



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION



# Mental Health Week 2021

## Mental Wellness Formula

### 心靈健康配方

#### Content:

- ~ Mental health tips and resilience
- ~ Mental health issue in Hong Kong
- ~ Community mental health care services and resources

Date: 11 Mar 2021 (Thursday)

Time: 3:30-4:30p.m.

Venue: SMC 1013, Shek Mun Campus / Zoom

Guest Speaker: Mr. Chan Wai Yan Bruce, Senior Social Worker (中心副主任),  
Registered Social Worker (註冊社工),  
Take Your Way Clubhouse (Ma On Shan) of Stewards

Fee: Free of charge

Target: All students

Medium of Instruction: Cantonese



A gift for participants



Enquiry: Ms. Yuen Chan (3411-3303 / ciesdc@hkbu.edu.hk)