



Community
Family Services
of Ontario 家和



心理健康网上讲座

Community Family Services of Ontario 家和 & Peel CAS 合办

2023年 9月26日 星期二下午 6:30-8:00
国语讲座

您想了解更多有关心理健康的信息吗？
您是否有家人或朋友受心理健康困扰？

这讲座将探讨有关心理健康的课题，并
了解心理健康在华人社区中的重要性。

即时报名！

[请点击此处进行网上登记](#)

邀请大家一同参与：

- 认识心理健康的重要性和常见的心理问题
- 了解普遍华人对心理健康的误解与谬见
- 学习保持心理健康的一些有效方法
- 学习如何支持家人或朋友面对心理困扰

SEEA Wraparound Service Response is a proud partnership with Peel CAS, Community Family Services of Ontario, and Newcomer Centre of Peel. This model aims to address the unique needs of the Southeast and East Asian community, as well as clarify any misconceptions the community may have regarding child protection services. SEEA helps clients of Asian descent access culturally competent resources while supporting families who are navigating multiple service systems.



LINH PHAM

MA, REGISTERED PSYCHOTHERAPIST

安省注册心理治疗师

作为第一代越南华裔移民，Linh一直积极参与社区服务，并且了解如何支持过去曾受创伤和压迫的少数族裔个人和家庭，面对生活的各种挑战。



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MENTAL HEALTH & WELLNESS WEBINAR

Hosted by Community Family Services of Ontario & Peel CAS

Tuesday September 26, 2023 6:30-8:00PM

Presentation in Mandarin

Do you have a family member or friend struggling with mental health? Would you like learn more about this topic?

Our upcoming webinar will explore the significance of understanding mental health, while taking into account the unique cultural perspectives within the Chinese community.

REGISTER TODAY!

[Click Here](#) to register and receive the link!

Join us to learn more about:

- What mental health means and its importance
- Myths/misconception about mental health
- Chinese cultural perspectives and practices about mental health
- How to support friends and family with mental health issues

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LINH PHAM

MA, RP
Registered Psychotherapist

As someone with Vietnamese-Chinese heritage who has journeyed as an immigrant, Linh has a deep understanding in supporting individuals from minority groups that face life challenges and struggling to navigate through their past traumatic experiences and oppression as she gets deeply involved in community work.