



GIFT Presents

# FREE

Orientation Class for

# EQ Parenting

Have you ever wondered, “Why do I always feel overwhelmed or react emotionally out of proportion?” or “Why can’t I openly communicate with my child and regret the things I do or say afterwards?”

Dr. Lydia Chun, a licensed clinical psychologist, will help you answer and resolve these issues by offering a class that aims to raise your EQ through self-reflection times, lecture-based learning on how to reflect, and group activities and sharing. Please come and try out the free orientation session to learn more about this class!

**Speaker: Dr. Lydia Chun Psy.D**  
**Licensed Clinical Psychologist**

**DATE: January 10, 2017 (Korean)**  
**January 12, 2017 (English)**

**TIME: Morning Session 10:00-11:30am**  
**Evening Session 7:00-8:30pm**

**LOCATION GIFT Counseling & Wellness Center**  
**6251 Stanton Ave, Buena Park, CA 90621**

GIFT Counseling & Wellness Center - email: [info@giftheal.com](mailto:info@giftheal.com) or call (714) 522-4438  
Visit [www.giftheal.com](http://www.giftheal.com)