

# Valued Living 2014

## *Chinese Mental Health Awareness Day*



**May 10, 2014 (Saturday) • 11 AM to 4 PM**

Free seminars on health & mental fitness • inspirational stories • arts performances • community organizations & resources exhibitions • food & refreshments

**English • Cantonese • Mandarin**

**Toronto Western Hospital**

399 Bathurst Street, West Wing, 2<sup>nd</sup> Floor, Auditorium

**Free admission**

**For registration and inquiry:**

**zhaoyi.zhong@uhn.ca or**

**416.603.5071**



Date: May 10, 2014 (Saturday)  
 Time: 11 AM to 4 PM  
 Location: Toronto Western Hospital  
 Auditorium, West Wing, 2<sup>nd</sup> Floor  
 399 Bathurst Street, Toronto

<b>11:00 AM to 1:30 PM</b>		
<b>Large Group Activities</b>		
<ul style="list-style-type: none"> <li>• Keynote Address</li> <li>• Inspirational stories</li> <li>• Arts performances</li> <li>• Community organizations &amp; resources exhibitions</li> <li>• Food &amp; refreshments</li> </ul>		
<b>1:30 PM to 4:00 PM</b>		
<p><b>Concurrent</b> seminars in 3 languages, please select one.          Seminar speakers are clinicians from the A.I.M. Program.</p>		
<b>Mandarin Seminar</b>	<b>Seminar A</b>	<b>Seminar B</b>
	<p><b>Raising Generation Y &amp; Z</b></p> <ul style="list-style-type: none"> <li>• Caring &amp; Understanding</li> <li>• Cultivate Resilience</li> <li>• Raise EQ &amp; AQ</li> <li>• Endearment</li> </ul>	<p><b>The Migration Challenge</b></p> <ul style="list-style-type: none"> <li>• Cross-Cultural Exchange</li> <li>• Mental Well Being</li> <li>• Enjoying NOW</li> <li>• Community Resources</li> </ul>
<b>Cantonese Seminar</b>	<b>Seminar A</b>	<b>Seminar B</b>
	<p><b>The Sandwich Generation</b></p> <ul style="list-style-type: none"> <li>• Work/Family Busy-ness</li> <li>• Caring for Generations</li> <li>• De-stress Strategies</li> <li>• Self Care a MUST</li> </ul>	<p><b>Couple Relationships</b></p> <ul style="list-style-type: none"> <li>• Marriage Vow</li> <li>• Gender Roles</li> <li>• Marital Collaboration</li> <li>• Art of Communication</li> </ul>
<b>English Seminar</b>	<b>Discussion</b>	
	<p><b>“I Can be Me?!! – our world and challenges”</b></p> <ul style="list-style-type: none"> <li>• Voices from a New Generation of Chinese-Canadians</li> <li>• Cultivate Valued Living</li> </ul>	

Programs subject to change without prior notice.

\* This event is sponsored by the TWH Chinese Community Health Fund.