

## 內容 Content:

這是一個輕鬆的情緒治療小組，以認知行為治療法協助參加者了解自己的負面情緒、焦慮、抑鬱與思維的關係，參加者會學習一套能應用於日常生活的改善情緒的方法。

This is a therapeutic group by applying Cognitive Behaviour Therapy To help participants to improve their negative emotion, anxiety or depression. Through interactive activities, participants will acquire knowledge to identify the causes of negative emotions and techniques to improve them.

**對象 Target :** 正受負面情緒、焦慮、抑鬱困擾的成年人  
Adults with negative emotions, anxiety or depression.

**日期 Date:** 17/10/2016 – 5/12/2016 (8 個星期一晚上)  
8 consecutive Tuesday evenings

**時間 Time :** 6 : 30pm – 9 : 00pm

**名額 Quota :** 只限 10 人 (10 places)

**費用 Fee:** \$ 80 (8 堂) Half price for concession card holder

**語言 Language :** 廣東話 Cantonese

## 治療師 Therapists :

潘鳳賢 Ada Poon (社會工作者 Social Worker)

鄧慧芝 Tracy Tang (精神健康社會工作者 Mental Health Social Worker)

## 活動地點 Venue :

Whitehorse Community Resource Centre  
1/F, 79 Mahoneys Road, Forest Hill 3131  
(鄰近 Forest Hill Chase 購物中心)

**查詢 Enquiry:**  
03 8806 7532  
0401 718 043

# 告別焦慮與抑鬱

## Say Goodbye to Anxiety and Depression



**怡康全人發展中心**  
**Centre for Holistic Health**



