

Message from CEDARS – Counselling and Person Enrichment

Mastering Your Worries



Do you always feel stressed out and filled with worries? Are you overly concerned about everyday issues?

In this workshop, you will learn more about anxieties and worries in general, and more importantly, how to manage them more effectively. You do this by first identifying the negative thoughts associated with your experiences of anxiety and then acquiring the specific coping skills you need to manage them.

Learning Outcomes

At the end of the workshop, you will have:

- Learned about anxieties and worries
- Identified your thoughts and feelings in anxiety-provoking situations
- Acquired some cognitive strategies that you can use to manage your worries

Date: 30 October (Thursday)

Time: 5:30 – 7:00 pm

Venue: Room 411, Meng Wah Complex

Trainer: Mr Erich Chan, Clinical Psychologist, CEDARS

Language: Cantonese (English session available upon request)

Class size: minimum 10/ maximum 30

Fee: \$20

Deposit: \$100 (refundable)

*please register in person at Room 408, Meng Wah Complex

Please contact our 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)