

MINDFULNESS BASED  
**DEPRESSION  
& ANXIETY  
MANAGEMENT**  
DELIVERED IN CANTONESE

8 WEEKS  
FROM

**13**

FEB 2025

廣東話處理抑鬱症和焦慮的正念小組



Funded by

**phn**  
CENTRAL AND  
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY  
*counselling*

## ABOUT THIS GROUP

### This group will explore:

- Introduction to Mindfulness  
介紹正念
- Understanding basic depression and anxiety disorders and how to use Mindfulness to manage them  
了解憂鬱症和焦慮症以及如何使用正念來處理它們
- Loving kindness and self-compassion  
慈愛和自我關懷之心
- 3A Mindfulness Emotional and Perspectives transformation  
3A 正念情緒和觀點轉變
- Mindfulness in daily practice  
日常練習中的正念

## MEET THE GROUP FACILITATORS



Christine is an accredited mental health social worker with over 20 years of experience. She uses a holistic and evidence based approach to help clients with symptoms of trauma, anxiety, and depression

Christine 是一位擁有20多年經驗的認可心理健康社會工作者, 她以基於證據和整體性的方法幫助有創傷、焦慮和抑鬱症狀的顧客



Jackie has 40 years in nursing as a RN. She has worked in hospitals, communities, physical detox and AOD counselling and groups. Established CCMH MWAC training program for all staff practising meditation-based wellness and compassion.

40年精神科註冊護士。Macquarie University「藥物依賴研究」深造文憑。曾從事醫院及社區前線工作, 介毒及輔導/小組工作。成立CCMH醫院職工「正念身心健康訓練MWAC」。

## THE DETAILS



**11:00am - 1:00pm Thursdays**  
8 weeks, starting Feb 13, 2025

從2025年02月13日開始逢星期四  
(共8週)  
上午11點至下午1點



**Online via Zoom**



**FREE**  
For eligible participants

## TO SECURE YOUR SPACE

### Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

**This group is open to self referral or referral by clinician or support person using the link below:**

<https://phncesws.redicase.com.au/#!/referral/create>

## RSVP & MORE INFO

查詢資料: 鄧小姐



**Christine:** 0411 636 301



**Christine:** tangpearce@gmail.com