED ORGANIZATIONS

This list of organizations is an ongoing effort, between our contact and yours with an organization, the information below may have changed. Your help in updating is welcome. In addition, please be considerate as you call or contact these organizations; some of them are home-based and a variety of people not involved in the organization could answer the phone.

African American, African, African Caribbean

Congo Manchester

58 Winter St.
Manchester, NH 03102
(603) 625-0713

Assists Manchester's Congo community through welcoming immigrants, events, home visits, and general assistance. Meets monthly to learn of the community's needs

Greater Manchester Black Scholarship Foundation

P.O. Box 534
Manchester, NH 03105
Phone: (603) 627-4637 or 668-0963
Contact: Lionel Johnson, President
Sandra Hicks, Business Administrator

Black Student Foundation has been provided financial assistance to all students, regardless of race, creed, color, or national origin for almost thirty years. Scholarships are eligible to students for their first year of post-secondary education.

NAACP - Manchester

P.O. Box 4266
Manchester NH 03108
Contact: Woullard Lett

The primary focus of the NAACP is the protection and enhancement of the civil rights of African Americans and other minorities. Membership is open to anyone believing that civil rights and democracy are for everyone, the basic tenets of the NAACP. They meet once a month, location varies.

Southern NH Outreach for Black Unity

PO Box 3323
Nashua, NH 03061
Linda Gathright, Chairperson
(603) 695-0165

OBU offers black families and individuals positive insights into cultural, educational, economic, political, and social concerns.

Southern Sudan

P.O. Box 539
Manchester NH 03105
Martin Ali, Chair
Phone: 682-6995, 647-1540

UJIMA Collective

UJIMA Collective
1217 Elm Street Suite 205
Manchester NH 03101
Contact: Brenda Lett
Phone: 627-4631

The Ujima Collective is a non-profit 501-c3 organization incorporated in the state of New Hampshire. Its overall mission is to provide opportunities for community education, information sharing and relationship building within communities of African descent and among all residents of New Hampshire. We seek to contribute to community cohesiveness, facilitate community building and promote social capital through providing forums for social interaction and cultural education and exchange.

Arab American

NH Chapter of the American-Arab Anti-Discrimination Committee

87 Rochelle Ave
Manchester, NH 03102
Nabil Migalli, President
(603) 669-6253

NH chapter of the nation's largest organization promoting the heritage and defending the rights of Americans of Arab descent.

Bosnia

Social Club
Vice President
Adil Sivcevic
665-9726

Deaf

Granite State Independent Living

PO Box 7268
Concord, NH 03302-7268
603-225-3304
Contact ; Claudia Nixon-Laquerre
www.gsil.org

GSIL is a consumer controlled, consumer run agency providing information referral, advocacy, peer support, and independent living skills for deaf and hard of hearing people.

Northeast Deaf and Hard of Hearing Services (NDHHS)

125 Airport Road
Concord, NH 03301
603-224-1850 (v/tty)
603-225-4346 (fax)
NDHHS@msn.com

This agency provides interpreter referral services, as well as peer education and advocacy for deaf and hard of hearing individuals. It is also a resource for connecting with other Deaf organizations such as the NH Association for the Deaf.

Filipino

Philippine American Friendship Committee

Lily Baker
Ph. No. (603) 483-0352
P.O. Box 62
Auburn, NH 03032

Philippine American Group Assisting Social Aid

Helen Marcia Louderback
Ph.No. (603) 891-0300
Email: Helen.M.Louderback@FAA.gov
12-1 Strawberry Bank Road
Nashua, NH 03062

PAGASA is a non profit organization that provides out-reach services and cultural and educational programs to citizens of the Philippines and America. It's clients also will benefit from a developing Community Center to help administer/integrate community aid and supporting PAGASA activities, as well as promote shared partnerships with community served.

Franco American

American-Canadian Genealogical Society

P.O. Box 6478
Manchester, NH 03801
Lucille Caron-Lagasse, Roger Lawrence
(603) 622-1554 www.acgs.org

A research library for French Canadian ancestry.

Franco-American Center

52 Concord St.
Manchester, NH 03101
Phone: (603) 669-4045
Contact: Robin Bonneau

Fosters a greater appreciation for the Franco American culture through cultural programs, museum, and research library.

Greek

St. George Greek Cathedral

650 Hanover Street
Manchester NH 03104
Phone: 603-622-9113
Contact: Tony Pappas, George Copadis

Sponsors Glendi Festival, Greek food, festivities, music, dancing, and artifacts.

Haitian

Haitian Community Center of NH

134 Calef Rd.
Manchester, NH 031035
(603) 645-5290

Contact: Elvire and Jean Jeudy

Provides support to Haitian community members through cultural events, acculturation, peer support, and emergency assistance through food and legal referrals. Also assists Haitians with ESL and language/interpretation needs. Staff also educate wider NH community on Haitian culture through various events.

Hispanic/Latino

Hispanic Network

Lina Ruiz-Mingote
Ph. No. (603) 598-8184
52 Ash Street
Nashua, NH

A network to heighten the awareness of the Hispanic culture, network, dialogue, and share information of common interest around Hispanic reality.

Latin American Center

521 Maple St.
Manchester, NH 03104
Eileen Phinney, Co-director
(603) 669-5661

The center provides social and professional assistance for the Latin community including: outreach and home visits, bilingual assistance, information and referrals, housing advocacy and assistance.

