

# 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 stay with a better mental wellbeing and get supports when needed

## 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）體驗及練習  
Mindfulness workshop
- 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



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Hong Kong Baptist University.

留學生心靈加油站

# June to August 2024 - Activities Calendar

Registration link : <https://forms.gle/BwWG2eM6tti9N7YT9>

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

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

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## 精神健康急救証書訓練 (12 小時)

### Mental Health First Aid Training -12hrs

Date: 29/6 , 6/7/24 (2 Saturdays)

Time: 10:00am – 4:30pm

Language : Mandarin Fee: \$20 ( cost 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 On-line Mind Gym

FREE

### 專題 Topic : 困難金字塔 Difficulty Pyramid

普通話 Mandarin sessions ( 3 Wed.)

Date: 10/7, 17/7 , 24/7/24 Time: 4:30pm - 5:15pm

廣東話 Cantonese sessions ( 3 Mon.)

Date: 8/7, 15/7, 22/7/2024 Time: 4:30pm - 5:15pm

## Face-to-Face small group workshop

FREE

### 靜觀體驗 Mindful Touch

Dates: 13/7, 20/7, 3/8, 10/8/24 (4 Sat.)

Time: 1:30 – 2:30pm ( Cantonese )

3:00 – 4:00pm ( Mandarin)

### •藝術治療 – 心靈療傷 Art Therapy – Emotional wound

Dates: 13/7 , 20/7 , 3/8 , 10/8/24 ( 4 Saturdays)

Time: 10:30 - 12:30pm

Language: Mandarin & Cantonese 普通話&廣東話

Venue : Monash Youth Service, Level 1, 2 Euneva Ave, Glen Waverley  
(near Glen Waverley train station )

