



怡康發展全人發展中心
CENTRE FOR HOLISTIC HEALTH

〈靜一靜，照顧自己〉

學生靜觀減壓與自我照顧小組

PAUSE & NURTURE: MINDFULNESS FOR STRESS RELIEF & SELF-CARE GROUP FOR STUDENTS

趕PAPER趕到喘不過氣？
總在深夜感到孤單和焦慮？
給自己一個時間停下來。
這不是一堂課，而是一個讓大腦休息
讓心靈充電的專屬空間。

Overwhelmed by endless deadlines?
Feeling anxious or lonely at night?
Give yourself permission to pause.
It's your safe space to reset your brain and
recharge your soul.

內容包括 PROGRAMME HIGHLIGHT



呼吸的藝術
The Art of Breathing

靜觀伸展與釋放
Mindful Stretch & Release



內在慈心與自我關懷
Cultivating Self-Compassion

一口茶的靜觀覺察
Mindful Tea Tasting



靜觀心靈藝術創作
Expressive Mindful Art

活動詳情 PROGRAMME DETAIL

日期 Date: 5 Sessions (Every Saturday) 4 Jul, 11 Jul, 18 Jul, 25 Jul, 1 Aug

時間 Time: 11:15 am – 12:15 pm

費用 Fee: Free of Charge

語言 Language: Mandarin (supplemented with English and Cantonese)

地點 Venue: Meeting Room 1, Library at the Dock

Address: 107 Victoria Harbour Promenade, Docklands VIC 3008



LIBRARY AT THE DOCK

報名 REGISTER

關於導師 ABOUT TUTOR



MR. HENRI SIU
STUDENT SOCIAL WORKER
MINDFULNESS BASED PSYCHOLOGICAL SUPPORTER
REGISTERED TEACHER(HK)
MSW (HKU), MA IN PSYCHOLOGY (CUHK)

