



Keep the Door Open: Understand Your Child's Inner World 做开孩子的心房/做開孩子的心房

This session in Mandarin and Cantonese will share tips on ways that lead your child to open their inner world and take care of their emotional wellbeing under the influence of both traditional Chinese culture and Western culture.

本次研讨会将探讨传统华裔文化和西方文化的影响下如何有效地关爱和照顾孩子的心理健康。

這次的講座將探討傳統華裔文化和西方文化的影響下如何有效地關懷和照顧孩子的心理健康。

To register for a Mandarin session:
[点击这里报名普通话讲座](#) or scan QR code



To register for a Cantonese session:
[點擊這裡報名粵語講座](#) or scan the QR code



HONG FOOK
MENTAL HEALTH ASSOCIATION

Parents, Guardians, Caregiver and Students

Join us to learn and share with your community how the families are supported!

Date: **Tuesday, Nov 21st, 2023**

Time: **6:00pm-7:00pm (Mandarin 普通话)**
7:00pm-8:00pm (Cantonese 粵語)

Location: **Virtually**

Presenters:

Hannah Xu (MPH)

Hong Fook Mental Health Association
Youth Program Worker

Charmaine Tong (M.S.W., R.S.W.)

York Region District School Board
Community Care Social Worker (Chinese Heritage Community)

For more information, please contact:

Community Care Social Worker (Chinese Heritage)
Charmaine Tong
charmaine.tong@yrdsb.ca

This free session is brought to you in partnership with Hong Fook Mental Health Association and Community Care Team of York Region District School Board