Latinos Unidos of NH

PO Box 1202
Manchester, NH 03105
(603) 625-5843
Latinosunodosnh@yahoo.com

To provide and share cultural awareness of Manchester's Latino community.

Mexican Association

President
Margarita Fernandez-Letkowskis
Phone: 644-3742

India Association of NH

Mohanram Ramalingam, President
Ph.No. (603)626-4697
P.O.Box 3132 Manchester, NH 03105

Islam

Islamic Society of greater Manchester

Ph.No. (603) 668-4687
228 Maple Street
Manchester, NH 03103
www.isgm.net

The Islamic Society is committed to building the first House of Allah in New Hampshire. Weekly prayer and the Islamic school are among several components of the society. Check their website (www.isgm.net) for articles, links, directions, etc.

Jewish

Jewish Federation of Greater Manchester

698 Beech St.
Manchester, NH 03104
Adam Sandler, Director
(603) 627-7679

A non-profit organization dedicated to preserving the Jewish identity, culture, and values through various social programs.

Manchester Jewish Community School

152 Prospect St.
Manchester, NH 03104
Hananya Goodman, Director
(603) 669-3684

An afternoon Hebrew and religious school for K-10. The school teaches Judaism, Hebrew literacy skills, and Jewish traditions and values.

Native American

Abenaki Nation of NH

50 Carelton St.
Littleton, NH 03561
Charlie True
(603) 444-7734

Native American Program at Dartmouth College

Dartmouth College
201 Collis Center
Hanover, NH 03755
(603) 646-2110
Native.American.Program@dartmouth.edu

Provides support services to Native American students by working with students, administrators, campus-wide faculty, and other programs. The program also works to increase understanding of native issues both on campus and beyond.

Mt. Kearsarge Indian Museum

Kearsarge Mtn. Rd.
Warner, NH 03278
Deidre Raffe, Executive Director
(603) 456-2600

The museum seeks to increase public awareness of Native American traditions, philosophy, and art through exhibits and programs.

NH Intertribal Native American Council

18 Spring St.
Laconia, NH 03246
Don or Bev Newell
(603) 528-3005

Sexual Orientation

Concord Outright

Concord Outright meets Thursday evenings 7:30-9:00 at the Unitarian Universalist Church, 274 Pleasant Street. Concord, NH Contact Martha 224-2407,
myager@afsc.org

Concord Outright is a nonprofit organization established to provide direct and indirect support to and enhance the positive development of gay, lesbian, bisexual, transgender, and questioning youth in the greater Manchester area. Strictly confidential social/support group for youth under age 22.

Manchester Outright

Manchester Outright is a nonprofit organization established to provide direct and indirect support to and enhance the positive development of gay, lesbian, bisexual, transgender, and questioning youth in the greater Manchester area. Strictly confidential social/support group for youth under age 22.

Support group meets every Tuesday night at Manchester Unitarian Universalist Church, 669 Union St., 7-9 p.m. Contact 537-7004 manchesteroutright@yahoo.com
816 Elm Street
#344 Manchester,
NH 03101

PFLAG NH

Parents, Families, and Friends of Lesbians and Gays

PO Box 485
Winnisquam, NH 03289
admin@pflagnh.org
www.pflagnh.org (7 NH chapters)
Helpline: (800) 750-2524

PFLAG is dedicated to the preservation of families in loving relationships, to educating an ill-informed public about homosexuality, and to the attainment of full civil rights for GLBT people and their families. PFLAG is trying to raise the awareness of every school system in the state to the need for safety for every child, particularly GLBT kids. Also has a speaker bureau (consisting of GLBT people and parents of gay folks) tell their stories and educate as to what gay is all about and our road to acceptance and understanding.

Services for/ Education about minorities

Chandler Library Ethnic Center

257 Main St.
Nashua, NH 03060
Peggy Merrigan, Ethnic coordinator
(603) 594-3415

The library offers foreign and English language learning tapes, foreign language publications, and newspapers.

Ethnic Appreciation Committee

Mayor's Office
229 Main St.
P.O. Box 2019
Nashua, NH 03061
Ann Ackerman, Chairperson
(603)

Formerly and ad hoc committee, the EAC has recently received a charter from the city of Nashua to encourage appreciation of ethnic diversity.

New Hampshire Preservation Alliance

264 N. Main
P.O. Box 268
Concord, NH 03301 www.nhpreservation.org
Contact: Jennifer Goodman
(603) 224-2281 admin@nhpreservation.org

Inherit Hew Hampshire is dedicated to preserving the structures and communities that reflect our state's diversity.

International Institute of NH

315 Pine St.
Manchester, NH 03103
Anne Sanderson, Site Director
(603) 641-6190

A community center for refugees in New Hampshire, the institute helps resettle about 280 people per year from such countries as Bosnia, Vietnam, Kurdistan, Sudan, Liberia, and Nigeria.

Lutheran Community Services

Ann Dancy
Ph. No. 224-8111
261 Sheep Davis Road
Suite A-1
Concord, NH 03301

Martin Luther King Coalition

Phone: (800) 654-1270

Contact: Sally Crateau

The Martin Luther King Coalition sponsors the Martin Luther King Day Celebration in Manchester, and offers year-round educational programs on the life, work, and philosophy of Martin Luther King, Jr.

