

週三午餐漫談 建立真誠的人際連結

建立有意義的人際關係充滿挑戰，需要技巧、自我覺察與努力的結合。在這個系列中，您將學習如何增強人際關係和提升人際效能的工具、知識和見解。

時間: 12:10 p.m. – 12:50 p.m.

主講: 臨床心理師李偉倩博士

3/12: 我是否有社交焦慮、或是排斥社交，或只是害羞而已？

3/26: 職場關係：如何不讓情緒干擾人際互動？

4/9: 適合華人的社交技巧

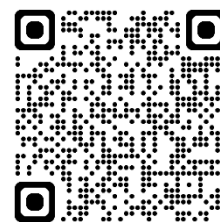
4/23: 我是讓他人喜歡親近的人嗎？

免費線上活動，有問答時間，以普通話進行

或在臉書上聽直播

<https://facebook.com/groups/chinesehealthinitiative/>

報名連結或掃描條碼: <https://tinyurl.com/y8p2u6zs>



感謝協辦單位 Our community partners

凱芯文教基金會 (Joy Culture Foundation)

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矽谷中文學校 (Silicon Valley Chinese School)

The Mental Health Education and Awareness was funded by a grant from the El Camino Health Foundation

Chinese Health Initiative 華人健康促進計畫

Emotional Well-Being Series

Wednesday Lunch Chat Making Connections

Building meaningful relationships can be challenging and requires a blend of skills, self-awareness, and effort. In this series, gain the tools, knowledge, and insights to enhance your interpersonal relationships and interpersonal effectiveness.

Time: 12:10 – 12:50 p.m.
Wei-Chien Lee, PhD, Clinical Psychologist

3/12: Understanding Am I Socially Anxious, Anti-Social, or Shy?

3/26: Professional Relationships: How Not to Let Emotions Get in the Way of Relating

4/9: Social Networking Skills for Chinese Americans

4/23: Am I Someone Others Enjoy Being Around?

Free Webinar! Conducted in Mandarin

Or listen to livestream on Facebook

<https://facebook.com/groups/chinesehealthinitiative/>



To register: Scan QR code

Or go to <https://tinyurl.com/y8p2u6zs>

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