



PHOTO COURTESY ALEX CHIU

Mazzy Chiu stands in front of an image of her likeness that was created to celebrate cultural diversity for a Max Station mural on 82nd Avenue by her artist father Alex Chiu.

Celebrating Diversity

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Planning and Sustainability.

“As an Asian American, I’ve felt and observed rising political and racial tension in America. The reason why I chose to paint a diversity of people is because the image of diversity is what I feel makes America a beautiful place. I believe that the US is a

country that embraces all people. People of color and marginalized people deserve representation in all forms; television, movies, art, political office, and leadership positions. I hope to depict that in my artwork as well,” Chiu said.

Chiu currently teaches classes for the public access cable TV organization Open Signal, including stop-motion animation for chil-

dren, using iPads. He said he wants to do more public art pieces as well.

“I’m looking for more opportunities to...kind of highlight communities that need to be seen and need to be heard. I am looking to try to do more work along those lines and work for the community,” Chiu said.

Alex can be reached at alexdoodles.com, for more information.

Improving Birth Outcomes

CONTINUED FROM FRONT

making meals, helping with baby baths and running herbal baths for the mom. Doulas work in all birth settings, hospitals, homes and birth centers. It is up to the parent where she chooses to birth.

Monroe says she is committed to keeping the ICTC Full Circle Doula Birth Companion curriculum intact. Only the name will change to SMC Full Circle Doula Birth Companion training to reflect the new ownership.

The instruction will continue teaching about all the aspects and stages of pregnancy, from fertility and reproduction to postpartum and breastfeeding. The instruction is geared to be inclusive to everyone, as pregnancy is just

one aspect of women’s health, and the instruction covers nutrition, healthy movement, breast health and information on healthy menstrual cycles.

All women can benefit from the training, Monroe says, as it is “a passage to womanhood” and “normalizes birth” and other areas of women’s health. Even three men and one transgender man have trained with her to become full circle doulas.

The cultural competency element is a large part of the program. Monroe makes it a point to address the consequences of systemic racism in society. She points to issues that can contribute to unhealthy outcomes for expectant mothers, such as food deserts, racial profiling in the justice sys-

tem and the medical profession, and the stress that comes from not being able to access culturally competent doulas.

As her consulting business moves forward, Monroe hopes that the services become more mainstream, that the community grows to include more national trainers, and that health institutions will seek her doula graduates as stellar persons to have in their company with unique skill sets.

“This business adds value, not just to people and families of color, but to the entire city of Portland,” she said.

For more information about Shafia Monroe Consulting/Birthing Change, and the training sessions offered, visit shafiamonroe.com.



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