

**Date:** 01 October 2021 to 22 October 2021 (Every Friday)

**Time:** 10:00 am – 12:00 noon

**Venue:** Presentation will be done by Zoom

**Enquiry:** Selina MA 604-207-5034 /  
Fion CHENG 604-207-5047

**日期：**二零二一年十月一日至二零二一年十月二十二日(逢星期五)

**時間：**上午十時至十二時

**地點：**網上講座 by Zoom

**查詢：**馬淑君女士 604-207-5034 或  
鄭嘉媛女士 604-207-5047



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### What is Needed to Make a Difference?

*Special Series*  
*in*  
*Couple Relationship*

是時候作出調適嗎？：夫妻重要篇

**FREE SEMINAR, PRIOR REGISTRATION REQUIRED**  
免費講座須事先登記



## Introduction:

This is a four-session group designed to assist **couples** to improve relationship by strengthening your bonding and to have better conflict resolution and positive problem solving. Through this group experience, it is hoped that participants can have better relationships and to increase awareness on what they need and understand how to seek for adequate support.

## Program:

- Attachment Pattern
- Break out negative cycle
- Communication/Conflict resolution
- Light up the power of love & Evaluation

## Language:

Mandarin

## Capacity:

10 – 12 participants



## 簡介:

這是一個四節課的小組，旨在通過加強你們的連繫來幫助**夫妻之間**改善彼此的關係，並且解決衝突和學習正面處理問題。通過這小組體驗，希望參與者能夠建立更好的關係，提高對他們需要的認知，及遇到困難時尋求適當的支援。

## 內容:

- 連繫方式
- 打破負面循環
- 溝通與化解矛盾
- 重燃愛火花及檢討

## 語言:

國語

## 名額:

10 – 12 人

