

壓力管理與情緒健康 Mental Health and Stress Management Workshop

Content:

- (1) Increase the Mental Health Awareness as well as aspiring the students who face various of challenges in university life.
- (2) Tips for exam stress management.

Date: 19 April 2018 (Thur)

Time: 2:30 to 4:30 pm

Venue: SMC 801, Shek Mun Campus

Speaker: Mr. Bandai Choi

**Clinical Psychologist, Hong Kong Red Cross
香港紅十字會臨床心理學家**

**立即報名
Enroll Now**

名額有限，先報先得！

Quota are on first-come-first-serve basis.



Enrolment: Through the QR Code OR <https://goo.gl/MN68Xg> OR
SDC website: <http://www.cie.hkbu.edu.hk/sdc/>

(Activity Enrolment > Student Activities > Whole Person Development Programme)

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

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