NH Advisory Committee to the U.S. Commission on Civil Rights

77 Central St.

Manchester, NH 03103

(603) 669-7070

Robert Raiche, Chair

Advises the federal commission of problems of discrimination and the delivery of justice as seen in the State of NH.

NH Dept. of Cultural Affairs

20 Park St.

Concord, NH 03301

Van McLeod, Commissioner of Cultural Affairs

(603) 271-2540

A state department dedicated to identifying, promoting, and protecting New Hampshire's culture and heritage.

NH Catholic Charities

215 Myrtle St.

Manchester, NH 03104

(603) 669-3030

Provides services to people of all ages, regardless of race or religious affiliation including individual, family, marital, and post-abortion counseling (sliding scale fee); Spanish and Portuguese translation; parish and community outreach; elderly services and support groups.

Offers a variety of services for immigrants and refugees including counseling, resettlement, citizenship classes, and testing. Offices include:

Immigration and Refugee Services

Tim Kelly, Coordinator

Multi-Cultural Ministries Office

Sister Mary Crosby, coordinator

(603) 669-3100 ext. 188

153 Ash Street P.O Box 310

Manchester, NH 03104-1310

Rivier College - Multicultural Programs

420 Main Street.

Nashua, NH 03060-5086

(603) 897-8676

Contact: Sharron Rowlett,

Coordinator of Multicultural Programs

srowlett@rivier.edu

The purpose of the Multicultural Affairs Office is to promote diversity and multiculturalism on campus and a respect and appreciation of the spirit of diversity among the campus community. The Multicultural Office has a twofold goal: to prepare the College community in a variety of ways to respond to our culturally diverse society with insight, sensitivity and skill; and to develop over time a student body, faculty and staff more reflective of that diversity in its composition.

UNH Durham

Sean McGhee
Office of Multicultural Students affairs
83 Main street
Durham, NH 03824
Ph. No. (603) 862-0324

Vietnamese Buddhist Temple

Chua Phi Oc Dion Temple
684 Auburn Street Manchester, NH 03103

NH Cultural Competency Advisory Committee
The Office of Minority Health
NH Minority Health Coalition

Celebrations:

Caribbean Festival (August), Organized by the UJIMA collective (see page 6)

Latino Festival (August), Organized by Latinos Unidos of NH (see page 6)

Bastille Day Celebration, Organized by the Franco-American Center (see page 8)

GLENDI Greek Festival (July 3 days each summer), Organized by St. George's Cathedral (see page 8)

Haitian Festival, Organized by Haitian Community Center of NH (see page 8)

International Festival

Diversity Gala (November), organized by the Diversity Gala Planning Committee with participation by Leadership NH, office of Minority Health, DHHS, NHMHC, and more.

Martin Luther King Day (third Mon. of January) Organized by Martin Luther King Day Coalition.

Tet Day, Vietnamese NY Celebration

MLK Day, (Third Monday of January) Organized by MLK Day celebration

Eid-ul-Fitar, Celebrated by Muslims on the first day of their holy month “Shaban”.

Eid-ul-Azha, Celebrated by Muslims on the 10th day of holy month Zil-Hajj.

Polish Christmas Fair, (December)

CURRICULUMS & TRAINING

For Educators/ Youth workers:

Celebrating Our Nation's Diversity

A teaching supplement to help educators teach student's about our country's diversity, reinforced with data gathered from the 1990 Census. The supplement contains two teaching units: Unit 1 is for elementary school and consists of six consecutive lessons. Unit 2 was designed for junior and high school students and consists of five independent lessons. In addition, the teaching supplement provides an overview of demographic concepts about diversity, vocabulary toolboxes, data tables of foreign born populations, U.S. race and ethnicity maps, and five census questionnaire content bulletins that describe information on diversity from the 1990 census.

Cultural Diversity Task Force

Destination: Poland

Offers teachers a variety of lessons and activities designed to introduce students in grades 3-12 to the culture of Poland. The lesson plans equip teachers to help their students acquire a better understanding not only of the country of Poland, but also of the European continent, United States, and their own communities.

Cultural Diversity Task Force

Diversity and Bias Awareness: A Look at Stereotypes

Developed by Teens, Crime, and the Community as one of several workshop curriculums. Teens will discuss the positive aspects of diversity, then look at themselves and the many labels that could be used to describe them. They will examine stereotyping and prejudice and consider what it feels like to be on both the sending and receiving end, and practice objecting to stereotyping. Strategies include self-assessment, small group discussion, learning stations, role play, debriefing, and journal writing. 2 hrs. 30 min.

Weed and Seed

Hate Crimes: What They Are and What You Can

Developed by Teens, Crime, and the Community as one of several workshop curriculums. Teens will examine motives behind hate crimes, investigate and report on examples of hate crimes involving teens, and consider a continuum of hate crime from discrimination to genocide. Teens will also look at some positive responses to hate crimes by their peers. Strategies include group discussion, news broadcasts, paired discussion, debriefing, brainstorm, case study, and journal writing. 2 hrs.

