

Growing up Asian in America: Balancing emotional health & success



*Join us for a free lecture on Wednesday, February 3, 2016, 7-8:30 pm
at CHAC, 590 W. El Camino Real in Mountain View
(Discussion 8:30-9 pm)*

Come learn research-based ways of understanding family conflict, achievement, and emotional well-being. Topics covered include:

- + Myth of the tiger mom
- + Challenges & opportunities of belonging to two cultures
- + Risks particular to Asian American children and youth
- + Effective parenting behaviors
- + Strategies for promoting well-being

This lecture is appropriate for parents, educators, and teens.

Sponsored by CHAC www.chacmv.org

Space is limited. Please register via
EMAIL contact@drhttruong.com
vickieychang@gmail.com

WEB www.drhttruong.com/asian-parent/
www.vickiechangphd.com/asian-americans.html

Presenters

Dr. Hoai-Thu Truong and Dr. Vickie Chang work with high achieving professionals. Due to the challenges they see with their Asian clients, they were inspired to promote emotional wellness starting at an earlier age.

Dr. Truong is a psychologist in private practice in Palo Alto who works with young adults and adults, including Stanford students. In her previous career, she was a biophysicist (Ph.D., Stanford). She has 2 adult children who attended Palo Alto schools.

Dr. Chang is a Stanford-trained psychologist in Menlo Park and the daughter of Chinese immigrants. She works with adolescents and adults in her private practice.