



Organised by Shaw College
Student Development Programmes Committee

Healthy Brain Healthy Mind Series:

ZENTANGLE WORKSHOP 禪繞畫工作坊

小時候，我們總能隨心繪畫，沒有對錯美醜之分；長大後反而被價值觀限制，對藝術表達卻步。禪繞畫能令人輕鬆地透過藝術抒發情感，專注於簡單的一筆一畫，隔絕外界的煩囂，繼而幫助頭腦及心靈得到平靜。

There was never right or wrong when we were drawing as a child; however, as we grow, we are limited by different values and soon became afraid of expressing through art. Zentangle aims to let people express their emotions without pressure. By focusing on drawing simple lines, we allow ourselves to be free from troubles, thus achieving peace within our minds.

13 Nov 2020 (Fri) | 7:00pm-8:30pm
via ZOOM

Cantonese (Supplemented with English)

Instructed by Ms. April Chan
(Certified Zentangle Teacher)

Instructor Fee:

\$50 (Student of Shaw College,
refundable upon completion)

\$150 (Staff / Alumni of Shaw College,
non-refundable)

DEADLINE: 3 Nov 2020 (Tue)

ENROLL HERE: <https://bit.ly/3cNw5WY>



REMARKS:

Participants are required to purchase a tool set for the workshop by themselves. The recommended price of the tool set is HK\$88. Further information will be announced after the workshop is confirmed.

ENQUIRY

Ms. LEUNG Yan-ning 阿梁

Tel: 3943 1549 / E-mail: yanningleung@cuhk.edu.hk



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WORKSHOP ON HELPING SOMEONE WITH MOOD DISORDERS

What is depression?
What is anxiety disorder?
How can I fight the blues?
How can I help my friends
when they need me?



Date: 10 & 17 Nov 2020 (Tuesdays)

Time: 4:00pm-5:30pm

Venue: via Zoom

Trainer: Ms. Bonnie Leung

(Student Development Counsellor,
Wellness & Counselling Centre, OSA)

Language: Cantonese
(Supplemented with English)

Deposit Fee: HK\$50

(Refundable upon completion of both sessions)

Apply here: <https://bit.ly/2F55jg9>

Application Deadline: 26 Oct 2020 (Mon)



ENQUIRY: MS. LEUNG YAN-NING (3943 1549 / YANNINGLEUNG@CUHK.EDU.HK)