

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 practice in a relaxing way.

Therapists : Professor Daniel Fu Keung Wong (Clinical Psychologist)

Ms Ada Poon (Social Worker)

Dates : 13/12/2016 , 20/12/2016 , 3/1/2017 (Tuesday)

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 : Cantonese

Fee : Free

Quota : 6 couples

Enquiry and enrolment :

03 88067532

0401 718 043

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