

Message from CEDARS - Counselling and Person Enrichment

Self-understanding Series: Understanding My Family and How it Affects Me

While you are “no longer a child”, do you sometimes find it difficult to gain/regain autonomy from your parents? How do you maintain your independence and respect your parents at the same time? How do you “communicate” with your parents?

Join the following small-group and interactive workshops to learn the secret of achieving a win-win outcome!

Workshop 1

No Longer a Child – A Tug-of-war with My Family

At the workshop you will

- Understand your role in your family and gain new perspective of your family dynamics
- Develop strategies to gain or regain your autonomy

Date: 29 September 2014 (Monday)

Time: 6:00 – 7:30 pm

Venue: Room 403, Meng Wah Complex

Trainer: Ms Heidi Tseng, Counsellor, CEDARS

Language: Cantonese (English session available upon request)

Fee: \$20

Deposit: \$100

Workshop 2

Understanding Family Communication

At the workshop you will

- Learn how to communicate effectively in the family
- Learn to cope with different family members like ‘blamers’ or ‘distracters’

Date: 6 October 2014 (Monday)

Time: 6:00 – 7:30 pm

Venue: Room 411, Meng Wah Complex

Trainer: Ms Yoki Hung, Counsellor, CEDARS

Language: Cantonese (English session available upon request)

Fee: \$20

Deposit: \$100

Enroll in BOTH family workshops to get your course fee waived! For registration, please come to Room 408, 4/F, Meng Wah Complex.

Enquiries:

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