

Chinese-American Sunshine House (CSH)

Workshops Series Spring 2018

Noontime Talks!!!

“Mental Health Matters”

This Spring, CSH presents for you “*Noontime Talks*” to raise awareness of mental health issues 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 at noontime.

Workshop Schedules

	Parenting Wednesday	Mental Health Thursday
Time:	12:30pm - 1:30pm	12:15pm-1:00pm
Date:	3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25	3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3

Refreshment will be provided!

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

陽光心理安康中心

2018年春季心理健康講座系列:

午間課堂!!!

“齊來關注心理健康”

這個春季，陽光心理安康中心將提供給大家“午間課堂”。這個課堂將包括為期 10 堂的心理健講座及 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和加強新移民家庭對精神方面的認識。這些活動將**免費**開放予所有公眾人士參與。

講座時間表

	親子講座 星期三(8堂)	心理健康講座 星期四(10堂)
下午:	12:30 - 1:30	12:15 - 1:00
日期:	3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25	3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3

本中心會提供小吃

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

贊助商：



CHINESE AMERICAN MEDICAL SOCIETY

美洲中華醫學會



亞美醫師協會



Assistant Speaker
Felix W. Ortiz

地點：6304 五大道 一樓 布魯克林，

紐約 11220(位於63街夾64街之間)