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District Administration
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Board of Education
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Dear Parents,

The last meeting of Parent Education Series for Korean families, sponsored by Albany Unified School District and the City of Berkeley, will be held on **May 18 (Sat.) at 11 am at Richmond Baptist Church** (current location of Mukunghwa Korean School).

At this meeting, we will discuss mood disorders whose types are major depressive disorder, dysthymic disorder, bipolar disorder, and cyclothymic disorder. We will focus on their etiologies, symptoms, and treatments. The information on the mood disorders will be helpful to understand children's emotional difficulties. Also, you will learn how to help your children, other family members, or friends suffering from mood disorders.

When we live in the U.S. as immigrants, we easily feel a depressive mood or anger caused by acculturation stress. In particular, children may experience various changes in emotional status, motivation, functioning and motor behavior, and cognitive process because they don't know how to release emotional tension and depressive mood. As a result, it may be very difficult for them to adjust to the school system since they may have severe relational problems with others or attention problems. This problems can be noticed on adults as well.

Chad Yoo, who is majoring in clinical psychology at the California School of Professional Psychology and is also a psychology intern in the Mental Health Division under the City of Berkeley, will explain mood disorders based on professional knowledge and clinical experience. Following his explanation, attending parents will have time to ask Chad Yoo questions and share their experience with each other. Please contact Soo Sim (ssim94706@gmail.com) for further information.

Thank you.
Sincerely,
Albany Unified School District

* Time: Saturday, May 18, 11am to 1pm
* Place: Richmond Baptist Church
(current location of Mukunghwa Korean School)
5711 Jefferson St., Richmond, CA