International Students' Pitstop

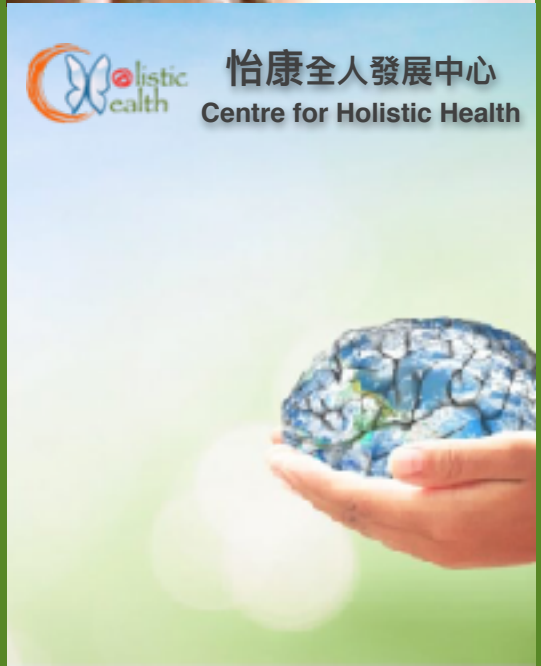
一起從心出發，你不是孤單一人。 We are here. You are not alone.

這是一個專為華人留學生而設的支援平台，目的是促進留學生的身心社靈健康，正視精神心理健康及危機，以正面有效方法提高抗逆力，及有需要時知道那裡可以獲得幫助。Programs are desisgned for Chinese international Student

活動 （在線及實體） Online & Face to Face Activities

- 改善情緒小組、工作坊、講座
  Emotion Resilience groups，workshops，seminars
- 藝術治療小組、活動
  Art therapy group & activities
- 靜觀 （正念）放鬆練習班
  Mindfulness class
- 12小時精神健康急救証書訓練
  12 -hrs Mental Health First Aid certificate course
- 在線健腦室
  Online Mind Gym activities

All FREE



留學生心靈加油站

This project is funded by
Hong Kong Baptist University.

Venue is provided by
Monash Youth Services.

April to June 2023 - Activities Calendar

Registration link : https://forms.gle/pu4NXfvNrMaGmQu27

Contacts: 03 88067532 / 0404 598 242 / admin@chh.org.au

•藝術治療小組 Art therapy group

Date: 22/4, 29/4, 6/5, 13/5/23 (4 Saturdays)
Time: 10:30am - 12:30am
Venue: MonashYouth Service, Level 1, 2 Euneva Ave, Glen Waverley (near Glen Waverley train station)
Language : Cantonese & Mandarin 普通話&廣東話

•靜觀之旅

Mindful Touch

(6 online sessions)

Dates: 7/6, 9/6, 14/6, 16/6, 21/6, 23/6/23
(Wed. & Fri.)
Time: 5:00 - 6:00pm
Language: Cantonese 廣東話

•不一樣的天空 - 改善情緒小組

Emotion Resilience group

Date: 22/4, 29/4, 6/5, 13/5, 20/5/23 (5 Saturdays)
Time: 1:00pm - 2:30pm
Venue: Monash Youth Service, Level 1, 2 Euneva Ave, Glen Waverley (near Glen Waverley train station)
Language: Mandarin 普通話

告別焦慮 Fight for Anxiety

(online workshops)

Date: 28/4, 5/5, 12/5, 19/5/23 (4 Fridays)
Time: 4:30 - 5:30pm
Language: Cantonese 廣東話

Date: 8/6, 15/6, 22/6, 29/6/23 (4 Thursdays) 。
Time: 4:30 - 5:30pm
Language: Mandarin 普通話