

內容 Content:

這是一個輕鬆的情緒治療小組，以認知行為治療法協助參加者了解自己的負面情緒、焦慮、抑鬱與思維的關係，參加者會學習一套能應用於日常生活的改善情緒的方法。

This is a therapeutic group by applying Cognitive Behaviour Therapy To help participants to improve their negative emotion, anxiety or depression. Through interactive activities, participants will acquire knowledge to identify the causes of negative emotions and techniques to improve them.

對象 Target : 正受負面情緒、焦慮、抑鬱困擾的成年人
Adults with negative emotions, anxiety or depression.

日期 Date: 16/6/2017 – 4/8/2017 (8 個星期五早上)
8 consecutive Friday mornings

時間 Time : 9 : 30am – 12 : 30pm

名額 Quota : 只限 10 人 (10 places)

費用 Fee: \$ 80 (8 堂) Half price for concession card holder

語言 Language : 普通話 Mandarin

治療師 Therapists : 黃富強教授 Prof. Daniel Wong
(臨床心理學家 Clinical Psychologist)

活動地點 Venue :

Whitehorse Community Resource Centre
1/F, 79 Mahoneys Road, Forest Hill 3131
(鄰近 Forest Hill Chase 購物中心)

查詢 Enquiry:
03 8806 7532
0401 718 043

告別焦慮與抑鬱

Say Goodbye to Anxiety and Depression



怡康全人發展中心
Centre for Holistic Health



