



Community Mental Wellness Association of Canada

加拿大社區情緒健康協會

#250-5726 Minoru Blvd., Richmond, BC, V6X 2A9

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 CMWACanada

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如何成爲情緒健康推動大使

How to Become a Mental Health Ambassador

講者 Speaker: Dr. Rosa Wu 心理學家 Psychologist



你關心你的家人和朋友嗎？你關心情緒健康嗎？
你願意成爲推動大使嗎？

請來聆聽心理學家吳博士的講座，

這講座協助你認清情緒疾病的症狀及起因，學習管理壓力的策略，
從而幫助有需要的家人或朋友踏上康復之道，促進精神健康。

Are you concerned about your family and friends?

Are you concerned about mental health?

Would you like to become a mental health ambassador?

Come and attend this session by Dr. Rosa Wu.

The workshop will help you learn to identify signs, symptoms and coping strategies for mental exhaustion, increase mental wellness and gain tips on how to manage stress. Help people to improve recovery, and promote mental health.

時間 Time: 十一月二十五日(星期六) 上午十時三十分 至中午十二時三十分

Nov 25th 2017(Saturday) 10:30 AM – 12:30pm

地點 Location: CMWAC at #250-5726 Minoru Blvd., Richmond

費用 Cost: Free 免費

如欲報名及查詢，請致電: 604-273-1791 或 604-721-3022

For inquiries and registration, please call 604-273-1791 or 604-721-3022