



Mental Health First Aid Training for Adults

Learn how to identify, understand, and respond to signs of mental illness and substance use disorders.



Free training in English

Class limited to 30 participants

Training is for adults

TO REGISTER

- Call Marcus Biswa at (330)676-2545 or email mbiswa@asiaohio.org
- Scan the QR code
- Sign up via form.jotform.com/230335625475153



Date	Time	Address
May 12, 2023 (Friday)	9:30 a.m. – 4:30 p.m. one hour lunch break	Virtual



Akron
370 E Market St
Akron, OH 44304
(234) 312-3607

Cleveland
2999 Payne Ave Ste 140
Cleveland, OH 44114
(216) 361-1223

asiaohio.org



ARE YOU ELIGIBLE FOR THE PNEUMONIA VACCINE?

您符合接种肺炎疫苗的条件吗?



IF YOU ARE 65 YEARS OR OLDER, OR HAVE PREEXISTING MEDICAL CONDITIONS, YOU MAY BE ELIGIBLE.

如果您年满 65 岁或以上，或有既往病史，您可能符合条件。

和您的医生谈谈接种疫苗的事。

2999 PAYNE AVE
STE 140
CLEVELAND, OH
44114
(216) 361-1223



2023 中文普通话疗愈小组 Chinese-Mandarin Healing Circle

每月（除11月外）第二个星期五 下午4-5点 EST东部时间
通过线上会议进行，Zoom会议信息将在微信发布

- 3月10日**
情绪识别和调节
Identifying emotions and dealing with them
- 4月14日**
亲密关系，爱情
Discussing intimate relationships and love
- 5月12日**
季节性忧郁
Summer Seasonal Affective Disorder
- 6月9日**
心理相关影视作品分享
Mental health related movies

主持人：白天熠 凯斯西储大学 社会工作专业硕士研究生
段雪怡 俄亥俄州社工师
协作主持：李菲 俄亥俄州独立社工师兼督导



扫码添加微信 [ichc-outreach](https://www.ichc-outreach.com)，关注更多活动信息
发送消息“中文疗愈小组”报名入群
发送“提问”获取匿名提问表

Get vaccinated today

Then we can join our friends and play



提供 COVID-19 疫苗和加强剂! COVID-19 Vaccines & Boosters available!

每逢星期二
Every Tuesday
欢迎预约和上门
Walk-ins and appointments welcome



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