

Saewoomtor – Mental Wellness Workshop

Venue: Connect Supporting Recovery
Address: 215 Wairau Road, Glenfield, Auckland 0627
Date: 18 June 2011 (Saturday)
Time: 9:30am to 2:30 pm

Programme

Time	Activity
9:30am	Registration
9:50am	Opening: Dominic Hwang, Chairperson of <i>Saewoomtor</i> (Korean Mental Health Advisory Group).
10:00am	Korean Migrants and Mental Wellbeing Presenter: Dr. Chohye Park - Child and Adolescent Psychiatrist, Waikato District Health Board
10:45am	Questions and Answers
11:00am	Mental Health and Recovery An introduction on the underpinning principal concepts of mental health, recovery, how to facilitate recovery, the barriers of recovery and how stigma and discrimination hinder recovery. Presenter: Hagyun Kim – Social Worker / Rehabilitation Practitioner, Community Support Team, Connect Supporting Recovery
11:45am	Questions and Answers
12:00pm	Lunch
12:30pm	Consumer Perspective - a story of recovery Presenter: Taimi Allen - Like Minds, Like Mine Project Team Leader, Mind and Body Consultants Ltd.
13:00pm	Mental Health Services in New Zealand An overview of the mental health system in New Zealand including information on how to work with your GP, roles of mental health professionals, mental health service teams, and not for profit mental health support organisations - Who are they and how can you get help? Presenter: Hannah Lee - Cultural Support Coordinator, Asian Mental Health Cultural Support & Coordination Service, Waitemata District Health Board
13:40pm	Group discussion 3. Mental Wellbeing: Facilitator - Chohye Park 4. Recovery: Facilitator – Hagyun Kim 5. Mental Health Services – Hannah Lee
14:15pm	Feedback on Group Discussion
14:30pm	Closing: Iain Sands - Ethnic Affairs Advisor, Office of Ethnic Affairs

새움터 - 정신건강 Workshop

장소: Connect Supporting Recovery
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Programme

Time	Activity
9:30am	등록 및 차한잔 함께 하며 서로 인사 나누기
9:50am	Opening : 황주건, '새움터' 모임 의장(Korean Mental Health Advisory Group).
10:00am	한인들과 정신건강헬빙 정신건강을 해치는 스트레스와 그 해결방법들: 어떻게 한인들의 정신건강을 지킬 것인가? 강사: 박초혜 (정신과 의사), Waikato District Health Board
10:45am	질문과 대답
11:00am	정신건강과 회복의 의미 회복의 의미에서 바라본 정신건강에 대한 소개: 회복여정을 도움이 되는 것들 (본인의 의지와 가족들의 도움 등) 과 어려움들 (정신건강에 대한 사회적 편견 등) 강사: 김하균(정신보건사회복지사), Community Support Team, Connect Supporting Recovery
11:45am	질문과 대답
12:00pm	점심
12:30pm	정신건강 회복여정 이야기 하나 강사: Taimi Allen - Like Minds, Like Mine Project Team Leader, Mind and Body Consultants Ltd.
13:00pm	뉴질랜드 정신건강 서비스에 대한 소개 뉴질랜드 정신건강서비스에 대한 개괄적인 소개 및 실제적인 도움을 찾는 방법: 가정의 와 상담때 알아야 할 것 들, 정신건강 서비스에 종사하는 professionals 들과 함께 일을 하실 때 알아 두면 좋을 내용들! 강사: 이하나(정신건강 사회복지사) - Asian Mental Health Cultural Support & Coordination Service, Waitemata District Health Board
13:40pm	그룹나눔 1. 한인들과 정신건강: 그룹리더 - 박초혜 2. 정신건강과 회복의 의미: 그룹리더 - 김하균 정신건강 서비스 - 이하나
14:15pm	그룹토의 결과 나눔
14:30pm	Closing: Iain Sands - Ethnic Affairs Advisor, Office of Ethnic Affairs