



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE  
VANCOUVER BURNABY BRANCH



您願意認識一群樂意支持您、關心您的朋友，一起去學習處理情緒問題的方法嗎？  
*Would you like to meet a group of people who care about you and will support you through the depressive period, and learn how to handle emotion-related problems together?*

# 情緒問題 國語互助小組

## CMHA-MDA Mandarin Emotional Health Support Group

會期：於每月第二個星期一晚上聚會 / *Date: The 2nd Monday of the months*

時間：晚上 7 時至 9 時 / *Time: 7pm - 9pm*

地點：加拿大心理衛生會溫哥華本拿比分處之溫哥華辦事處

(注意 **Note**: 新地址 New address)

溫哥華魁北克街 2425 號 110 室 / #110-2425 Quebec, Vancouver

(緬街之西面鄰街，夾百老匯西街 / *Between Broadway & 8<sup>th</sup> Ave.*)

內容：這是一個隨興的、開放的，讓大家能夠分享生活與心情的園地。在這自由活潑的空間裏，你可以得到舒解，關心、友愛、支持、學習及成長。

**What do we do?**—The support group meets once a month with a wide range of activities including but not limited to presentations on improving mental wellness. Those in the support group can share experiences in living with emotional health issues and provide mutual support and caring.

費用 **Cost** : 免費 **Free**

### Coming Meeting:

2011 年 6 月 13 日星期一 / 晚上 7 時至 9 時主題

**Date:** June 13, 2011, Monday from 7pm to 9pm

**Topic:** What a Disease-free Lifestyle Is

## 不生病的的生活方式

講者 **Speaker** : 劉威志先生 **Jasper Lau**

加拿大註冊輔導員 / 心理治療師 **Certified Canadian Counsellor and Psychotherapist**

好的生活方式可以幫助你預防疾病，及減少各種慢性疾病。劉先生會與大家分享什麼是遠離疾病的生活方式，這是由日本一位著名的腸胃病學專家所提倡的，這專家自己 50 年來從沒有生過病。劉先生也會為大家介紹其他不同的保健養生法。

Good lifestyle habits can help you prevent diseases and reduce risks for heart attacks, cancer, diabetes, and many other chronic diseases. Jasper will share with you: What a disease-free lifestyle is, according to Dr. Hiromi Shinya, the world's most famous gastroenterologist who has been free from sickness for 50 years. Jasper will also share with you other health promotion methods.

查詢/報名 **For enquiry or registration:**

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