

Chinese-American Sunshine House (CSH)

Mental Health Workshops Series Fall 2016

Thursday Talks!!!

Mental Health Matters

This Fall, CSH presents to you “*Mental Health Thursday Morning 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-10:45am	Mental Health Workshop (9/29, 10/13, 10/27, 11/10, 12/1)
11:00am-12:00pm	Parenting Class (10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1)

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 347-208-2733 or you can email her at: winniehu@chinesesunshinehouse.org

Refreshments will be provided!

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

Sponsored by:



CHINESE AMERICAN MEDICAL SOCIETY

美洲中華醫學會

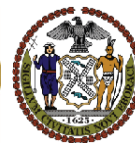


CAIPA

亞美醫師協會



Assistant Speaker
Felix W. Ortiz



Council Member
Carlos Menchaca



Assemblyman 49th District
Peter J. Abbate, JR.

陽光心理安康中心 2016年秋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

這個秋季，陽光心理安康中心將呈現給大家“週四心理健康講解室”。
這個講解室將邀請專業人士為民眾講解各類心理健康常識，舉辦為期 8 堂的親子講座會。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 - 10:45	心理健康講座 日期: 9/29, 10/13, 10/27, 11/10, & 12/1
早上: 11:00-12:00	親子講座 日期: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, & 12/1

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： 347-208-2733/ 917-969-7018

電子郵件: winniehu@chinesesunshinehouse.org

****本中心會提供小吃****

**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：



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