

阳光心理安康中心

线上心理健康系列讲座

疫情期间，越来越多的心理问题爆发，对心理健康教育的需求也日益增加。阳光心理安康中心将开设线上心理健康系列课程，向华人普及心理健康知识，参与者将以小组的形式共同学习、分享困扰、互相帮助。

5月8日起 每周五 3:00-3:45PM

Zoom Meeting ID: 979 3121 7618

联系电话: (917) 969-7018

微信: CSHNYC



扫描二维码上课

Chinese American Sunshine House

Online Mental Health Workshops

People's mental health is very fragile because of COVID-19. Its effect has made it even more vital for Chinese immigrants to obtain mental health services and support.

Chinese-American Sunshine House has moved to hold online workshops to continue providing mental health education to the public. All participants are encouraged to share their concerns during the events.

Every Fri. from 5/8/20 3:00-3:45PM

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**Scan the QR code to
join the class**