



Ripples

Ripples Psychological Ensemble Psychoeducational Seminar Series

Title: **"Kicking the Blues: Helping Children and Teenagers Handle Depressive Moods"**

Date & Time: December 8th, 4pm – 6pm

Venue: **Grandview Hotel (Taipa)**

Presenter: Dr. Kay Chang

Cost: MOP 300, MOP 250 till November 25th

Deadline: December 2nd

Registration: Online @ www.ripplesripples.com

Phone @ 2888 2435

We all have days when things just don't seem to go our way.

Many of us, however, seem to have more than our fair share of those days. Depression amongst adults is common, and coping strategies are relatively well known. But what about our children? How do they handle the days when things don't seem to click? In this seminar, Dr. Chang will highlight the healthy and not-so-healthy strategies that some children adopt when they are faced with depression in their life, how they express themselves differently from adults – and will focus on how **you** can help them **see the light at the end of their own personal tunnels.**

Move on towards my goal and
be grateful for my past



迎著目標往前走，
過去的讓我變得了不起

Ripples Psychological Ensemble is Macau's first private psychological practice. It is headed by **Dr Kay Chang**, a California Licensed Clinical Psychologist. She is one of only a handful of internationally recognized Licensed Clinical Psychologists in the Asian Region.

Dr. Kay Chang is a California Licensed Clinical Psychologist, has been working in mental health since 1994 and is fluent in both Cantonese and English. She obtained her Doctor of Clinical Psychology degree from Alliant University in California. Her diverse clinical training background is noticeably extensive including, community mental health clinic setting, family & at-risk youths outreach projects, university counseling, crisis respond team rotation, as well as developing and directing an addiction program. She is one amongst only a handful of internationally recognized Clinical Psychologists in the region.

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