

活動費用全免

Free of Charge

# 2010年2月至6月社區服務活動安排 Community Services Program February—June 2010

查詢及報名 Enquiry and booking 9898 1965

## February 二月

### 婦女健康 Women's Health

為不同年齡階段而設的婦女健康資訊講座，主題包括：月經問題與焦慮，懷孕和憂鬱，更年期，骨質疏鬆及減緩疼痛  
This includes 4 health sessions for women in different age on menstruation & anxiety, pregnancy, child birth and postnatal depression, menopause, hormone replacement therapy & relaxation, osteoporosis and pain management.

→ Date 日期: 18/2, 4/3, 11/3, 18/3

→ Time 時間: 10am - 12pm

→ Venue 地點: 華人社區服務中心 (柏士頓)

Chinese Community Social Service Centre  
Shop 3, 294 High Street, Preston 3072

## March 三月

### 心意更新—情緒管理小組

#### You Can Make a Difference

這是為期 10 次的小組學習課程，採用「認知治療法」協助照顧有特殊需要小孩子的父母處理情緒問題及改善焦慮及抑鬱情況。

Come & join this "Cognitive- Behavioural Therapy Group" if you're suffering from unpleasant feelings, depressive moods. This group is specially designed for parents who have children with disability. This 10 session group therapy would help you to understand the actual cause of your emotion, and work out achievable & practical ways to improve your emotion problems

→ Date 日期: 2/3, 9/3, 16/3, 23/3, 13/4,

20/4, 27/4, 4/5, 11/5, 18/5

→ Time 時間: 10am - 1 pm

→ Venue 地點: 華人社區服務中心 (克萊頓)

Clayton Community Centre

9- 16 Cooke street, Clayton 3168

### 新移民資訊周

#### New Migrant Information Week

這活動透過一系列的講座，希望幫助剛到澳洲的新移民多了解澳洲社區及生活，從而協助你安居及適應新環境。除了講座外，安排在 Box Hill 社區作實地探訪，帶你親身到不同機構了解社區服務設施。

This series of information session would help you understand community services and resources & assist you to integrate into the Australian society. This program also includes community orientation and visiting Box Hill area.

→ Date 日期: 17/3, 18/3, 19/3

→ Time 時間: 10am - 1 pm

→ Venue 地點: 華人社區服務中心 (博士山)

Suite 9A, Centro Box Hill North

17 Market Street, Box Hill 3128

### 華裔長者健康資訊展覽

#### Chinese Seniors Healthy Ageing Expo

這活動是「社區伙伴計劃」舉辦的資訊展覽，目的是幫助長者保持健康生活。展覽會豐富內容包括：社區照顧服務，運動示範，糖尿病資訊，華裔家庭醫生簡介等  
This information expo is a project under Community Partnership program. It includes health talk, age care, diabetes talk, exercise demonstration and etc.

→ Date 日期: 29/3

→ Time 時間: 10:00am- 2:00pm

→ Venue 地點: Knox City Council

511 Burwood Hwy

Wantirna South 3152

## April 四月

### 老年人的睡眠困擾

#### Sleep and Ageing

睡眠問題對健康的影響，怎樣改善睡眠?

Come & know more about sleeping problems and its impact on your health

→ Language 語言: 普通話 Mandarin

→ Date 日期: 12/4

→ Time 時間: 10:30am- 11:30pm

→ Venue 地點: 華人社區服務中心 (克萊頓)

Clayton Community Centre

9- 16 Cooke street, Clayton 3168

### 安全用藥

#### Safe and Wise Use of Medicines

為保障你及家人健康，學習安全明智地使用藥物

How to minimise risks and use medicines safely?

→ Language 語言: 普通話 Mandarin

→ Date 日期: 13/4

→ Time 時間: 10:30am- 11:30am

→ Venue 地點:

47 Miller Crescent, Mt. Waverley 3149

### 喬蝶坊—婦女天地

#### Women In Transition

‘臨居轉永居’ 參加對象為持有「配偶臨時簽證」(簽證 309、300 及 820)的女士，專題為討論及分享簽證及相關移民法例。

This session is specially designed for women who hold visa 309, 300 & 820. Topics include PR application and relevant migration cases.

→ Date 日期: 14/4

→ Time 時間: 10:30am- 12:30pm

→ Venue 地點: 華人社區服務中心 (博士山)

Suite 9A, Centro Box Hill North

17 Market Street, Box Hill 3128

## May 五月

### 安全用藥

#### Safe & Wise Use of Medicine

為保障你及家人健康，學習安全明智地使用藥物

How to minimise risks and use medicines safely?

→ Language 語言: 普通話 Mandarin

→ Date 日期: 13/5

→ Time 時間: 11am- 12pm

→ Venue 地點:

910 Toorak Rd, Camberwell 3146

### 喬蝶坊—婦女天地

#### Women In Transition

‘學習及就業計劃’ 參加對象為持有「配偶臨時簽證」的女士，專題為相關社會福利及制定學習就業計劃。

This session is specially designed for women who hold visa 309, 300 & 820. Topics include relevant social benefit & career plan.

→ Date 日期: 7/5

→ Time 時間: 10:30am- 12:30pm

→ Venue 地點: 華人社區服務中心 (博士山)

Suite 9A, Centro Box Hill North

17 Market Street, Box Hill 3128

## 身心精神健康

### Know About Your Mental Well-being

主講包括：焦慮情緒、抑鬱情緒及思覺失調。透過講座及認知治療法幫助你了解及改善個人身心健康。

Topics include depression, anxiety and psychosis. You will understand who to improve your mental well-being in information session & emotion management workshop.

→ Date 日期: 17/5, 25/5, 1/6, 8/6, 15/6, 22/ 6

→ Time 時間: 10am- 1pm

→ Venue 地點: 華人社區服務中心 (博士山)

Suite 9A, Centro Box Hill North

17 Market Street, Box Hill 3128

## 新移民資訊周

### New Migrant Information Week

新移民資訊周，透過一系列的講座，希望幫助剛到澳洲的新移民多了解澳洲社區及生活，從而協助你移民安居。

This series of information session would help you understand community services and resources and assist you to integrate into the Australian society.

→ Date 日期: 26/5, 27/5, 28/5

→ Time 時間: 10am - 1 pm

→ Venue 地點: 華人社區服務中心 (克萊頓)

Clayton Community Centre

9- 16 Cooke street, Clayton 3168

## June 六月

### 老年人的睡眠困擾

#### Sleep and Ageing

睡眠問題對健康的影響，怎樣改善睡眠?

Come & know more about sleeping problems and its impact on your health

→ Language 語言: 普通話 Mandarin

→ Date 日期: 2/6

→ Time 時間: 10:30am -11:30am

→ Venue 地點: 華人社區服務中心 (博士山)

Chinese Community Social Service Centre

Shop 3, 294 High Street, Preston 3072

→ Language 語言: 廣東話 Cantonese

→ Date 日期: 7/6

→ Time 時間: 11:30am- 12:20pm

→ Venue 地點: 45 Talbot Ave, Balwyn 3103

### 喬蝶坊—婦女天地

#### Women In Transition

‘建立和諧婚姻’ 參加對象為持有「配偶臨時簽證」的女士，專題為討論及分享中西文化差異及建立和諧婚姻技巧。

This session is specially designed for women who hold visa 309, 300 & 820. Topics include enhancing marital relationship skill.

→ Date 日期: 4/6

→ Time 時間: 10:30am- 12:30pm

→ Venue 地點: 華人社區服務中心 (博士山)

Suite 9A, Centro Box Hill North

17 Market Street, Box Hill 3128