

6HR WORKSHOP 作坊

SPREAD YOUR LOVE: EFFECTIVE PARA-COUNSELLING SKILLS TRAINING (MANDARIN)

爱的蔓延：基础心理辅导技能工作坊

有效支持与陪伴你所爱的人



Learn about mental health conditions like Depression and Anxiety.

了解抑郁和焦虑等心理疾病。

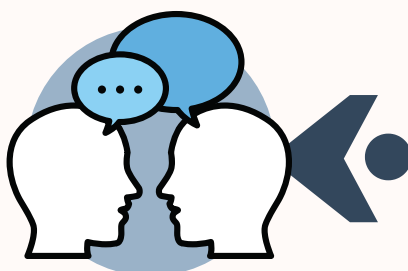


Early intervention, Assist in Crisis Management, Refer to Mental Health Resources

早期干预，协助管理危机，推荐心理健康资源。

MENTAL HEALTH
is as important as physical health

心理健康与身体健康
同样重要



SHOWING EMPATHY 表现出同理心

Empathy enhances your relationships, improves communication, fosters understanding, and contributes to emotional well-being.

同理心可以增强人际关系、改善沟通、促进理解并有助于心理健康。

ACTIVE LISTENING & RESPONDING 积极倾听和回应

Enhances communication, builds trust, reduces misunderstandings, and fosters deeper connections.

加强沟通、建立信任、减少误解并促进更深层次的连接。

PARA-COUNSELLING SKILLS 心理辅导基本技巧

Equips you to offer basic support, identify issues, provide guidance, and refer individuals to professional help, thereby enhancing community well-being and resilience.

提供情绪支持和基础辅导，及时发现心理问题并推荐专业帮助，从而增强社区凝聚力和复原力。

THIS WORKSHOP INTEGRATES PHYSICAL EXERCISES AND NUTRITION WITH MENTAL HEALTH.

这个工作坊结合了身体锻炼、营养与心理健康急救。



SIMPLE EXERCISES FOR STRESS RELIEF
简单的减压运动

FOODS THAT BOOST MOOD AND ENERGY
提升情绪和能量的食物



BRING A FRIEND
带一个朋友来

You and your friend will receive 10% discount each

您和您的朋友将分别获得 10% 的折扣

SIGN UP NOW 立即注册

1. Register through QR.
通过二维码注册。
2. Email with payment details will be sent to you. Make payment.
付款详情的邮件将发送给您。请进行付款。
3. Receive Confirmation email.
收到确认邮件。



9 NOVEMBER 2024

★ 11 月 9 日 ★

SATURDAY 星期六

9AM - 5PM

SGD 600 per pax
每人 SGD 600

(Inclusive of Tea break 包含茶歇)

WWW.MINDSHEART.COM



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