

(普通話,廣東話翻譯)

## 內容:

- 了解個人需要如何影響家庭關係
- 正面策略幫助我們在家庭裏滿足需要
- 學習技巧營造健康家庭關係,包括溝 通和壓力管理。

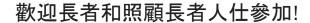
日期:2019年7月31日(星期三)

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



欲了解詳情及報名, 請致電 客戶服務臺(416) 493 - 3333



### Content:

Understand how our patterns of meeting needs in family relationships

Choose positive strategies for meeting our needs in the family

 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

Mount Sinai Hospital Wellness Centre



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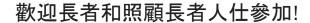
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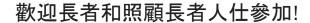
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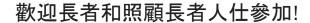
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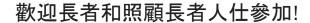
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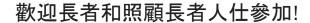
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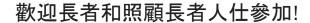
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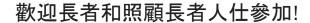
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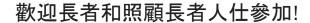
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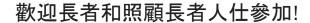
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