

Chinese-American Sunshine House (CSH)

Workshops Series Spring 2017

Thursday Talks!!!

Mental Health Matters

This Spring, CSH presents to you “*Mental Health Thursday Talks*” to raise awareness of mental health needs and enhance outreach efforts to new immigrant families and communities. This family-friendly series will feature free parenting classes and workshops on various mental health topics. It’s FREE, FUN & EDUCATIONAL and it all happens on **Thursdays**.

Workshop Schedules

10:00am-11:00am	Mental Health Workshop (3/30, 4/13, 4/27, 5/11, 5/25)
12:00pm-1:00pm	Parenting Class (3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, & 5/18)

The workshops are taught by Licensed Mental Health Professionals. If you are interested or for more information, please contact Winnie Hu at 917-969-7018 or you can email her at: winniehu@chinesesunshinehouse.org

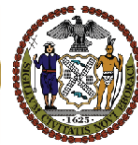
Sponsored by:  CHINESE AMERICAN MEDICAL SOCIETY  CAIPA
美洲中華醫學會 亞美醫師協會

Location: 6304 5th Avenue

Brooklyn, NY 11220



Assistant Speaker
Felix W. Ortiz



Council Member
Carlos Menchaca



Assemblyman 49th District
Peter J. Abbate, JR.

陽光心理安康中心 2017年春季心理健康講座系列

週四心理健康講解室!!!

齊來關注心理健康

這個春季，陽光心理安康中心將再呈現給大家“週四心理健康講解室”。這個講解室將包括為期 5 堂的心理講座及 8 堂的親子講座，由專業人士為民眾講解各類心理健康常識。我們想通過這些活動去提高新移民家庭對精神方面的認識和加強知識的提升。這些活動將免費開放予所有公眾人士參與。

講座時間表

早上: 10:00 - 11:00	心理健康講座 日期: 3/30, 4/13, 4/27, 5/11, 5/25
下午: 12:00 - 1:00	親子講座 日期: 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, & 5/18

此講座是由經驗豐富的紐約州註冊心理輔導專家主講

預約聯系人: 胡小姐 電話: 917-969-7018

電子郵件: winniehu@chinesesunshinehouse.org

地點: 6304 五大道 一樓 布魯克林,
紐約 11220(位於63街夾64街之間)

贊助商:



Assistant Speaker
Felix W. Ortiz



Council Member
Carlos Menchaca



Assemblyman 49th District
Peter J. Abbate, JR.