## Mental Health

Seminar & Individual Consultation

Seminar (Capacity: 40 persons)

APRIL 20 (sun) 10AM to 12PM

Theme:

SELF-CARE & MENTAL HEALTH

How to Keep Your Mind Balanced in a Busy Life Languages: Portuguese and Easy Japanese

emCAMPUS EAST 2F2-81,
Ekimae-odori, Toyohashi
Toyohashi Machinaka Library International Space

## Individual Consultation

(I session, 50 min

Apr 20 (sun) 1PM to 4AM

Jun 22 (sun) 10AM to 4PM

Aug 17 sun) 10AM to 4PM

Oct 19 (sun) 10AM to 4PM

Dec 7 (sun) 10AM to 4PM

Feb 22 (sun) 10AM to 4PM

emCAMPUS EAST 2F 2-81, Ekimae-odori, Toyohashi emCAMPUS Studio Room 7





Map

English

FREE

Organized by:
Toyohashi International Association
emCAMPUS EAST 2F 2-81, Ekimae-odori, Toyohashi