

CRAZY STRESSED ASIANS

THIS MONTH'S DISCUSSION TOPIC

SHAME AND GUILT FROM A CULTURAL LENS

Where does it come from?
How does it affect us?
And what do we do with it?

DETAILS

**Wednesday,
January 13, 2021
5PM—6:30PM EST**

JOIN US

[CLICK HERE TO REGISTER](#)

QUESTIONS OR TECHNICAL PROBLEMS?

Email 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