



Introduction to Mental Health

認識心理健康/ 认识心理健康

This session in Mandarin and Cantonese will help you gain an understanding of mental health, mental health issues, associated stigma and coping strategies and community resources.

這講座將讓大家了解什麼是心理健康、心理健康問題、相關的謬誤、應對策略和社區資源

這座將幫助大家這這與心理健康相關的一些常這和這區以及這這策略和社區這源

To register for a Mandarin session:

[Click here to register](#) or scan the QR code



To register for a Cantonese session:

[Click here to register](#) or scan QR code



Parents, Guardians and Caregivers

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

Date: **Tuesday, November 29, 2022**

Time: **7-8:30pm**

Location: Google Meet link will be provided upon registration.

Presenters:

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

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

Hannah Xu (MPH)

Hong Fook Mental Health Association
Youth Program Worker

For more information, please contact:

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