



**Be Nice To  
Your Mind**

# Chinese Speaking International Student Mental Health Program — Emotions Mastering Group



## Content:

- \* Understand the actual cause of emotions
- \* Identify your negative emotions & thinking patterns
- \* Manage the emotions through identifying your thought traps
- \* Examine your dysfunctional beliefs

**Language:** Mandarin

**Fee:** Free for International Student

**Instructor:** Prof. Daniel Wong  
(Clinical Psychologist) &  
Ada Poon (Social Worker)

## Date:

[April Series] 4, 14, 21 /4/2018 (Sat)  
[June Series] 13, 20, 27 /7/2018 (Fri)  
(Three consecutive sessions form  
as a completed series)

**Time:** 10am—4pm

**Location :** Multicultural Hub  
506 Elizabeth St, Melbourne VIC 3000



(Limited Seats. Please register in advance !)

## Register and Contact

Please send us your **name, phone number, email address, your institution/ university**  
with the name of the program (**IS Emotions Group**)

Phone: 0401 718 043, Email: [admin@chh.org.au](mailto:admin@chh.org.au) or Wechat ID: CHHenquiry

Website : [www.chh.org.au](http://www.chh.org.au) Facebook : CHH @ Centre For Holistic Health

WeChat QR code



怡康全人發展中心  
Centre for Holistic Health



Supported by AusChannel