

# 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）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



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Hong Kong Baptist University.

留學生心靈加油站

# Nov to Dec 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

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



## 精神健康急救証書訓練 (12 小時)

### Mental Health First Aid Training 12hrs

Date: 21/11 (on-line), 22/11/2024 (face-to-face)

Time: 10:00am – 4:30pm

Language : Mandarin Fee: \$20 ( manual cost)

Venue: Rm (198-1-141), 1888 Building, Melbourne

University, Parkville (on 22/11/24)

## 藝術治療 Art Therapy workshop -

### 透視焦慮 Understand Anxiety

Date: 16/11, 23/11 , 30/11/24 ( 3 Sat.)

Time: 10:00am - 12:30pm

Language: Mandarin / Cantonese sessions

Venue: Rm (198-1-14), 1888 Building,

Melbourne University, Parkville

FREE



## 網上心靈保健室 On-line Mind Gym

### 事不延遲 Procrastination

Dates: 18/11 , 25/11 , 2/12 ( 3 Mon.)

Time: 4:00 – 4:40pm ( Cantonese )

5:00 – 5:45pm ( Mandarin)

### 與困難共存 Live with Challenges

Dates: 19/11 , 26/11 , 3/12/2024 ( 3 Tue.)

Time: 4:00 – 4:45am (Cantonese session)

5:00 – 5:45pm (Mandarin session)

Venue : 線上進行 on-line activities

FREE