

WHAT I WISH MY PARENTS KNEW

FROM A CHINESE-AMERICAN YOUTH PERSPECTIVE

SAT, SEP 16 Redwood Shores Library
1:30PM- 3:30PM 399 Marine Pkwy, Redwood City

ABOUT THIS EVENT: This event will feature high school youth speakers who will provide parents with knowledge and skills around mental health. Refreshments will be provided.

TOPICS INCLUDE: Pressure of Expectations and Academics/Grades; How to Manage Stress; Self Care; Cultural Stigma; Dealing w/ Bullying and Harassment; Suicide Prevention



REGISTER AT
bit.ly/2023-09-16-CHI OR
SCAN ABOVE

LANGUAGE INTERPRETATION AVAILABLE UPON REQUEST:

This event will be provided in English with Mandarin interpretation. To reserve language services in another language please contact us at CHI@smc.gov by Sunday, September 3.



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES



我希望 我的父母所能知道的

從美國華裔青年的視角

9月16日星期六 **Redwood Shores Library**
1:30PM- 3:30PM **399 Marine Pkwy, Redwood City**

關於本次活動: 這項活動將由青年演講者為家長提供有關精神健康的知識和技能。將提供茶點。

主題包括: 預防自殺, 精神健康, 應對欺凌和騷擾, 父母期望值/成績的壓力, 如何管理壓力, 滿足期望



在 bit.ly/2023-09-16-CHI 註冊
或掃描上方

可根據要求提供語言翻譯:

本次活動將以英語進行, 并提供普通話翻譯, 如需要其他語言服務, 請於 9 月 3 日 (星期日) 之前通過 CHI@smcgov.org 聯繫我們。



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

