

CHAI TIME

چای و شیرینی



با یک فنجان چای برای گردهمایی **ZOOM**
به ما بپیوندید

فضایی برای مکالمات موثر و فعالیت های آرامش بخش

Pour yourself a cup of tea and join us for
A ZOOM Tea Time Gathering

A space for engaging conversations and calming activities

Farsi Only: Every other Tuesday, 2:30pm to 4:00pm

English Only: Every other Wednesday 4:30pm-6:00pm

Place: ZOOM (to register, please call 510-745-9151 or email
southasianprogram@humecenter.org)

Facilitated by Floria Malek, MA, ABA

(Supervised by Dr. Preet K. Sabharwal)



Please call (510)745-9151
If you are interested and
mention you want to register
for the Chai Time group via
ZOOM.

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Ext. 334



 **alameda county**
behavioral health
MENTAL HEALTH & SUBSTANCE USE SERVICES

