Healthy Brain Healthy Mind Series:

**ZENTANGLE WORKSHOP**

禅繞畫工作坊

小时候，我们总能随心绘画，没有对错美丑之分；长大后反而被价值观限制，对艺术表达却步。禅绕画能令人轻松地透过艺术抒发情感，专注于简单的一笔一画，隔绝外界的烦嚣，继而帮助头脑及心灵得到平静。

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](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
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)
Application Deadline: 26 Oct 2020 (Mon)

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