

## Let's Connect!

### A Self Awareness Group for Women 表達藝能:開心手術室(婦女組)

This **FREE** workshop will provide participants with a meaningful experience through an expressive art process. The workshop will focus on:

- Self Awareness & Feelings
- Dealing with Anger
- Communication Skills

課程內容:

- 情緒智商
- 憤怒處理
- 溝通技巧



免費講座

Dates/日期:	Jan 20– Mar 3, 2015 (Tuesdays)
	2015年1月20日–3月3日(星期二)
Time/時間:	10:00 am–11:30 am
Age/年齡:	Women (19+)      十九歲以上婦女
Location/地點:	Thompson Community Center
Language/語言:	English / Mandarin      英語/國語
Format/教學方式:	Creative Activities      創造趣味性教學
Facilitators/講師:	Dr. Sze-Oi Lau, Ed.D. Sonya Thind, M.A.

**Only 10 seats available!**

For Registration, please call :  
Sonya Thind  
at 604.279.4299 x2  
Sze oi Lau  
at 604.279.4299 x1

**名額十位!**

報名請電:  
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