



# Understanding Mental Health and Community Cultural Approaches 认识心理健康对青少年的重要性 以及如何找到合适的心理咨询师

2020年11月13日星期五下午3:00-4:30 (美国西岸时间)

对于父母

讲者: Ann Chen, LMHCA, & Monica Wang, LMHC/SUDPT.

您希望和孩子有更好的交流吗? 您知道心理健康对小孩和青少年发展的影响吗? 又或者不知道该如何寻求帮助? 由Youth Eastside Services 主办的中文免费讲座为大家更针对性的提供有用的信息。Youth Eastside Services 作为西雅图 Bellevue 本地的青少年咨询专业非营利性机构和 Eastside 学区紧密联系, 有着丰富处理青少年的心理健康, 中美文化差异和家庭关系的经验, 最重要的是让很多华裔家庭认识了心理咨询。

请在11月12日下午3:00之前注册以获取缩放链接。

如果您在11月13日中午12:00之前仍未收到“缩放”链接, 请联系Carrie, 邮箱: [clbowman@kcls.org](mailto:clbowman@kcls.org)。请检查您的垃圾邮件文件夹。

For parents.

Presented by: Ann Chen, LMHCA, & Monica Wang, LMHC/SUDPT.

Do you want to have better communication with your children? Do you know the impact of mental health on the development of children and adolescents? Or maybe you don't know how to ask for help? Join Youth Eastside Services (YES) for a free lecture in Mandarin that will provide parents with targeted and useful information. Youth Eastside Services is a local nonprofit that offers counseling services for youth and is closely connected with school districts on the Eastside. YES has rich experience in dealing with youth mental health, cultural differences between China and the United States, and family relations.

*Please register by 3pm on November 12 to get a Zoom link.*

*Please check your spam folder. If you haven't received the Zoom link by 12pm on November 13, please contact Carrie, [clbowman@kcls.org](mailto:clbowman@kcls.org).*



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