



MANDARIN-SPEAKING GRATITUDE GROUP

A 8-week, structured group that helps to foster support among Mandarin speaking folx, while learning practical strategies to cultivate gratitude in life.

- Tentative start date: June 9th
- Thursdays 5-6:30pm
- Meets on Zoom
- Accepts insurance & Self-pay (\$60)
- Email Dr. Yue Li to schedule a 30-min intake appointment.

drli@centerfocusedtherapy.com



*"Be gentle
with yourself."*



Center Focused Therapy

中文 感恩小组

在8周的小组会议中，小组成员将在临床心理学家李悦博士的带领下，给彼此提供一个支持和分享的空间，并学习和练习如何在生活和人际关系中表达、分享和培养一颗感恩的心。

- 预期开始日期：6月9日
- 周四下午5-6:30
- 网络Zoom会议
- 接受保险和自费 (\$60)
- 如有兴趣，请邮件至李悦博士，
预约30分钟一对一的初次访谈：
drli@centerfocusedtherapy.com



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