

# Chinese-American Sunshine House (CSH)

## Workshops Series Spring 2019

### Noontime Talks!!!

### “Mental Health Matters”

This Spring, CSH presents you “Noontime Talks” again 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

	<b>Parenting Wednesday</b>	<b>Mental Health Thursday</b>
<b>Time:</b>	<b>12:15pm - 1:15pm</b>	<b>12:15pm-1:00pm</b>
<b>Date:</b>	<b>3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, &amp; 5/1 (8 weeks)</b>	<b>2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25 &amp; 5/2 (10 weeks)</b>

The workshops are taught by 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](mailto:winniehu@chinesesunshinehouse.org).

**Location: 6304 5th Avenue, Brooklyn, NY 11220**

Supported by:



# 陽光心理安康中心

## 2019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再次為大家提供“午間課堂”。這個課堂將包括為期 10 堂的心理健講講座及 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來提高及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)
時間:	下午 12:15 - 1:15	下午 12:15 - 1:00
日期:	3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, & 5/1	2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25 & 5/2

此講座是由經驗豐富的心理輔導專家主講

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