



# ACT with your HeART-Anxiety Relief Project for Students Briefing Zoom 童心藝行—學生情緒健康計劃

## 精神健康急救篇

- 認識常見精神病/焦慮症
- 辨認精神健康問題及危機處理
- 溝通及情緒支援技巧
- 角色及導師守則

## 表達藝術治療篇

- 表達藝術治療體驗
- 表達藝術於助人歷程之應用



\*完成整個活動後，  
可獲取義工嘉許證書\*

Date: 17 Aug (Wed)

Time: 4:00 – 5:00 pm

Duration: Sept 2022 to June, 2023

Deadline: 12 Aug 2022 (Fri) noon

Training Fee: FREE !

Enrolment Link: <https://bit.ly/3zdeZNA>

Participants: All SCE / CIE students are welcome!

Organizer: Christian Family Service Centre



Enquiry: Ms Kalia Ho  
Email: [kalia@hkbu.edu.hk](mailto:kalia@hkbu.edu.hk)  
Tel: 3411 3182