

# 慢性病与情绪管理讲座

## Emotion Management

29/03/2016 (星期二) 10:00am - 1.00 pm

普通话及廣東話 (Mandarin & Cantonese)

黄富强教授 (臨床心理學家) Prof Daniel Wong (Clinical Psychologist)



活动地点: Hawthorn Inner East 社区健康中心  
Inner East Community Health - Hawthorn  
378 Burwood road, Hawthorn 3122  
(Glenferrie 火车站对面, 步行大约 150 米到达)

活动免費, 请尽早報名: 0401 718 043/03 88067532 (夏小姐)

[Admin@cch.org.au](mailto:Admin@cch.org.au)

### 讲座内容:

- 减低因长期病患或照顾家人带来的负面情绪;
- 提升正向思维;
- 让同路人建立彼此的支持网络;
- 加强对社区相关支持资源的了解;

有慢性病的患者及其照顾者, 若想了解情绪管理与身体疾患的关系, 或者希望学习一些提高生活质量的心理调适疗法的, 均欢迎来参加。

*This workshop is for people with chronic sickness or family members who are caring for someone with chronic sickness such as arthritis, diabetes, cancer, dementia, Parkinson, sclerosis, eczema, psoriasis, etc. This workshop aims to increase your awareness of the impacts of negative emotion caused by illness.*

支持机构:

This activity is supported by:

**City of Boroondara**

**The Rotary Club of Balwyn**

**Inner East Community Health - Hawthorn**

主办机构:



**怡康全人发展中心**