Weed and Seed

Inclusion Equity and Tolerance: Increasing Tolerance and Respect

Training curriculum was developed by New England Desegregation Assistance Center, a program of the Education Alliance at Brown University for a "train-the-trainers" 1998 workshop for Manchester Public Schools. The training packet includes worksheets on cycles of oppression, Title IX, sexual harassment guidelines, student and teacher bias and discrimination, "quizzes," curriculum change stages/processes, articles, and bibliography. **Cultural Diversity Task Force**

Understanding Cultural Differences

Questions, activities, definitions to present cultural diversity. The training defines terms and discusses the importance of cultural awareness and tolerance for cultural differences to successful intervention with children and families. **Weed & Seed Resources Binder. (Recommended by Makin' It Happen)**

Walk in My Shoes- 4H Training

UNH Cooperative Extension (will mail or fax)
For health/human service providers:

Cross Cultural Mental Health

A resource manual for internal promoters prepared by the Mental Health Center of Greater Manchester and NH Minority Health Coalition. Contains handouts, worksheets, articles used for clinical staff training to define culture and cultural competency and become increasingly aware of how cultural issues affect mental health. The manual also contains information to recognize how differences in cultural groups may affect access to treatment in mental health care, identify behaviors and attitudes that help improve cross-cultural communication, and understand barriers to services faced by cultural groups.

NH Minority Health Coalition

Cultural Awareness in the Human Services

Guide prepared by William T. Oswald, PH.D, Springfield College, from the book Cultural Awareness in the Human Services, by James W. Green. Green and Oswald's writing focuses on the compelling need for understanding *ethnic competence as awareness of one's own cultural limitations and help seeking behavior* in order to learn/exercise/utilize/implement skills, policies, supportive, educational, and training programs that enable social service providers to provide culturally acceptable services.

Cultural Diversity Task Force

National Multicultural Institute - Teaching Skills and Cultural Competency: A Guide For Trainers

Manual designed for the trainer who has a clear understanding of diversity issues, intermediate level of experience in designing and conducting cultural diversity workshops, and has significant training experience. Guide containing a wide range of training materials, training tips, and extensive listing of resources materials to help trainers design and deliver "Teaching Skills and Cultural Competence." Sample agendas are included so that individual lecturettes can be used with different exercises, simulations, videos, and role plays in order to tailor the workshop to meet specific training goals.

NH Minority Health Coalition

Nutrition

A resource compilation of nutrition education in culturally and linguistically appropriate material for Amharic, Arabic, Bengali, Bosnian, Cambodian, Chinese, English, Farsi, French, German, Greek, Gujarati, Haitian Creole, Hebrew, Hindi, Hmong, Igbo, Japanese, Korean, Kurdish, Laotian, Oromo, Polish, Portugese, Romanian, Russian, Somali, Spanish, Swahili, Thai, Tigrinian, Turkish, Ukrainian, Urdu, Vietnamese, and Yoruba cultures.

NH Minority Health Coalition (also downloadable in PDF from
<http://monarch.gsu.edu/nutrition/download.htm>

BOOKS & VIDEOS

Books

Culture/ Cultural Competency

American Ways: A Guide for Foreigners in the United States Althen, Gary *Intercultural Press, Inc.*, 1996.

Designed for non-Americans who want (or need) to understand the "strange" ways of the Americans they meet. Althen is a long time foreign student advisor who has spent many years interpreting the customs of Americans to students, immigrants, and other visitors to the U.S. He describes the basic characteristics of American culture, and shows how they are reflected in the many aspects of American life that the foreigner encounters. He also offers concrete suggestions in response to cross-cultural encounters.

NH Minority Health Coalition

Basic Concepts of Intercultural Communication ed. Bennett, Milton J. *Intercultural Press, Inc.*, 1998.

Collection of articles which includes both classroom and contemporary thinking by preeminent scholars and practitioners in the field on intercultural relations. Offers an introduction to intercultural communication for the newcomer and a journey back to the field's conceptual roots for the seasoned practitioner. Serves as text in both introductory and advanced courses in intercultural communication, cross-cultural understanding, and multiculturalism.

NH Minority Health Coalition

Beyond Culture Hall, Edward T. *Anchors Books*, 1976.

Beyond Culture is a proud celebration of human capacities. Hall believes that for too long, people have taken their own ways of life for granted, ignoring the international cultural community that surrounds them. Therefore, it is time now to discover a lost self and sense of perspective.

NH Minority Health Coalition

Finding the Middle Ground: Insights and Applications of the Value Orientations Method ed. Russo, Kurt W. *Intercultural Press, Inc.*, 2000.

Comprises 14 papers presented by renowned scholars and practitioners at two Florence R. Kluckhohn Center for the Study of Values symposia.

NH Minority Health Coalition

Educators/Trainers

Figuring Foreigners Out Storti, Craig *Intercultural Press, Inc.*, 1998.

Self-instructional training manual for educators, trainers, and individuals. The user-friendly workbook addresses concepts at the heart of intercultural communication through cross-cultural dialogues as a sort of pre-and post-test for the many ideas which he introduces.

NH Minority Health Coalition

Global Winners: 74 Learning Activities for Inside and Outside the Classroom Drum, Hughes, and Otero *Intercultural Press, Inc.*, 1994.

Dynamic guide to strategies for global education for teachers, trainers, curriculum supervisors, and anyone concerned with effective global perspectives. Includes 74 hands-on exercises, role plays, simulations, and other activities for use inside and outside the classroom. Primarily aimed for K-12 educators, yet adaptable. Materials cover a broad range of topics including global environment, demographic, intercultural, economic, social, and political issues.

