



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
Richmond Branch

CMHA Richmond Branch
7351 Elmbridge Way, Richmond, V6X 1B8
Phone: 604-276-8834
Fax: 604-276-0342



加拿大心理衛生會烈治文中文活動

Canadian Mental Health Association Richmond Branch Chinese Family Support Events

打開心窗互動小組

Heart to Heart Sharing Group

Richmond Chinese Family Support Group

烈治文愛心小組講座

「打開心窗」是每月聚會一次的情緒互助小組。透過保密性的互相交流，可以盡情訴說心中事。該活動為大家提供一個自我幫助成長的機會，並藉著「多角度思維，多選擇方式思考」，學習以更積極的方式去工作與生活，面對人生的挑戰。

This confidential interactive "Heart to Heart Sharing Group" is part of the Richmond Chinese Family Support Group. We meet once a month dedicated to provide people with an opportunity to understand the importance of proper and open communications in a positive manner through sharing and mutual support. Our focus is to encourage positive thinking and personal growth in dealing with daily issues.

家庭動力學

Family Dynamics

心理學博士：黃玉璇女士
Psychologist: Dr. Sandra Wong

相見好，同住難，家家有本難念的經。共同生活在一個家庭里，夫妻、子女或婆媳之間如何和睦相處向來都是一項大學問。不如來聽聽心理學家用家庭動力學來分析，學習和家人和睦相處的奧秘。免費茶點恭候。

愛心小組主題講座請提前 10 分鐘到場就座。講座由現場義工翻譯。To guarantee a seat for you, please arrive 10 minutes early for the workshop or register.

會期：2011 年 6 月 11 日星期六下午 June 11th, 2011 Saturday

每月第二個星期六下午聚會 Every 2nd Saturday afternoon of the month

時間：12:30-1:45pm (打開心窗 Heart to Heart Sharing)；

2-4pm (愛心小組主題講座 workshop with guest speaker)

地點：烈治文加愛中心 3 樓會議室 Richmond Caring Place (Granville + Minoru)
#345/50-7000 Minoru Blvd., Richmond V6Y 3Z5

(每次聚會的時間和地點可能會有變動，請來電查詢)

聯絡：604-276-8834 ext.12 Bessie Wang 王小姐

(bessie.wang@cmha.bc.ca)

網站：<http://cmha-chinese.spaces.live.com>

