



# 營造健康家庭關係

(普通話, 廣東話翻譯)

## 內容:

- 了解個人需要如何影響家庭關係
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- 學習技巧營造健康家庭關係, 包括溝通和壓力管理。



**日期: 2019年7月31日 (星期三)**

**時間: 下午 4:30- 下午 5:45**

**地點: SPLC 耆樂中心 - 康樂室**

**講員: Sherlyn HU 胡曉韻,**

心理輔導員及安省註冊社工, 西乃健康體系 - 西乃山醫院恆康中心

歡迎長者和照顧長者人仕參加!

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## Building Healthy Family Relationships (Mandarin with Cantonese Interpretation)

### Content:

- Understand how our patterns of meeting needs in family relationships
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- Learn practical skills for building health family relationships, including positive communication, stress management

**Date: July 31, 2019 (Wednesday)**

**Time: 4:30PM am – 5:45PM**

**Venue: Senior Persons Living Connected – Recreation Room**

**Speaker: Sherlyn HU**

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