NH Minority Health Coalition

Hidden Messages: Instructional Materials for Investigating Culture Finkelstein and Eder *Intercultural Press, Inc.*, 1998.

Intended principally for middle and high school teachers- unique ideas and lesson plans for exploring culture and adding a multicultural perspective to diverse subjects. Chapters include Seeing the Invisible: Exploring Culture through Objects; Seeing Through Words: Autobiography Fiction as Vehicles for Cultural Understanding; Seeing through Images: Cultural Learning Through Film; Seeing Through Language: Preparing Second or Foreign Language Learners to Explore Culture.

NH Minority Health Coalition

Intercultural Sourcebook: Cross-Cultural Training Methods vol 1 Fowler, Sandra M. and Mumford, Monica G. *Intercultural Press, Inc.*, 1995.

Examines both principal methods used in cross-cultural training and a selection of specialized techniques and instructional devices. Six methods are examined in twenty articles. In each, a lead article traces the development and use of the method; several articles then offer specific applications.

NH Minority Health Coalition

Intercultural Sourcebook: Cross-Cultural Training Methods vol 2 Fowler, Sandra M. and Mumford, Monica G. *Intercultural Press, Inc.*, 1999.

Comprehensive collection of training methods and exercises used by top trainers in the cross-cultural field. Includes 34 articles by leading trainers and covers new or divergent training methods for cross-cultural skill development and intercultural learning. (self awareness inventories, videotapes, exercises, area studies)

NH Minority Health Coalition

Other People's Children: Cultural Conflict in the Classroom Delpit, Lisa *The New Press*, 1995.

Suggests that many of the academic problems attributed to children of color are actually the result of miscommunication as schools and "other people's children" struggle with the imbalance of power and the dynamics of inequality plaguing our system.

NH Minority Health Coalition

Racism Explained to My Daughter Ben Jelloun, Tahar *The New Press*, 1999.

A unique and compelling dialogue in which Tahar Ben Jelloun explains the concepts from ghettos and genocide to slavery and anti-Semitism in language we can all understand. This book comes out of their frank discussions with his ten-year-old daughter to a street protest against anti-immigration laws in Paris.

NH Minority Health Coalition

That's Not Fair! A Teacher's Guide to Activism With Young Children Pelo, Ann and Davidson, Fran *Redleaf Press*, 2000.

An anti-bias curriculum offers the skills children need to accept differences, collaborate with others, pay attention to other's feelings, ideas, and needs, speak about fairness, and take responsibility for solving problems. Calendar, music, activities, and others are "guidelines rather than recipes" help teachers reflect on children's lives and create an anti-bias curriculum directly linked to their experiences.

NH Minority Health Coalition

Training Know-How for Cross Cultural and Diversity Trainers Kohls, L. Robert and Brussow, Herbert L. *Adult Learning Systems, Inc.*, 1995.

Provides an introduction to the mechanics of the training field. The book is designed so that it can be used in "train-the-trainers" workshops, or by individual trainers who want to improve their understanding and ability in any of the four elements listed below:

- PHILOSOPHY of the field
- TECHNOLOGY of the field
- METHODOLOGIES of the field
- PERFORMANCE SKILLS of the trainers

NH Minority Health Coalition

Culture Specific

A Providers Handbook on Culturally Competent Care

- African American Population
- Asian and Pacific Island American Population
- Latino Population
- Lesbian, Gay, Bisexual, and Transgendered Population

Each handbook provides demographics, health beliefs and behaviors, risk factors, major diseases, genetic and infectious disease, special areas of clinical focus, childhood and adolescent health, and mental health for the population.

NH Minority Health Coalition

CCHCP Community Profile Series

- Cambodian Community in the U.S.
- Chinese Community in the U.S.
- Hmong Community in the U.S.
- Japanese Community in the U.S.
- Vietnamese Community in the U.S.
- Filipino Community in the U.S.

Each handbook provides demographics, brief history, immigration history, cultural characteristics, health, and notable dates in history for the community.

NH Minority Health Coalition

Health/Health Care

Caring for Patients from Different Cultures Galanti, Geri-Ann. *University of Pennsylvania Press*, 1997.

Argues that if the goal of the American medical system is to provide optimal care for all patients, health care providers must understand cultural differences that create conflicts and misunderstandings that can result in inferior medical care. Offers 172 case studies, cross-referenced in the index, and a comprehensive bibliography arranged by both ethnic group and topic. Topic chapters include pain, dietary practices, staff relations, death and dying, and mental health.

NH Minority Health Coalition

Community Health Psychology: Empowerment for Diverse Communities De La Cancela, Chin, and Jenkins *Routledge*, 1998.

Comprehensive examination, including both historical and contemporary accounts, of our populations of color in the United States. The essays describe community health psychology models that will inspire integrative approaches to health care administration for diverse communities- improved access, communication, and cultural awareness.

NH Minority Health Coalition

Cultural Diversity in Health and Illness Spector, Rachel E. *Prentice Hall Health*, 2000.

Examines the differences existing within North America by probing the health care system and consumers, and by studying examples of traditional health beliefs and practices among selected populations. Features concepts with practical application, important data with new tables, charts, and illustrations, statistical overview of the diversity of patient populations, and explores the beliefs and practices of various populations groups.

