

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 designed for Chinese international students to enhance their wellbeing and knowledge to get supports.

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
 - 網上心靈保健室
Online Mind Gym
- Most FREE



怡康全人發展中心
Centre for Holistic Health



留學生心靈加油站

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Acknowledgment:
Activity venue is kindly
provided by Monash Youth
Service, Monash Council

October to December 2023 - Activities Calendar

Registration link : <https://forms.gle/BCvJ94sZXu4L3U9v9>

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



參加者如於一年內參加兩項或以上活動並願意協助完成問卷，會獲得 \$50購物卷

• 精神健康急救証書訓練 (12小時)

Mental Health First Aid Course

Date: 25/11, 2/12/2023 (2 Saturdays)

Time: 10:00am - 4:30pm

Language : Mandarin Fee : \$ 20 (for a manual)

Venue: Monash Youth Service, Level 1, 2 Euneva Ave.

Glen Waverley (near Glen Waverley train station)

• 網上心靈保健室 Online Mind Gym

廣東話時段 Cantonese time (Wed.)

Date: 8/11, 15/11, 22/11/2023 Time: 4:00pm - 4:30pm

專題 Topics: 接納不完美的自己 Self-acceptance

普通話時段 Mandarin time (Fri.)

Date: 10/11, 17/11, 24/11/2023 Time: 4:00pm - 4:30pm

专题 Topics: 面對家人的壓力 Coping with family pressure

Small Group & Workshop

• 克服焦慮 Coping with Anxiety • 藝術治療 - 能力的探索 Art Therapy

Dates: 4/11, 11/11 18/11/2023

(3 consecutive Saturdays)

Time: 10:00 - 12:00pm

Language: Mandarin

Dates: 4/11, 11/11 18/11/2023 (3 consecutive Saturdays)

Time: 1:00 - 3:00pm

Language: Mandarin & Cantonese

Venue : Monash Youth Service, Level 1, 2 Euneva Ave. Glen Waverley

