



語文教育中心
Centre for Language
in Education



Mental Health 101

IN THIS WORKSHOP YOU WILL BE ABLE TO:

- ✓ Talk openly and positively about mental health
- ✓ Acquire research based strategies to improve mental health
- ✓ Know how to seek for help in a time of need

**JOIN OUR ON-SITE WORKSHOP
AT THE ASLLC (B3-G-05)**

FEBRUARY 16TH / 11:30 - 13:30

FEBRUARY 23RD / 11:30 - 13:30

