



Organised by Shaw College
Student Development Programmes Committee

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: 3 Nov 2020 (Tue)



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