

**The Lexington Asian Mental Health Initiative
invites you to a Community Forum**

Helping your Child Balance Stress and Success: An Asian-American Perspective



**Saturday, March 29 - 9 am to 12 noon
Cary Auditorium- 1605 Mass. Ave., Lexington**

You will learn:

- What does the data tell us about Lexington's Asian-American students and parents?
- How can you help your child balance stress and success?
- How does immigration influence mental health?
- How can you communicate better with your child?
- What resources are available to help?

Presenters:

Tim Dugan, M.D., Assistant Clinical Professor Psychiatry, Harvard Medical School

Rama Rao Gogineni, M.D., Dir., Div. of Adolescent Psychiatry, Cooper University Health Care

Josephine Kim, Ph.D., Lecturer, Harvard School of Education

Ed Wang, Psy.D, Director, Multicultural Affairs, Mass. Dept. of Mental Health

The Breaking Silences performance with Christina Chan and Pata Suyemoto

Lexington Asian students

Free and open to all

For more information, contact Marsha Lazar, Director, Asian Mental Health Initiative, Lexington Youth & Family Services at marsha.lazar@gmail.com

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