

Person Enrichment Workshop - Relationship Series

These workshops address common relationship issues: love, dating, couple communication and long-distance relationships:

(1) Dating 1001 – Are you Ready for a Relationship?

To date, or not to date? How should you get psychologically prepared to go on a date?

Date: 4 November (Tuesday)

Time: 6:00 – 7:30 pm

Venue: Room 411, Meng Wah Complex

Trainer: Ms Heidi Tseng, Counsellor, CEDARS

Language: Cantonese (English session available upon request)

Class size: Minimum 12/ Maximum 25

Fee: \$20

Deposit: \$100 (refundable)

(2) Couple Communication

How can we keep a relationship strong and happy? What are some signs when our relationship is starting to breakdown?

Date: 11 November (Tuesday)

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)

Class size: Minimum 12/ Maximum 25

Fee: \$20

Deposit: \$100 (refundable)

(3) Miles Apart – Ways to Maintain and Nourish a Long-Distance Relationship

What is your attitude towards long-distance relationships? Does the distance make the heart grow fonder or harder? How do you maintain the relationship?

Date: 25 November (Tuesday)

Time: 6:00 – 7:30 pm

Venue: Room 411, Meng Wah Complex

Trainer: Ms Heidi Tseng, Counsellor, CEDARS

Language: English

Class size: Minimum 12/ Maximum 25

Fee: \$20

Deposit: \$100 (refundable)

Please register in person at Room 408, Meng Wah Complex

Please refer to www.cedars.hku.hk/cope/workshops or contact CoPE office (Tel: 2857-8388, email: cedars-cope@hku.hk) for any enquiries.

Counselling and Person Enrichment Section (CoPE)
Centre of Development and Resources for Students (CEDARS)