



MANDARIN SUPPORT GROUP 中文支持团体

- ✚ Confidential, safe, and supportive space
- ✚ Promote self-awareness and understanding of others
- ✚ Discuss relevant topics to adjustment and transition
- ✚ Examine relationships and cultural contexts
- ✚ Learn useful information and resources
- ✚ Develop effective coping skills
- ✚ Build meaningful connections

- ✚ 心理师带领, 小伙伴们陪伴和相互支持
- ✚ 遵循保密性原则, 安全的氛围
- ✚ 分享留学经验, 人生故事
- ✚ 更好的了解自己和 ta 人, 以及人际关系和文化背景的影响
- ✚ 熟悉校内外资源, 获取有用信息
- ✚ 学习有效的应对方法
- ✚ 建立归属感和深层次的联结

Every Friday from
3pm-4:30pm at
CAPS

Pre-group meeting
with Dr. Zhu and
Dr. He is required;
space is limited.

Contact:

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