

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 towards marriage;
- > 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 : 2/6, 9/6, 16/6, 23/6, 30/6/2017 (Fridays) 5 sessions

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 : \$80 per couple

Quota : 6 couples

Enquiry and enrolment :

03 88067532

0401 718 043

