

ROTARY OF CHINATOWN MENTAL HEALTH WELLNESS COMMUNITY TRAINING

Saturday, December 9th, 2023 10:00 AM – 3:00 PM



紐約華埠扶輪社 心理健康座談訓練

JOIN WITH THE ROTARY CLUB OF CHINATOWN AND THE COMMUNITY TO HELP BREAK THE SILENCE AND BUILD SUPPORT TO SURVIVE AND THRIVE.

Who is the course for:

Community Organizations, Businesses, Individuals, Teachers, and Public Sectors

PROGRAM FEATURES:

- Educational sessions for a better understanding of the early recognition, warning signs and red flags of poor well-being. Resources for coping with stigma, stress, depression, and anxiety.
- Exercises on individual feelings, how to offer initial support and where to refer for appropriate treatment.
- Exercises and tools for individuals to use to restore their own wellbeing and that of others.

RESOURCES:

- Facilitators
- Role playing exercises
- Information sharing questionnaires
- Videos
- Therapeutic Exercise Classes
- Lunch will be provided

Resource Partners



CHARLES B. WANG
COMMUNITY HEALTH CENTER



YMCA OF GREATER NEW YORK | CHINATOWN



TRAINING LOCATION:

CMP, 55 Chrystie Street, 2nd floor, New York, 10002.

Register by DECEMBER 1, 2023. Space is Limited - register early.

RSVP: Rotary Club of Chinatown: chinatownrotary@gmail.com.

or Contact: Michael Keller 212-912-2465

PLEASE PROVIDE FOLLOWING REGISTRATION INFORMATION:

Contact:

First Name:

Last Name:

Email:

Club /Organization Name:

Preferred Phone:

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