



怡康全人發展中心
Centre for
Holistic Health

改善情緒工作坊 – 進深班

Emotion Management Workshop - Advance

- * 學習如何改寫規條
- * 自己評價
- * 自我肯定
- * 舊我與新我
- * Ways to modify dysfunctional rules
- * How i comment myself
- * Self affirmation
- * Old Me and New Me

治療師 Therapist : 黃富強教授 Prof. Daniel Wong (臨牀心理學家 Clinical Psycholgist)

日期 Dates : 19/12 (Sat)

時間 Time : 9:30pm - 4:30pm (12:30pm - 1:15pm lunch break)

語言 Language : 廣東話 Cantonese

費用 Fee : \$ 30 或 持有醫生處方的精神健康保健計劃 (小組治療), 有關費用將由國民保健支付, 欲了解申請精神健康保健計劃詳情, 可向本中心工作人員查詢。
Bulk Bill will be applied for those with prescribed Mental Health Care Plan (for group therapy) by GP. Please contact our Centre to understand the eligibility of the Mental Health Care Plan.

對象 Target: 參加者曾出席過改善情緒工作坊 - 初或中階
The participants should have attended the elementary or intermediate workshop.

地點 Venue : Level 1, Whitehorse Community Resource Centre
79 Mahoneys Road, Forest Hill 3131

查詢及報名 Enquiry & registration : 03 88067532 / 0401 718 043