

Chinese-American Sunshine House (CSH)

Workshops Series Fall 2018

Noontime Talks!!!

“Mental Health Matters”

This Fall, CSH presents you again “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:	12:15pm - 1:15pm	12:15pm-1:00pm
Date:	10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, & 12/5 (8 weeks)	10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13, & 12/20 (10 weeks)

Refreshment will be provided!

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.

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

Supported by:



Assistant Speaker
Felix W. Ortiz



陽光心理安康中心

2018年秋季心理健康講座系列:

午間課堂!!!

“齊來關注心理健康”

這個秋季，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:	10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, & 12/5	10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13, & 12/20

本中心會提供小吃!

此講座是由經驗豐富的心理輔導專家主講

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Assistant Speaker
Felix W. Ortiz



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