



Parenting with Asian Culture in Mind: Supporting your Child's Wellbeing

Join us for a special workshop designed for Asian parents.



This session will explore how cultural values shape children's mental health — both the strengths and the challenges.

Topics include:

- Understanding how cultural expectations (like perfectionism) affect kids
- Encouraging growth mindset without added pressure
- Recognizing early signs of anxiety, stress, and depression
- Practical ways parents can support emotional wellbeing at home
- How to talk openly with your children about mental health

You'll walk away with practical tools, a deeper understanding of how culture plays a role in your child's mental wellness, and strategies to foster resilience and confidence in your family.



ROUND TABLE
DISCUSSION WILL BE
HELD AFTER WORKSHOP
FROM 11:00 - 11:30
(Min. 3 People for discussion)



GUEST SPEAKER: TATSUYA ARAKAWA
(荒川龍也), M.S., LMFT



[English Website](#)

[Japanese Website](#)



MONDAY

October 20, 2025



LEVY ADULT CENTER

3420 W. 229th Pl. **Rm. 20**

Torrance, CA 90505

Enter back parking lot from Madison St.

ZOOM LINK
WILL BE PROVIDED AT
TIME OF REGISTRATION



START AT

10:00AM - 11:00AM

RSVP NOW

