

# Mindful Touch

## Self-Compassion

Learn about the concept of mindfulness; observe and connect with our feeling and thoughts; bring awareness to emotions and stay in the moment with them; offer compassion and care ourselves.

Date : 8/9/2020 (Tuesday)

Time : 10:00 - 11:30am

Fee : Free

Language : Cantonese

Facilitator : Ada Poon

Venue : Zoom meeting

Registration is requested.

One registration is accepted, a meeting link will be informed.

Participants need to download the Zoom App in their device prior the meeting.

Contacts : 0404 598 242  
[admin@chh.org.au](mailto:admin@chh.org.au)