



Booking is requested :

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怡康全人發展中心

Centre for Holistic Health

This program is funded by Department of
Social Services & City of Whitehorse Council.



Ladies' Café

It's a safe, stress-free online social gathering platform for Chinese women to connect with others and support each other to cope with the impact of the COVID 19. You will enjoy:

- a relaxing time
- having someone to talk to
- the mutual support
- sharing experience with others
- others' company
- learn skills to manage negative emotion
- self- compassion

....lot more to discover and create together with you.

Come to join us !

For ladies only

Virtual High Tea operation hours

Cantonese High Tea Time :

Morning Tea : every Friday 10:00am-11:00am

Date: 24/9/2021 – 19/11/2021

Mandarin High Tea Time :

Afternoon : Every Friday (1:30 - 2:30pm)

Date: 24/9/21 – 19/11/21

This program will be facilitated via Zoom but we will also organise face-to-face high tea meeting depending on government's announcement about social restrictions.