


A close-up photograph of several green leaves with water droplets on their surfaces, set against a white background. The leaves are arranged vertically, with some in the foreground and others slightly behind, creating a sense of depth. The water droplets are of various sizes and are scattered across the leaf surfaces, highlighting the texture of the leaves.

Summer Healing Series for Asian Americans 16+

***Write your own life story:
Making sense of where you've come
from, so you can take charge of where
you're going.
Through therapeutic teachings, tools & sharing***

***fridays. starting july 17. zoom.
530 - 630pm***

A close-up photograph of several green leaves with water droplets on their surfaces, set against a white background. The leaves are vibrant green and the droplets are clear and glistening.

暑期疗愈 系列课程 专为16岁以上 亚裔打造

**书写自己的人生故事：
明白你从哪里来，这样才能对你的未来负责**
通过治疗教学、工具和分享

7月17日起 每周五 ZOOM视频会议
530 - 630pm

this series will explore the ways family and culture influence thoughts and beliefs about self, identity and the future.

schedule

Week 1: SELF: CHANGE

:change can be your ally

Week 2: SELF: BEING

:what story are you telling about yourself?

Week 3: FAMILY

:making sense of family dynamics

Week 4: FAMILY

:choosing the roles you want to play

Week 5: JOBS + FUTURE

:what are your attitudes towards money?

Week 6: JOBS + FUTURE

:does your job have to define you?

Week 7: RELATIONSHIPS

:gender roles; relationships as mirrors

Week 8: RELATIONSHIPS

:friendships, sexuality

for ages 16+

first 15 to answer bonus questions on sign-up form will receive a care package! Scan QR code to sign up:



**For more info, please contact
chrisseefoo@chinesesunshinehouse.org
917-969-7018**

**talks by Kerrie Li, mental health counselor
with guests to be announced**

hosted by:



thanks to our sponsor:



该系列课程将探索家庭和文化如何影响关于自我、身份和未来的思想和信念。

课程表

第1周: 自我: 改变	:改变可以是你的盟友
第2周: 自我: 本质	:你在讲述关于你自己的什么故事?
第3周: 家庭	:理解家庭动态
第4周: 家庭	:选择你想扮演的角色
第5周: 工作+未来	:你对金钱的态度是什么样的?
第6周: 工作+未来	:你的工作必须定义你吗?
第7周: 关系	:性别角色;关系是镜子
第8周: 关系	:友谊,性

针对16岁以上

前15个回答注册表格上的又将问题将收到一个护理包!

扫描二维码报名:



了解更多信息, 请联系:

chrissiefoo@chinesesunshinehouse.org

917-969-7018

主讲: Kerrie Li 心理健康咨询师

另有其他做客讲师

主办:



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