



Stress and Anxiety in Asian Youth

Speaker

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SATURDAY

April 24

3PM PST/6 PM EST

- What is anxiety and what stress factors cause anxiety
- Recognize signs of anxiety and support your child (impacts of COVID-19, school-related stress, recent events + hate crimes on anxiety)
- Recognize how Asian community cultural factors affect family dynamics
- Discover how to make your child feel valued and supported



Roshun Sunder
Berkeley 2024



Eleni Antonis
Lakeridge HS 2023

Zoom Registration Link:
<https://bit.ly/2Q3VKUj>



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<https://www.theprojectlotus.org>

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