

Inner Growth Center Parent-Teens Group Discussion
Dr. Hoai-Thu Truong , Ph. D.

Title: Bridging the Cross-cultural Generation Gap: A Workshop on Listening and Communication between Parents and Teens in Multicultural Families.

In many Bay Area families, at least one parent grew up in a country and culture different from those of their children. The children in these families are expected to navigate two cultures: their family's and the one they find in school. These cultures are sometimes at odds, which often results in cultural differences and stress between generations.

Inner Growth Center hosts a very special workshop which will involve both teenagers/young adults and parents communicating and exchanging opinions about culture differences and generation gaps.

In this workshop for parents and teens or young adults, we will explore the different expectations and environments of growing up in “mainstream America ” and of the cultures of the workshop participants. Some areas for discussion are the role of family, school, friends, and ideas of success. Emphasis will be on listening and communicating our stories, expectations, challenges, and hopes, across generations and cultures. Teens and their parents are specifically encouraged to attend.

Date & Time: September 24, 2006. 9:00 am- 12:00 pm

9:00- 9:30 Introduction
9:30 - 10:30 Separate group discussion (teen group, parent group)
10:30 - 11:30 Cross group discussion
11:30 - 12:00 Closing statement

**Location: Best Western Sunnyvale Inn,
940 (W) Weddell Drive, Sunnyvale , California , 94089**

Fees: \$30 per adult, \$50 per couple, teens are free

Seats are limited; registration and advance payment is required:

Register through ParentSupport@InnerGrowthCenter.org and mail your check to Inner Growth Center-Parent Support, P.O.BOX 2914 , Cupertino , CA. 95015-2914

Biography:

Hoai-Thu Truong Ph.D. is a licensed clinical psychologist (PSY19960) with a long-standing interest in cultural issues. She gives guest lectures to graduate students who are psychotherapists in training on how to work with people who come from an Asian or Asian American background. Prior to becoming a psychologist, Dr. Truong was a scientist with 20 years of experience doing research and development in universities and in the biotechnology and biopharmaceutical industry before switching careers. Dr. Truong is in private practice in Palo Alto where she provides counseling and psychotherapy to adults addressing a variety of issues such as acculturation, stress and personal growth as well as depression, anxiety, and bereavement.

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