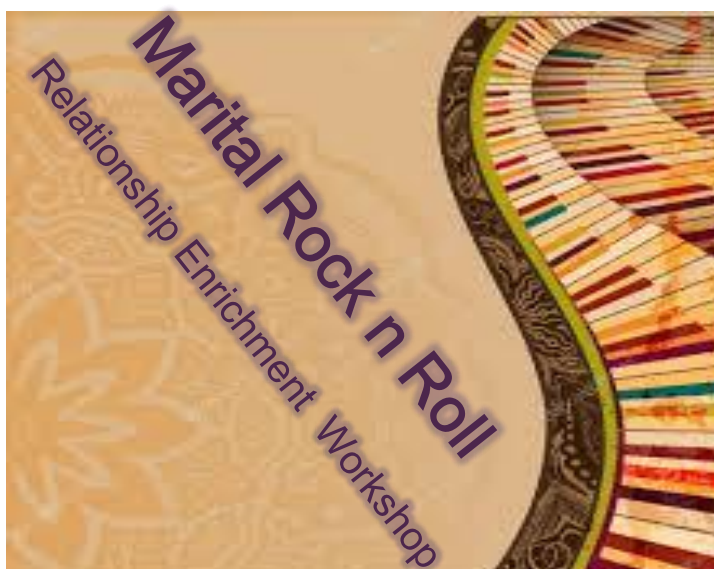


Family in Harmony

家庭協奏曲

Aims :

- Improve family resilience
- Improve competency to deal with family conflict, relationship and crisis
- Improve communication and interaction
- Enhance family function
- Build a stronger and harmonious family



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

Dates : 6/3, 13/3, 20/3, 27/3, 3/4/2020 (6:30pm-9:30pm) 5 Fridays

Language: Mandarin

Facilitator : Ada Poon (Social Worker)

Venue: Level 1, 79 Mahoneys Road, Forest Hill 3131

Enrolment & enquiry: 03 88067532 / 0401 718 043 / admin@chh.org.au

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