

Your Immigration Story

Storytelling is a powerful tool that can help unpack challenging experiences that may negatively affect our well-being.

Click [here](#) to register for this three-part workshop on unpacking your immigration story.

Thursdays 6:30pm to 7:30pm

January 26, February 2 & February 9, 2023

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Parents for Children's
Mental Health
SUPPORT. EDUCATE. EMPOWER.

PCMH and South Asian Mental Health Initiative (SAMHI) have partnered together to bring this workshop series. We recognize the importance of a parent/caregiver's well being, in order to raise resilient and happy children.