NH Minority Health Coalition

Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions

Gropper, Rena C. *Intercultural Press, Inc*, 1996.

Uses critical incidents to educate health professionals about the importance of cultural differences in health care delivery. Each incident presents a cross-cultural conflict or problem in a clinical context for which the reader must choose the best of four possible explanations. Among the 23 cultures represented in the incidents are African American, Mexican, Asian American, Dominican, Filipino, Haitian, Latino American, Mexican, Native American, Rom (Gypsy), and Vietnamese.

NH Minority Health Coalition

Ethnicity and Family Therapy McGoldrick, Monica, Giordano, and Pearce. *The Guilford Press*.

Encompasses the broad range of cultural influences encountered in clinical practice today. Covers 23 new groups, including 10 different European groups and many different Latino, Asian, African, American Indian, and Arab cultures. An ideal text for advanced courses in family therapy, social work, psychotherapy, and counseling.

Recommended by Michael Worsley

Patients and Healers in the Context of Culture. University of California Press. Berkley, CA 1980

Promoting Cultural Competence in Children's Mental Health Services Hernandez and Isaacs *Paul H. Brooks Publishing Co.*, 1998.

Offers ways to improve children's mental health programs in a multicultural society. Outlines strategies for fostering mental health programs for children, ages birth to 18, and their families. Mental health administrators and service providers will find self-assessment tools, troubleshooting suggestions, planning assistance, methods of recruiting and retaining an ethnically diverse staff, and tips on operating in a managed care system. Offers advice on special issues. Useful to social workers, counselors, psychiatrists, school psychologists, public health officials, and health care professionals.

NH Minority Health Coalition

Sexual Orientation

Hatred in the Hallways: Violence and Discrimination Against Lesbian, Gay, Bisexual, and Transgender Students in U.S. Schools published by *Human Rights Watch* , 2001

This report challenges the lessons that youth often learn that respect for human rights is selective and that discrimination and persecution are acceptable.

Weed & Seed

A Male/Female Continuum: Paths to Collegueship Pierce, Wagner, and Page *New Dynamics*, 1988

Power equity and gender imbalance specialists assist readers away from dominance and subordination to greater equity and empowerment. Encourages positive change and growth for anyone wishing to embark on a gender journey.

Weed & Seed

A Providers Handbook on Culturally Competent Care: Lesbian, Gay, Bisexual, and Transgendered Population Kaiser Permanente

Provides demographics, health beliefs and behaviors, risk factors, major diseases, genetic and infectious disease, special areas of clinical focus, childhood and adolescent health, and mental health for the population.

Weed & Seed

Sexual Orientation and Identity: Heterosexual, Lesbian, Gay and Bisexual Journeys Wishik and Pierce *New Dynamics*, 1995

Explains how information, attitudes, and values about sexual orientation, sexual identity, and gender emerge, are internalized, and affect individual, organizational, and community development and behavior. Also contains a four-color continuum diagram which illustrates sexual orientation and identity development.

Weed & Seed

VIDEOS

Shadow of Hate

The Angry Heart: The Impact of Racism on Heart Disease Among African Americans Jay Fedigan (57 min. video)

Spotlights the modern epidemic of African Americans dying from heart disease at rates which are disproportionately higher than those of white Americans through the story of Keith, a 45 year old man who has already experienced two heart attacks and quadruple bypass surgery. In the documentary, he analyzes the variety of risk factors that are inseparable from racism, discrimination, poverty, segregation, and substandard education for African Americans. He also discusses the role of family, church, and community ties which have supported him through his recovery.

Recommended by Michael Worsley, available to order through

http://www.fanlight.com/catalog/FILMS/331_ah.htm

Cold Water: Intercultural Adjustment and Values Conflict of Foreign Students and Scholars at an American University (48 min. video and facilitators guide)

Interview of 12 university foreign students about their experience of living and studying in a new culture. An excellent resource for any program wishing to help its participants understand better the cross-cultural adjustment process and what the experience of being a foreigner in the U.S. is like. Useful for foreign student, refugee, or TA orientation programs; briefing for American personnel dealing with foreign students. And orientation for exchange students or Americans in which study abroad programs and ESL or other courses in which cross-cultural interaction is significant.

NH Minority Health Coalition

Communicating Effectively Through An Interpreter: An Instructional Video for Health Care Providers (28 min. video)

Designed to help providers choose an appropriate interpreter, recognize the signs of professional and unprofessional interpretation, work effectively with a trained interpreter, and guide an untrained interpreter.

NH Minority Health Coalition

A Credo for Support (4 min. video)

Short and powerful video offers a series of suggestions for people who care about and support someone with a disability. Designed for use in presentations, in-service, staff training, and orientation programs.

NH Minority Health Coalition

How Issues of Class Affect Clinician/Patient Relationships

Hew Hampshire Hospital & Dartmouth Medical School - Grand Rounds 2/15/01

NH Minority Health Coalition

Impact of Institutional Racism (Camara Jones)

NH Minority Health Coalition

Joan Fountain: Telling It Like It Is

Hilarious account of situations diversity trainers may encounter. Offers practical advice and strategies on how to handle participants, difficult questions, and unexpected issues that may arise.

NH Minority Health Coalition

Living in New Hope (105 min. video)

Captivating documentary follows 19 executives, managers, consultants, and educators through four days of living in the society of New Hope. A real-life look at power and leadership.

