

What's all this talk about mental health?

My child is so stressed! Things weren't like this when I was younger.

What is depression and anxiety?

What can we do as a family to support my child?

INDIAN PARENT SUPPORT GROUP

Youth Eastside Services in Bellevue is offering a group specifically for Indian parents with children aged 6-17 residing in East King County.

- ▶ SUPPORT YOUR CHILDREN'S SUCCESS
- ▶ LEARN ABOUT COMMON MENTAL HEALTH CHALLENGES IMPACTING OUR YOUTH
- ▶ DISCUSS THE CHALLENGES ON INDIAN PARENTS RAISING INDIAN-AMERICAN CHILDREN
- ▶ DISCOVER THE EVIDENCE-BASED APPROACHES OFFERED HELPING YOUTH WITH STRESS

WHEN

Five ZOOM Sessions
Thursdays 6-7 p.m.
Nov. 5 - Dec. 10

COST

\$20/session
\$100 for all 5 sessions

REGISTER

Call YES Front Desk
425-747-4937

FACILITATOR

Licensed Mental Health Counselor Associate, Suchika Siotia

Suchika Siotia is a Licensed Mental Health Counselor Associate who has recently relocated to Seattle from her home country of India. Suchi's work helps youth and families cope with emotional and interpersonal challenges by employing evidence-based practices that result in positive and long-term outcomes. Suchika works with clients in English, Hindi, and Assamese.

