

# 琴瑟樂與怒

## Marital Rock 'n' Roll

調諧夫妻關係工作坊 Relationship Enrichment Workshop for Chinese couples

Objectives:

Enhance the couples to:

- > understand and recognise each other thoughts, rules and expectations;
- > Know about the causes of negative emotion and dysfunctional cycle associated with their negative thoughts;
- > Ways to break the dysfunctional cycle and enrich the relationship.

Facilitation : Cognitive Behavioral Therapy will be applied. Participants will be guided to share, discuss, do role play and practise in a relaxing way.

Therapists : Professor Daniel Fu Keung Wong ( Clinical Psychologist )

Mrs Ina Tan ( Family Therapist and Counsellor )

Dates : 5/7/2016 , 12/7 , 19/7/2016 (Tuesdays)

Time : 6 : 30 pm – 9 : 30pm

Address : Whitehorse Community Resource Centre,  
Level 1, 79 Mahoneys Road, Forest Hill 3131



怡康全人發展中心  
Centre for Holistic Health



Language : Canotones  
Fee : \$ 200 per couple  
Quota : 6 couples

Enquiry and enrolment :  
03 88067532  
0401 718 043

