

# Cafe and Chat

## Destigmatizing Mental Health for Asian Americans



What does mental health look like to Asian Americans? **Join us as we chat over coffee and pastries about how being multicultural can shape how we view mental health.** We will be talking about **parenting struggles and techniques, questioning what cultural identity means, and destigmatizing mental health within our cultural expectations.**

We will meet biweekly on Wednesdays from **March 27th to May 8th from 10-11am** to talk about the unique mental health struggles for Asian Americans. **Registration is required, please call 201-464-4714 to register!**

### **Join Us From 10-11AM!**

**March 27th**

**April 10th**

**April 24th**

**May 8th**

***Please call  
201-464-4714  
to register!***

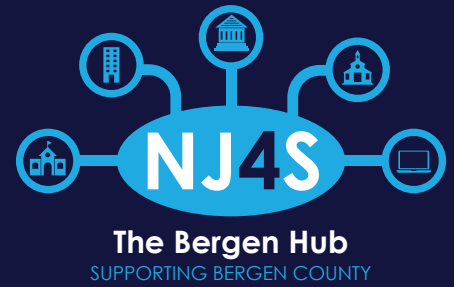
**Meadowlands Family Success Center**

100 Washington Avenue  
Little Ferry NJ, 07643



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