

在線靜觀減壓課程

Mindfulness-Based Stress Reduction (MBSR) Online Program for Chinese-Speaking Patients

「靜觀減壓」課程是讓癌症病人學習活在當下，培養心靜平和的生活態度，面對未來不肯定的日子。課程由美國麻省大學醫學院 Jon Kabat-Zinn 博士編創，為患重病及生活受挫折人士，減輕壓力和心靈痛苦，提昇生活質素。 Mindfulness-Based Stress Reduction (MBSR) program is about learning to be present while living with uncertainties. MBSR is developed by Dr Jon Kabat-Zinn, University of Massachusetts Medical School, to help people cope with serious illnesses and life challenges, alleviate their stress and sufferings.



課程導師: 鄭秀虹 Sandy, 卑詩癌症局 社會工作員 靜觀減壓課程專業導師
粵語課程: 2023 年 1 月 - 3 月
國語課程: 2023 年 10 月 - 12 月
逢星期一上午 9:30 - 中午 12 時 | 8 節課 + 靜修日
如有興趣, 請先登記; 開課前一個月聯絡你確定的日期和課程細節。
查詢: 病人及家屬輔導部 604.675 4100 內線 202932 (華語)

Facilitator: Sandy Kwong MSW, RSW, Social Worker, Certified MBSR Teacher, BC Cancer
MBSR in Cantonese: 2023 Jan - Mar
MBSR in Mandarin: 2023 Oct - Dec

9:30 a.m. - 12 noon Mondays | 8 Sessions + Day Retreat

Please register your interest. You will be contacted with course dates 1 month prior to course start.

Enquiry: Patient & Family Counselling Services, BC Cancer Vancouver
604 675 4100 ext 202932 (Chinese) or 604.877.6000 ext 2194 (English)

請速報名:
To register



<https://redcap.link/ChineseMindfulnessRegistration>