

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，減輕壓力和心靈痛苦，培養心靜平和的生活態度面對未來不肯定的日子，提昇生活質素。課程由美國麻省大學醫學院退休教授 Jon Kabat-Zinn 博士編創。

The Mindfulness-Based Stress Reduction (MBSR) program is about learning to be present, managing stress, and facing uncertainties with peace. MBSR was developed by Jon Kabat-Zinn, Professor of Medicine emeritus at the University of Massachusetts Medical School in 1979.



- 導師: 鄭秀虹 Sandy Kwong, 社會工作員, 靜觀減壓課程專業導師
- 課程: 8 節 2.5 小時課堂及半天靜修日; 分別以國、粵語授課
以在線視像會議形式進行, 組員安坐家中參與。
- 查詢: 卑詩癌症局 - 病人及家屬輔導部
672 963 7314 (華語) or 604 877 6000 x 2194 (英語)
- 報名: 請掃描二維碼先登記興趣; 開課前 1 個月通知上課日期及課程細節
- Facilitator: Sandy Kwong MSW, RSW, Social Worker, Certified MBSR Teacher
- Program: 8 weekly sessions, each 2.5 hours, and a half-day retreat
offered in Cantonese and Mandarin; using online video-conferencing format
- Enquiry: BC Cancer - Patient & Family Counselling
672 963 7314 (Chinese) or 604 877 6000 ext. 2194 (English)
- Registration: Please scan QR code to register your interest. Program details to be provided.



<https://redcap.link/ChineseMindfulnessRegistration>