



Free public education workshop presented by
San Bruno Chinese Church and
San Mateo County Chinese Health Initiative

Stress Free Teen Talk

Stress Management (for teens) and
How to Communicate with your Teen (for parents)

March 10, 2017

6:30 p.m. - 9:00 p.m.

San Bruno Chinese Church, 250 Courtland Dr., San Bruno, CA 94066

*Youth and parent workshops will be presented simultaneously
in English with Cantonese live interpretation available.*

Program:

- 6:30 - 7:00 pm Light dinner and community resources
- 7:00 - 7:50 pm Youth stress management presentation
- 7:00 - 7:50 pm Parent-teen communications
- 8:00 - 9:00 pm Teen group discussion - facilitated by presenters and church member(s)
- 8:00 - 9:00 pm Parent group discussion - facilitated by presenters and church member(s)

Presenters:

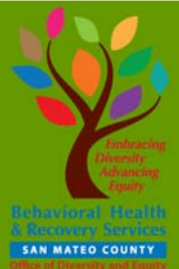
- "Dora" Dui Chen, ASW, Mental Health Clinician, StarVista
- Maureen Lin, LMFT, Mental Health Clinician, San Mateo County BHRS
- Steven Sust, MD, Child and Adolescent Psychiatry, Stanford University Psychiatry Department and San Mateo County BHRS
- Shiyu Zhang, MA, Chinese Community Worker, San Mateo County BHRS

RSVP at <http://stress-free.eventbrite.com> or email stephanie.wong@sanbrunochinesechurch.org.
For more information please call San Bruno Chinese Church at 650-589-9760.



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES

StarVista



活泉華人教會與聖馬刁縣華人健康促進會聯合舉辦免費教育講座

Stress Free Teen Talk

青少年壓力管理和家庭溝通
本活動免費對社區開放。

2017年3月10日，下午6:30 - 9:00 pm
250 Courtland Drive, San Bruno, CA 94066

提供給青少年和家長的兩個講座將同時進行。講座為英語，並提供粵語同聲傳譯。

活動流程

6:30 pm-7pm	茶會，與社區機構交流機會
7 pm- 7:50 pm	青少年壓力管理，適合青少年的社區資源講座
7 pm- 7:50 pm	家長青少年溝通技巧，適合青少年家長的社區資源
8 pm-9pm	青少年小組討論 - 由主講人和教會成員協助
8 pm-9pm	家長小組討論 - 由主講人和教會成員協助

主講人：

- "Dora" Dui Chen, ASW, 陳兌, 社工碩士, 心理諮詢師, StarVista
- Maureen Lin, LMFT, 林默郁, 婚姻家庭治療師, 聖馬刁縣行為健康部
- Steven Sust, MD, 蘇宇禾, 兒童及青少年心理醫生, 斯坦福大學醫學院與聖馬刁縣行為健康部
- Shiyu Zhang, 張詩雨, 嬰幼兒心理健康碩士, 華人社工, 聖馬刁縣行為健康部

活動預約 <http://stress-free.eventbrite.com> 獲取更多信息請聯繫
650-589-9760 或 Stephanie.wong@sanbrunochinesechurch.org.



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