

Healing Through Connection

Join AARP California for our ***Healing Through Connection*** series with Soo Jin Lee. Together, we'll explore mental health care and caregiving challenges, specifically designed for our Asian American and Pacific Islander families and communities.



Strategies for Supporting Your Mental Health during the Holidays
Friday, November 15 | noon - 1 p.m.

Explore strategies for healthy family relationships and taking care of yourself this holiday season.

events.aarp.org/HealingThruConnectionNov15



Strategies for Helping Loved Ones Seek Mental Health Support
Wednesday, December 11 | noon - 1 p.m.

Discover how to support loved ones in discussing depression and seeking help.

events.aarp.org/HealingThruConnectionDec11



Soo Jin Lee is a licensed marriage family therapist and director of the Yellow Chair Collective, a multicultural psychotherapy group with a focus on Asian mental health.

