



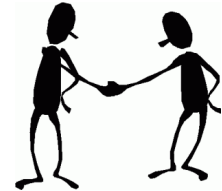
Supporting individuals' mental wellness with particular emphasis in the Chinese community

## 2010 Psychoeducation Schedule

Every month from 10am – 12noon

The sessions will be in English and/or Cantonese

English and Chinese handouts will be provided



Date	Psychoeducation Topic	Guest Speaker
2 <sup>nd</sup> March	Meanings of Recovery	Mr. Ivan Yeo – Like Minds Like Mine Project Worker, Mental Health Foundation
13 <sup>th</sup> April	The mental health system in Auckland	Ms. Kitty Ko – Asian Mental Health Coordinator, Te Rawhiti CMHC, CMDHB
4 <sup>th</sup> May	Understanding Depression	Mr. Rudy Bakker – Psychiatric Nurse, East Health Trust
1 <sup>st</sup> June	Youths experiencing mental illness	Dr. Ian Soosay – Consultant Psychiatrist, Early Psychosis Intervention Team, CMDHB
6 <sup>th</sup> July	Importance of family & peer support	Ms. Wendy Siu – Asian Family Field Worker, SFMI
3 <sup>rd</sup> August	Healthy eating and life style	Ms. Ada Cheung – New Zealand Registered Dietician
7 <sup>th</sup> September	Stress and relaxation	Wendy Lai – student counsellor
5 <sup>th</sup> October	Finding employment	Invite Employment Coordinator from Workwise Employment Agency (TBC)

Our psychoeducation sessions will be held at:

East Health Trust, Building B, 260 Botany Road, Howick.

behind EastCare 24hour A&E, above Diagnostic Medlab



Free parking on-site  
Refreshments  
provided



Contact details for more information:

Email:

[admin@yanoisei.org](mailto:admin@yanoisei.org)

Website:

[www.yanoisei.org](http://www.yanoisei.org)

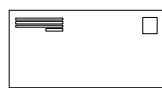


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