

Mills High School and the San Mateo County
Chinese Health Initiative presents:

Achieving Success & Balance in the Modern Day

*How to Help your Child Survive and Thrive in
their High School and College Years*

February 26, 2015

6:00 p.m. - 7:30 p.m.

Mills High School Theater, 400 Murchison Drive, Millbrae, CA 94030

Two workshops will be presented simultaneously -
In English, Spanish, Cantonese & Mandarin

- Student created video - The teen perspective
- Adolescent Development: bio-psychosocial-emotional development and common stressors
- Parent and adolescent relationship and communication
- Resources and knowing when to ask for help

Presenters:


- Sunny Choi, MSW, Chinese Community Health Worker, San Mateo County BHRS
- Douglas Fong, LMFT, Supervising Mental Health Clinician, Child and Youth Services, San Mateo County BHRS
- Peggy Kwok, LMFT, Mental Health Clinician, San Mateo County BHRS
- Maureen Lin, LMFT, Mental Health Clinician, San Mateo County BHRS
- Johnson Ma, MA, MS, Psychology Intern, San Mateo County BHRS, Doctoral Candidate in Clinical Psychology
- Steven Sust, MD, Chief Fellow of Child and Adolescent Psychiatry, Stanford University

7:30-8:00 p.m. - Stay for refreshments and meet the presenters



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES





米斯高中與聖馬刁縣華人健康
促進會聯合舉辦：

實現成功而均衡的人生

如何為你的孩子在高中及大
學開拓生存和發展之路

二零一五年二月廿六日下午六時至七時三十分

Mills High School Theatre, 400 Murchison Drive, Millbrae, CA 94030

兩個講座將同時進行。一為英語講座 另一為國/粵語講座

- 學生製作短片, 青少年觀點與角度
- 青少年發展。生理及心理發展 及 青少年常遇到的困擾
- 家長及青少年之關係及溝通之道
- 社區服務資訊 及求助的方法

演講者：

- Sunny Choi, MSW, 蔡旭偉, 社工碩士, 聖馬刁縣行為健康部
- Douglas Fong, LMFT, 婚姻家庭治療師, 聖馬刁縣行為健康部
- Peggy Kwok, LMFT, 婚姻家庭治療師, 聖馬刁縣行為健康部
- Maureen Lin, LMFT, 林默郁, 婚姻家庭治療師, 聖馬刁縣行為健康部
- Johnson Ma, MA, MS, 馬國林, 心理學四年級博士生, 聖馬刁縣行為健康部
- Steven Sust, MD, 蘇宇禾, 醫生, 史丹福醫學院兒童心理科, 兒童心理預科醫生

下午七時三十分至八時。 請留步參加茶會可以和演講的專家會面及交流



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