怡康全人發展中心
Centre for Holistic Health

怡康全人發展中心 是一間非牟利機構，由一群專業人士組成，致力促進華人整全健康。本中心提供多元化和具備預防和改善身心精神健康的服務，如健康資訊講座、保健活動，個人及小組形式的心理諮詢，倡導及研究等工作。

假如閣下有以下關注，或希望尋找一位專業人員傾談，歡迎致電與本中心工作人員聯絡：

* 憂愁、焦慮、憤怒
* 對事物、 人生失去興趣，有尋死念頭
* 哀慟
* 尋求情緒上支援
* 面對危機、改變
* 人際、家庭關係出現問題
* 健康危機
* 照顧患疾病或精神健康問題的人士
* 協助精神病患者或患病人士康復

Centre for Holistic Health is a non-profit organization which is comprised of a group of health care professionals who are dedicated to offering a comprehensive range of services to you and your families. We offer health related information, consultation and health care management services; health and mental health counselling services and health related advocacy to people with Chinese speaking backgrounds.

If you have the following concerns, or want to talk to a professional, you are welcome to contact us for advice:

* Sadness, anxiety, anger emotion,
* Loss of interest or pleasure in life, feeling suicidal,
* Loss and grief
* Emotional support
* Life crisis, dealing with change, transition
* Practical problem-solving
* Relationship issue
* Health and wellbeing
* Caring for someone with physical or mental health issue
* Support someone in their recovery of mental health and physical health

破繭而出
Breakthrough

New thinking for new results

長期被負面情緒困擾會令人失去動力、缺乏信心、甚至喪失生活能力，從而影響工作、日常生活、健康、家庭及人際關係等。及早處理會越快治癒。

「破繭而出」 是本中心臨床輔導服務之一 ，是為受情緒或精神健康問題困擾的朋友而設的治療小組。針對不同情況而設的情緒治療小組會由具備豐富經驗及專業的治療師在輕鬆氣氛下進行，並以互動方式協助參加者學習改善負面情緒及精神健康問題。我們亦提供一個舒服、互相支持及尊重的氣氛讓參加者能放鬆及感到安全地分享及討論。

治療師會透過分享、討論、練習等協助參加者了解自己的負面情緒的來源，並學習一套易掌握及能夠在日常生活中實際應用的改善負面情緒的方法來幫助自己破繭而出，擺脫情緒綑綁。

People suffering from intense negative emotion for a long period of time will find it hard to cheer up, lack motivation, lose confidence and become incapable, their work, daily life, health, family and relationships will thus be affected. Getting timely intervention will help to a better recovery.

“Breakthrough” is a program of our clinical counselling team which provides therapeutic groups to address the needs of people who are suffering from negative emotions or mental health issues. The therapeutic groups will be facilitated by professionals in an interactive way. We provide a comfortable, supportive and respectful environment where participants will feel relax and safe to share their experience and discuss their concern.

Our therapists will help participants to understand the root causes of their negative emotions, and to learn practical skills to improve their situation and make a breakthrough.

3月至6月份 「破繭」活動 Upcoming ‘ Breakthrough ’ activities:

告別焦慮與抑鬱 Say Goodbye to Anxiety and Depression

對象 Target： 受情緒、焦慮、抑鬱困擾的成年人
Adults with unpleasant emotion, anxiety or depression

日期 Dates : 18/3/2015 - 10/6/2012（十個星期三 10 Wednesdays)

時間 Time : 9：45am - 12:15pm

名額 Quota : 只限10人 (10 places)

費用 Fee: $200（10 堂 10 sessions）**

語言 Language : 普通話 Mandarin

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

照顧者的壓力 Coping with Carer Stress

對象 Traget ： 因承擔照顧者的角色受壓力、焦慮、負面情緒困擾的朋友

日期 Date : 19/3/2015 - 11/6/2012（十個星期四 10 Thursdays)

時間 Time： 6:30pm - 9:00pm

名額 Quota : 只限10人 (10 places)

費用 Fee： $200（10 堂 10 sessions）**

語言 Language : 廣東話 Cantonese

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

療治師簡介 Background of the therapist ：

黃教授任教於香港城市大學應用社會科學系，是一位經驗豐富的認知治療師，他親自帶領過無數認知治療小組及工作坊協助有抑鬱症、憂慮及負面情緒的人士改善情緒及精神健康問題。

Prof. Wong is teaching in the faculty of Applied Social Science of City University of Hong Kong, is an experienced cognitive therapist and has facilitated a number of groups on the application of CBT in working with people with emotion and mental health problem.

** 參加者如持有醫生處方的精神健康保健計劃，有關費用將由國民保健支付，欲了解申請精神健康保健計劃詳情，可向本中心工作人員查詢。
Medicare rebates will apply for those with prescribed Mental Health Care Plan by GP.
Please contact our Centre to understand the eligibility of the Mental Health Care Plan,.

Well-being Tool Kit

身心精神健康錦囊

「認識小孩及青少年的焦慮」
Understanding Anxiety among Children and Youth

小孩子天真無邪，他們也有焦慮嗎？　如何察現小孩子的焦慮徵狀？　父母如何協助他們？
Do children have anxiety? How to identify the symptoms? What the parents can do?

日期 Date : 23/3/2015 (Monday)
時間 Time : 9：30am - 12:00pm
名額 Quota： 30　　費用 Fee： $ 20
語言 Language : 廣東話 Cantonese
講者 Speakers ： 陸妙芬女士 （ Miss Esther Luk ）　　黃富強教授 (Prof. Daniel Wong)

講者簡介 Background of the speaker:

陸小姐是本中心邀請的海外講員，她於香港中文大學取得家庭輔導及家庭教育碩士，擁有超過15年兒童及青少年工作經驗，近年積極應用認知行為治療協助兒童及青年人面對情緒困擾，焦慮、抑鬱、思覺失調等問題。
Miss Esther Luk is a social worker and a cognitive behaviour practitioner, graduated from Chinese University of Hong Kong with a master degree in Family Counseling and Family Education. She has over 15 years of experiences working with children and youth. In recent years, she has applied cognitive behavior therapy in working with children and youth suffering from emotional problems, depression, psychosis and anxieties.

「情緒與疾病的關係」
Emotion and Physical Health

日期 Date：18/4 / 2015 (Saturday)　　時間 Time ：10am - 12pm
名額 Quota：30　　費用 Fee： Free

語言 Language ： 廣東話 Cantonese
講者 Speaker： 黃富強教授 (Prof. Daniel Wong)

活動地點 Venue ： Level 1, Whitehorse Community Resource Centre, 79 Mahoneys Road, Forest Hill
(位於Forest Hill Chase 購物中心對面及鄰近金寶酒樓)
736, 765, 735 公共巴士線可直達 ， 附近有大量免費停車位

查詢及報名 Enquiry ： 0401 718 043