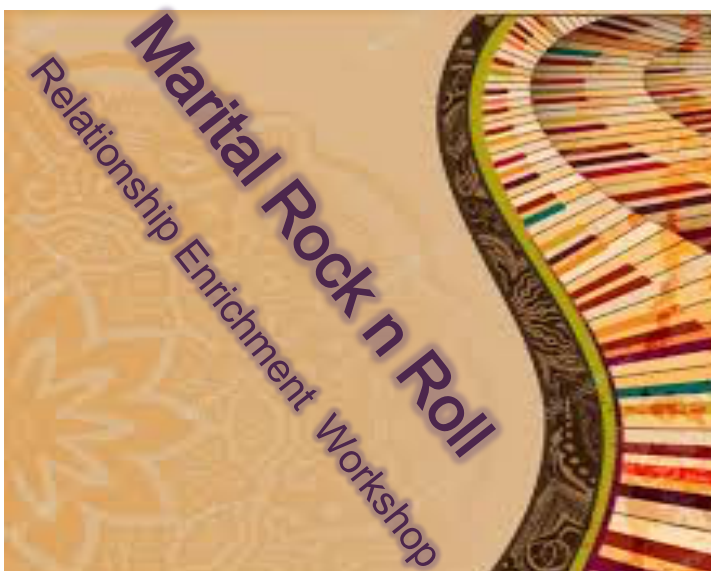


Family in Harmony

家庭協奏曲

Aims :

- Improve family resilience
- Improve competency to deal with family conflict, relationship and crisis
- Enhance family function
- Build a stronger and harmonious family
- Reduce barriers to access services and seek help



怡康
全人發展中心

- Understand and recognise each other thoughts, rules, expectations towards marriage and family
- know about the causes of negative emotion and dysfunctional cycle associated with negative thoughts
- Ways to break the dysfunctional cycle and enrich the relationship
- Cognitive Behavioural Therapy will be applied. Participants will be guided to share, discuss, do role play and practice in a relaxing way.
- 6 couples in each group
(Cantonese group) : 25/10, 1/11, 8/11, 15/11, 22/11/19 (6:30pm-9:30pm)
5 Fridays
- Facilitator : Ada Poon (Social Worker)

Enrolment & enquiry: 03 88067532 / 0401 718 043 / admin@chh.org.au
(This project is funded by Department of Social Services.)