

## ABOUT US

Empowering Ethnic Minorities for Stronger and Healthier Families

We are on a mission to create a more inclusive Hong Kong by empowering ethnic minorities and addressing their family-related and mental health challenges. Through scientific research and our capacity-building programs, we actively promote mental health and inter-family harmony. Join us in raising awareness and ensuring optimal well-being within our communities.





# Join “Generation Connect” Today!


Embrace this unique opportunity to share, learn, and reconnect with your loved ones. Contact us for more information or to sign up:




Contact us for more information or to sign up:

 (852) 3469 2871

 emmh@ust.hk

 (852) 6064 3994

 <https://emmh.hkust.edu.hk/home-ppol-mental-health-projects>



Discover the joy of strengthening family bonds and making a difference in your household.

## Introducing **GENERATION CONNECT**

A Journey to Stronger and Healthier Families

For **Pakistani**, **Indian**, and **Nepalese** Families in Hong Kong

Join us on this enriching journey as we enhance mental well-being, promote positive communication, and foster harmonious relationships within families. Together, let's build stronger and healthier family connections.



# YOUR PARTICIPATION

## Join a journey of Connection and Legacy

Join us in this unique initiative involving four engaging visits. These sessions offer a platform for sharing your life journey, cultural experiences, and valuable insights. Participate from the comfort of your home or enjoy our organized outings - we have something special for everyone.

Your participation contributes to building a better Hong Kong, fostering community, and enhancing intercultural connections. Experience the joy of sharing, learning, and leaving a lasting legacy through this enriching cross-cultural exchange. Make your mark, share your story, and help shape a more inclusive future.

# PROGRAM DETAILS

## Engaging Visits Tailored to YOUR Interest

Our program comprises **FOUR** visits, each designed with different objectives for learning and sharing in a comfortable and engaging setting.

### VISIT 1

#### Discovering Your Family Roots

Embark on this exciting journey with us! Experience our warm welcome as we build trust and rapport through one-on-one dialogue sessions between our staff and members.

### VISIT 2

#### Strengthening Family Bonds

Gain new insights on resolving familial conflicts and building stronger relationships with our tailor-made family programs. Engage in activities involving reflection, role play, meditation, and sharing.

### VISIT 3

#### Family Day Celebration

Engage with your loved ones through guided practices of gratitude, breathing exercises, relaxation techniques, and guided meditation. This special day celebrates you, your family, and your inter-family bonds.

### VISIT 4

#### Reflecting on Progress

Witness how your family relationships have improved and share your insights with our team. Enjoy stronger family bonds through short surveys and interviews. As a token of appreciation, we will also provide you with \$200 coupons.

# BENEFITS

## of Joining the "Generation Connect"

By participating in our program, you will:



Enjoy a special family day celebration



Mindfulness-based activities to minimize emotional distress and improve inter-family harmony



Attend a student's career workshops and receive professional CV cleaning services



Have the opportunity for publication in the university newsletter



## Requirements for Joining

To participate in our program, you should:

- ✓ Be of ethnic Indian, Pakistani, or Nepali origin
- ✓ Currently reside in Hong Kong
- ✓ Be willing to share your life experiences and family-related issues
- ✓ Be willing to fully engage in all program activities

We look forward to welcoming you to "Generation Connect" and embarking on this transformative journey together!