NH Minority Health Coalition

The Shadow of Hate: A History of Intolerance in America (40 min. video)

Documentary video that chronicles the legacy of intolerance in U.S. History.

A video-and-text kit for middle and upper levels. Includes a 40-minute video; a 128-page illustrated text, *Us and Them*; and a teacher's guide. Free, one per school, university department, community or religious organization, upon written request on letterhead from principal, department chair, director or leader. Individual purchase: \$30 (includes UPS charges). <http://www.splcenter.org/cgi-bin/goframe.pl?refname=/teachingtolerance/tt-2.html>

*** Anti-Defamation League videos

Contributed by: Admin <http://databank.ncss.org/index.php?topic>

<http://databank.ncss.org/index.php?topic=I>The Anti-Defamation League (ADL) has announced the availability of videos on the civil rights movement, and race relations in this country. Titles include *Neighbors*, which characterizes the "not in my backyard" phenomenon, winner of the 1994 Dore Schary Award for student films and videos (8 minutes, \$ 75.00); *Can We All Get Along?*, shown in the aftermath of the 1992 Los Angeles riots (nine 15-minute segments, \$ 99.95); and *Behind the Mask*, a video using artwork created by children and a script based on their perceptions to explore the uniqueness of each individual (for early elementary grades, includes a discussion guide, 8 minutes, \$ 40.00). To receive a Material Resource Catalog listing or to order, call ADL Materials Library, Dept. VPR at 800-343-5540, or fax your request to 201-652-1973.

Eye of The Storm

Iowa teacher Jane Elliot conducts an eye-opening test of prejudice in her classroom. In a two-day experiment, third-graders are separated into "superior" blue-eyed children and "inferior" brown-eyed children. On the second day, the roles are reversed. This documentary explores the behavioral effects, attitudes, and classroom performance of the children as they suffer from the segregation, discrimination and prejudice of the experiment.

Contact Joyce Palmer: YMCA work phone 623-3558.

INTERNET RESOURCES

Diversity - general

<http://www.diversityinc.com>

One of the many facets of DiversityInc is a free daily diversity e-newsletter (some articles are available only to paying subscribers). This site is a great source for individuals, corporations, journalists, students/educators, and military personnel. A “career center” complements articles for best practices in business, recruitment, etc. as well as “hot topics” including affirmative action, legal, reparations, census, and specific industries.

www.communitychangeinc.org

Community Change Inc. (CCI) is a small, non-profit organization with a particular focus on systemic racism committed to serving as a center for action and collaboration among individuals and multiracial grassroots groups in the fight to achieve racial justice and equity. This website was created to maximize outreach to the local community as well as to the worldwide Internet community. Here you will find a listing and catalog of our collections and resources in our **Boston Yvonne Pappenheim Library on Racism** of nearly 2,000 books, 200 videos and audio-tapes, and many periodicals and collected resource files (adult and children).

The site also provides some great links, categorized by anti-racism, employment, civil rights, sex/gender, disability, sexual orientation, diversity initiatives and training, U.S. government, and others. Also check out “**Events**” for more information about lunch series, lectures, exhibits, and more!

www.diversityinitiative.org

Diversity Initiative was established in 1990 by the Human Services Personnel Collaborative to provide technical assistance and funding to nonprofit human services and cultural organizations committed to creating greater racial, ethnic, and cultural diversity within their staff and boards.

Though Diversity Initiatives works with Boston based agencies, some very **useful brochures** can be found under “Publications.”

www.alloneheart.com

All One Heart is an organization to promote harmony among all people, regardless of culture, race, religion, age, gender, sexual orientation, or physical or mental ability. A particularly neat section to check out is “Your Ideas.” Here, users can post and read experiences or suggested activities on a Message Board. This is also a great place to order multicultural/diversity books, videos, dolls, greeting cards, gift, and t-shirts.

<http://adl.org>

The Anti-Defamation League has been fighting anti-semitism, bigotry, and extremism since 1913 and continues to be an excellent resource. Articles, websites, and various resources are organized by country or topic, including terrorism, extremism, civil rights, religious freedom, holocaust, international affairs, and interfaith. ADL also invites you to take action on these issues through the **Legislative Action Center** by providing forums to write to President Bush and senators and representatives.

ADL also has a great (free) resource catalog that can be ordered.

<http://stirfryseminars.com>

Stir Fry seminars is an excellent diversity consultant and trainer in CA. Even though its services are on the west coast, the website's Films, Books, and Essays section is definitely worth checking out! Here you will find titles, abstracts, and articles for effective resources.

<http://www.library.pitt.edu/about/biblio.html#reader>

Cultivating Diversity: Rediscovering Ourselves, Our Services, and Our Clients Volume 3

Bibliography was prepared by the University of Pittsburgh's Diversity Committee but serves as an excellent resources for others. The extensive bibliography lists resources for materials on a range of subheadings **including concept of diversity, diversity in the workplace, higher education, and personnel and management by minority groups, age, sexual orientation, etc.**, respectively. Many resources can be found at local and state libraries. (Hard copy also available at Weed and Seed resource center)

<http://splcenter.org>

The Southern Poverty Law Center is a nonprofit organization that combats hate, intolerance, and discrimination through education and litigation. Its programs, including the Intelligence Project, Teaching Tolerance, and Tolerance.org are excellent resources law enforcement agencies, schools, and any tolerance advocates. In particular, the site offers a fantastic **on-line hate crime training**.

