



The MGH Center for
Cross-Cultural Student
Emotional Wellness
Consortium

HOW TO THRIVE THROUGH COVID-19



8 Week Group Program with Master Clinician
for International Students

It's normal to feel sad, stressed,
confused, scared, or angry.
Learn how to face challenges
and to turn them into valuable
assets.



Yi Yang, PhD

Harvard & Oxford trained Clinical Psychologist
Director of China Psychoeducation of CCCSEW
Widely known Blogger for Mental health and
international students on Wechat:孩子出国后
(ID: Haizichuguohou)



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HOW to THRIVE THROUGH COVID - 19

Discussion and skill building sessions with other international student peers and a master clinician

Topics include, but are not limited to:

- Adapting virtual learning better to one's own learning style
- Navigating parent-child relationship and family dynamic
- Coping with isolation from peers
- Coping with stressors while promoting academic success
- Dealing with uncertainty

FIRST SESSION TO BE STARTED IN JAN 2021

TO JOIN

Please submit your request to your school contacts by January 1st 2021

For fees and more detailed info, please reach out to us at:
info@mghestudentwellness.org

Group sessions are proven to be highly effective for children and teenagers

- Journal of Clinical Child Psychology



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MASSACHUSETTS
GENERAL HOSPITAL



HARVARD MEDICAL SCHOOL
AFFILIATE