

MINDFULNESS BASED
**DEPRESSION
& ANXIETY
MANAGEMENT**
DELIVERED IN CANTONESE

8 WEEKS
FROM

16

MAY 2024

廣東話處理抑鬱症和焦慮的正念小組



Funded by

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

This group will explore:

- Introduction to Mindfulness
介紹正念
- Understanding basic depression and anxiety disorders and how to use Mindfulness to manage them
了解憂鬱症和焦慮症以及如何使用正念來處理它們
- Loving kindness and self-compassion
善良的愛和自我的惻隱之心
- 3A Mindfulness Emotional and Perspectives transformation
3A 正念情緒和觀點轉變
- Mindfulness in daily practice
日常練習中的正念

MEET THE GROUP FACILITATOR



Christine is an accredited mental health social worker with over 20 years of experience. She uses a holistic and evidence-based approach to help clients with symptoms of trauma, anxiety, and depression.

THE DETAILS



10:00am - 12:00pm Thursdays

8 weeks, starting May 16, 2024

12024年5月16日至7月04日的星期四 (8週)

上午 10 點至中午 12 點



Online via Zoom



FREE

For eligible participants

TO SECURE YOUR SPACE

Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

This group is open to self referral or referral by clinician or support person using the link below:

<https://phncesws.redicase.com.au/#!/referral/create>

RSVP & MORE INFO

查詢資料: 鄧小姐



Christine: 0411 636 301



Christine: tangpearce@gmail.com