

活動宗旨:

- ✚ 改善聖馬刁縣為縣內華裔居民所提供的身心與精神健康的服務
- ✚ 促進縣內華裔居民對心理健康議題的認識
- ✚ 支持縣內華裔消費者為自我所提倡的心理健康服務提議

活動內容:

- ✚ 為華裔消費者提供一個安全舒適的環境來分享他們在尋求心理精神健康服務時所面臨的挑戰
- ✚ 為華裔消費者提供一個平和妥善的環境來討論他們對心理健康議題的認識
- ✚ 為華裔消費者提供心理健康的科學教育,包括不定期播放美國華裔針對心理健康議題的討論短片,以及邀請中英文客座講師,例如心理醫生,醫療保險專員,家庭醫生,中醫專員,前華裔心理健康服務消費者,等

參加對象:

- ✚ 聖馬刁縣華裔心理健康服務的消費者

活動主持:

- ✚ 黃婷宜,加州行為科學委員會婚姻和家庭治療實習師(普通話)
- ✚ 蔡旭偉,加州行為科學委員會臨床治療社工實習師(廣東話)

時間日期:

- ✚ 每個月的最後一個星期五,下午6點至7點30分

活動地點:

- ✚ 1720 Amphlett Blvd., Suite 123, San Mateo, CA 94402  
派瑞彌德輔導中心聖馬刁分店辦公室

聯絡電話:

- ✚ 黃婷宜 650-516-0347

常見問答 FAQ:

- ✚ 小組將於2013年3月開始。現正接受報名
- ✚ 報名參加全程免費,意者或欲知詳情請聯絡黃婷宜小姐 650-516-0347
- ✚ 活動將以普通話和廣東話進行
- ✚ 參加者可自行攜帶食物和飲料



# Northern California San Mateo County Chinese Consumer Support Group



## Activity Goals:

- ✚ Advance the general and mental health services that San Mateo County offer to the Chinese community
- ✚ Increase the understanding of mental health issues among the Chinese residents within San Mateo County
- ✚ Support Chinese consumers' self-advocacy for mental health services within San Mateo County

## Activity Contents:

- ✚ Provide a safe and comfortable place for Chinese consumers to share the challenges they face in accessing mental health services
- ✚ Provide a calm and proper place for Chinese consumers to discuss their understanding and comments about mental health issues
- ✚ Provide psycho-education on different mental health-related topics, including short video clips of Chinese-Americans discussing mental health issues, and guest speakers such as psychiatrist, medical insurance specialist, medical doctors, Chinese medical doctors, former Chinese consumers, etc.

## Target Audiences:

- ✚ Chinese-speaking mental health consumers within San Mateo County

## Group Facilitators:

- ✚ Ting-yi Huang, MFT Intern (Mandarin-speaking)
- ✚ Sunny Choi, MSW Intern (Cantonese-speaking)

## Date and Time:

- ✚ Last Friday of each month 6:00 PM—7:30 PM

## Location:

- ✚ 1720 Amphlett Blvd., Suite 123, San Mateo, CA 94402

## Contact Number:

- ✚ Ting-yi Huang 650-516-0347

## FAQ:

- ✚ Group will start in March 2013. Now accepting registration.
- ✚ Free registration and participation. Please contact Ting-yi Huang at 650-516-0347 if interested or for more information
- ✚ Group meetings will be hosted in Mandarin and Cantonese
- ✚ Participants are welcome to bring food and drink

