

# CRAZY STRESSED ASIANS

THIS MONTH'S DISCUSSION TOPIC

## HOW DO I TALK TO MY PARENTS?

Communicating and expressing  
oneself in a family that struggles  
with communication.

DETAILS

**Wednesday,  
November 10, 2021  
5:30PM—7PM EST**

JOIN US

CLICK TO JOIN ZOOM MEETING

QUESTIONS OR TECHNICAL PROBLEMS?

Email [CHan@som.umaryland.edu](mailto:CHan@som.umaryland.edu)

MISSION

**Creating a safe  
community for Asians  
and Asian Americans  
of all ethnic backgrounds  
to explore the impact of  
their culture, heritage  
and identity on mental  
health and wellness.**

WHAT WE ARE

**Monthly virtual meetings  
to engage, share, and  
discuss different key  
topics to support Asian  
and Asian American  
students.**

We aim to provide support and psychoeducation—we are NOT group therapy. You may remain anonymous if preferred. Personal info will not be collected, shared or published.

YOUR HOSTS



**Dr. Crystal Han**

Child and Adolescent  
Psychiatry Fellow at the  
University of Maryland/  
Sheppard Pratt



**Dr. Amanda Sun**

Board-Certified Child,  
Adolescent and Adult  
Psychiatrist at Johns  
Hopkins University



**Dr. Angeline Pham**

Adult Psychiatry  
Resident at the  
University of Maryland/  
Sheppard Pratt



**Dr. Susan Han**

Associate Director and  
Staff Psychologist of  
Johns Hopkins  
Counseling Center