If you're an **educator** make sure to check out **Teaching Tolerance**, a national education project dedicated to helping teachers foster equity, respect, and understanding in the classroom and beyond. Here, you can also order their magazine, and download fantastic classroom activities, tools, grants, and other useful resources. Also check out tolerance.org.

<http://www.hrpress-diversity.com/50mcd.html>

"The largest selection of cultural diversity training materials for the workplace." Binder available to order of 50 activities including group discussion sessions, games, case studies, and written exercises and questionnaires. Site also has extensive on-line catalog.

Educators

<http://facing.org>

Facing History has engaged teachers and students of diverse backgrounds in an examination of racism, prejudice, and anti-Semitism in order to promote the development of a more humane and informed citizenry. By studying the historical development of the Holocaust and other examples of collective violence, students make the essential connection between history and the moral choices they confront in their own lives. Use the "Site Map" to locate educational resources, professional development workshops and trainings, and contact information and events for the New England regional office.

Facing History also invites you to partner in their endeavor through support of gifts of stock, benefit dinners, planned giving, and online gift opportunities.

<http://databank.ncss.org/index.php?topic=I&page=6>

Provides links to order CD roms, books, videos, and resources on a variety of diversity/cultural issues.

Health Care Providers

<http://www.aoa.gov/may2001/factsheets/Serving-Our-African-American-Elders.html>

<http://www.aoa.gov/may2001/factsheets/Serving-our-Hispanic-American-Elders.html>

<http://www.aoa.gov/may2001/factsheets/AINANHP.html>

<http://www.aoa.gov/may2001/factsheets/Serving-our-Asian-American-and-Pacific-Islander-Elders.html>

<http://www.aoa.gov/may2001/factsheets/LGBT.html>

<http://www.aoa.gov/may2001/factsheets/Caregiver-Diversity.html>

<http://www.aoa.gov/may2001/factsheets/Cultural-Competency.html>

The Administration on Aging's fact sheets are great tools pertaining to cultural/sexual orientation/caregiver issues of the elderly. The culture specific sheets provide explanation and information regarding leading cause of disease, family caregiving practices, education, living arrangements, dietary preferences, etc. The Achieving Cultural Competence guidebook for providers of services to older Americans outlines the principles of Cultural Competency, values and attitudes, communication styles, community/consumer participation, service delivery, training and professional development.

www.serve.com/wellness/culture.html

www.georgetown.edu/research/gucdc/nccc/ncccll.html

www.aamc.org/students/minorities/start.htm

www.msu.edu/user/coemeh/index.htm (click on the resource icon)

<http://www.familiesusa.org/media/pdf/AAfact.pdf>

The Kaiser Commission on Medicaid and the Uninsured has a selection of articles from the June 2000 newsletter on Health Insurance Coverage and Access to Care Among: Asian Americans and Pacific Islanders, African Americans, Hispanics, and other minority populations. These can be downloaded as HTML or PDF. Each article (2-3pg) uses graphs and research to explain health insurance coverage, access to health care, and policy implications for a specific minority group.

<http://www.georgetown.edu/research/gucdc/nccc/nccc7.html>

The National Center for Cultural Competence at Georgetown University's Center for Child and Human Development's homepage offers a "quiz" a use may take to gauge their sensitivity, tolerance, and understanding of practices that promote a culturally diverse and culturally competent environment. The website also offers excellent cultural competency resources- **planning guides, curriculums, and checklists** (in English and Spanish) which can be downloaded. For extensive resources, go to the **Resource Database for approximately 200 approved for online access.**

"Weblinks" also provides numerous sites focusing on culturally and linguistically appropriate services to children.

<http://www.amsa.org/div/divres.cfm>

Diversity in Medicine is a great source for those practicing or interested in **health policy, global health, community and public health, advocacy**, among others. Check out the **publications and weblinks!**

Culture- Specific

http://www.state.nh.us/governor/energycomm/images/ethnic_community_profiles.pdf

Ethnic Community Profiles is a Governor's Office of Energy and Community Services compilation of selected underserved ethnic community profiles that are intended to provide example approaches taken by various health and human service organizations in an effort to better understand the diverse needs of their constituents. Minority populations included: **Bosnian, Cambodian, Cuban, Ethiopian and Eritrean, Roma, Haitian, Hispanic, East Indian, Iraqi, Korean, Kosovo, Kurds, Laotian, Liberian, Nigerian, Somalian, Sudanese, and Vietnamese.** (Hard copy also available at Weed and Seed resource center)

<http://monarch.gsu.edu/nutrition/download.htm>

A resource compilation of **nutrition** education in culturally and linguistically appropriate material for Amharic, Arabic, Bengali, Bosnian, Cambodian, Chinese, English, Farsi, French, German, Greek, Gujarati, Haitian Creole, Hebrew, Hindi, Hmong, Igbo, Japanese, Korean, Kurdish, Laotian, Oromo, Polish, Portugese, Romanian, Russian, Somali, Spanish, Swahili, Thai, Tigrinian, Turkish, Ukrainian, Urdu, Vietnamese, and Yoruba cultures.

Hard copy also available at NH Minority Health Coalition