



## 在線靜觀減壓課程

### Mindfulness-Based Stress Reduction (MBSR) Online Program for Chinese-Speaking Patients

「靜觀減壓」課程是讓癌症病人學習活在當下，培養心靜平和的生活態度，來面對未來不肯定的日子。課程由美國麻省大學醫學院 Jon Kabat-Zinn 博士編創，為患重病及生活受挫折人士，減輕壓力和心靈痛苦，提昇生活質素。

Mindfulness-Based Stress Reduction (MBSR) program is about learning to be present while living with uncertainties. MBSR is developed by Dr Jon Kabat-Zinn, University of Massachusetts Medical School, to help people cope with serious illnesses and life challenges, alleviate their stress and sufferings.



課程導師: 鄭秀虹 Sandy, 卑詩癌症局 社會工作員及靜觀減壓課程專業導師

粵語課程: 日期大約是每年的一月\* / 國語課程: 日期大約是每年的十月\*

(\*請到下面的登記網頁了解確實的上課日期)

逢星期一上午 9:30 - 中午 12 時 | 8 節課 + 靜修日

查詢: 病人及家屬輔導部 604.877.6000 內線 2375 (華語) 或 2194 (英語)

Facilitator: Sandy Kwong MSW, RSW, Social Worker & Certified MBSR Teacher, BC Cancer  
MBSR in Cantonese: Around January every year\* / MBSR in Mandarin: Around October every year\*

(\* Please visit the registration page below for exact dates of program)

9:30 a.m. - 12 noon, Mondays | 8 Sessions + Day Retreat

Enquiry: Patient & Family Counselling Services, BC Cancer Vancouver  
604.877.6000 local 2194 (English) or local 2375 (Chinese)

請速報名:

To register:



<https://redcap.link/ChineseMindfulnessRegistration>