



S.U.C.C.E.S.S.



## CHANGEWAYS

### 《新思力行》

Cantonese Group

粵語小組

#### Objectives:

- To develop a positive attitude to face different life events
- To learn ways of coping with depression and anxiety as well as strategies of reducing stress in life
- To learn how to face challenges and crisis in life

#### Target Population:

- Cantonese-speaking Richmond residents who experience symptoms of depression, anxiety, adjustment difficulties and/or other major life stressors (e.g. COVID-19)
- Participants should possess the basic skills for using computer / tablet / phone and internet

#### Content:

- Thoughts, Emotions, and Behaviors: The Triangle
- What is Stress? What is Depression?
- Healthy Life Style
- The Role of Social Life
- How to deal with Emotions
- Understanding the Impacts of Negative & Distorted Thinking on Emotions & Behavior
- Overcoming Negative Thoughts
- Exploring Community Resources and Emergency Action Plan

**Date: 2020.09.26/ 10.03/ 10.10/ 10.17/ 10.24/ 10.31/ 11.07**  
**(Seven Saturdays)**

**Time: 9:30 am — 12:30 pm Cantonese**

**Venue: Online Video Program through ZOOM**

**Self Referral or Referral from Family Physician/Psychologist/  
Psychiatrist/Community Service Agencies are welcome.**

Participants are required to commit to all sessions and practice the learned exercises at home.

**Enquiry & Registration: Call 604.408.7274 ext. 2084 (Helen) or**

**Email [family.youth@success.bc.ca](mailto:family.youth@success.bc.ca)**

#### 目的：

- 「新思力行」課程可以協助你對生活態度有積極的改變
- 「新思力行」課程教你如何處理抑鬱、焦慮情緒和減低生活壓力技巧
- 「新思力行」課程教你如何面對生活危機和困境

#### 對象：

- 備受抑鬱、焦慮情緒、適應困難及/或生活重大壓力(如疫情)影響、會說粵語的列治文居民
- 需具備使用電腦/平板電腦/電話上網的基本能力

#### 內容：

- 人生三角—思想，情緒，行為（三角之間的交互作用）
- 什麼是壓力？什麼是抑鬱情緒？
- 身心健康的生活方式
- 社交生活在壓力處理中扮演的角色
- 應付情緒的變化
- 了解負面及歪曲的思維對情緒及行為的影響
- 克服負面思想
- 探索社區資源及情緒應急計劃

**日期：2020.09.26/ 10.03/ 10.10/ 10.17/ 10.24/ 10.31/ 11.07 (逢星期六)**  
**(共七星期)**

**時間：上午 9:30 — 下午 12:30 粵語**

**地點：ZOOM 網上視頻課程**

歡迎自由報名或家庭醫生，心理學家，精神科醫生及社區機構轉介。

除參加課堂活動外，學員還需在家自行練習，以提高學習效果。

**查詢及報名：致電604.408.7274 內線2084 (關小姐) 或**

**電郵 [family.youth@success.bc.ca](mailto:family.youth@success.bc.ca)**

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