



# Ripples

## Ripples Psychological Ensemble Psychoeducational Seminar Series

Title: **"Stress & Expatriation"**

Date & Time: 20<sup>th</sup> October, 4pm – 6pm

Venue: **Bookachino Bookshop & Café**

Presenter: Pia Astrup M.Sc.

Cost: MOP 300 per person at the door

RSVP: [stanleyb@ripplesripples.com](mailto:stanleyb@ripplesripples.com)

or

+853 2888 2435

**Moving to a new country can be exciting** – the new sights and smells, the history, the culture. All this can be a feast for the senses. Though, after the "honeymoon period" ceases, you find yourself dealing with a language you don't understand, with cultural norms that don't make sense, and with systems that are different from your home culture. You find your personal relationships change as well. **How does one deal with this strain?** We invite you to join Pia Astrup as she talks about her personal experiences as well as drawing on a well established body of knowledge on coping with the unique strain that is expatriate stress

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

**Pia Astrup** is a Danish Qualified Health Psychologist and Trained Nurse. She moved to Zuhai some time back and is now based there. She has extensive experience in working with families.

There is limited seating available for this venue. If you wish to attend, **please RSVP to [stanleyb@ripplesripples.com](mailto:stanleyb@ripplesripples.com)** or call us at **+853 2888 2435** and leave us a message.

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