



March-April

Newsletter

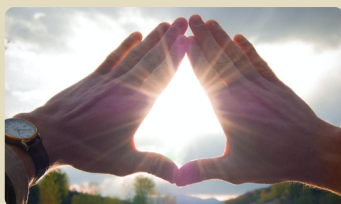
• Upcoming Events •



EMOTIONS: Learn about feelings and empathy through stories and crafts

April 11, 2023
4:00 PM – 5:00 PM

Cantonese, Mandarin, English
1915 W. 35th St., Chicago
(CPL McKinley Park Branch)



Healthy Living for Your Brain and Body

May 16, 2023
2:30 PM – 3:30 PM

Cantonese, Mandarin, English
4314 S. Archer Ave., Chicago
(CPL Brighton Park Branch)

**Pre-registration is preferred.
Please contact us to learn more!
(312) 791-0418
Alzheimers@caslservice.org**

A note from our leadership

Winnie Lam, Associate Director
Behavioral Health and Clinical Services



Dear Friends,

Welcome to March and April! March is national Social Work Month and April is Stress Awareness Month. This year, social work is celebrating the theme of “breaking barriers” that generations of social workers are helping and supporting individuals, families and communities to thrive. Along with this, we would like to remind you of the negative impact of stress.

There is no single definition of stress, however, there are many ways cope with it. We encourage you to recognize what stress and anxiety look like, take steps to build resilience and manage job stress, and know where to go for help, such as the Centers for Disease Control and Prevention (CDC) which provides some tips on how to build resilience and manage job stress.

We also encourage you to contact CASL’s Behavioral Health Clinic if you need support managing stress in your life: <https://casl.fafirms.net/27>.

Keep an eye on our social media to learn more about the pressing issues faced by social workers and the AANHPI community, ways to cope with stress, and how CASL keeps the community thriving!

Please visit CASL’s Blog to read the latest blog post *Three Pressing Issues Facing Social Workers and the AANHPI Community* at [CASLservice.org/Blog](https://caslservice.org/Blog).

Thank you for putting health first!



BHCS Staff Spotlight



Nuo (Nora) Chen, LSW
(she/her)

Nora Chen is CASL's Behavioral Health Case Manager who provides evidence-based mental health and behavioral health intervention services to individuals in our community.

Nora holds a master's degree in social work from the University of Michigan majoring in interpersonal practice and is currently a licensed social worker in Illinois. She is passionate about serving people from diverse backgrounds, helping people understand themselves and find their own strengths in behavior change.

● Previous Events ●

CASL collaborated with 1st district community policing team, Northwestern Medicine Mesulam Center for Cognitive Neurology and Alzheimer's Disease, and South Loop Village to host a workshop regarding Alzheimer's disease and community safety at Oaks at Dearborn. Alzheimer's program assisted South Loop Village in educating the community members with general dementia related knowledge and promoting the community to be more dementia-friendly. Our Alzheimer's Program also provided with bilingual ADRD resources package to all the participants.



Our Alzheimer's Program also collaborated with CASL's Community and Family Well-Being department to provide a Medicare 101 workshop, sharing some general information and knowledge regarding Medicare with the community.

If you are interested in similar events, or you are seeking to collaborate with us in the future, please contact us at 312-791-0418 X 2232 or Alzheimers@caslservice.org



Who we are

Educating and empowering our clients

BHCS provides quality, person-centered, and culturally competent care to help families and individuals of all ages and backgrounds achieve healthy living. BHCS works in tandem with over thirty CASL programs and complements the efforts of existing community behavioral health programs to improve the overall health and well-being of our community.

We offer a variety of services to empower you:

- Counseling & Therapy
- Occupational Therapy
- Assessment and Treatment Plan
- Crisis Intervention
- Consultation & Evaluation
- Community Support
- Community Workshops

Talk to us

(312) 791-0418

Alzheimers@CASLservice.org BehavioralHealth@CASLservice.org

CASLservice.org/Behavioral-Health

“ The greatest weapon against stress is our ability to choose one thought over another. ”

William James

American philosopher, historian, psychologist, and the first educator to offer a psychology course in the United States