



**Community Mental Wellness Association of Canada**

**加拿大社區情緒健康協會**

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## **Mindfulness Focus Group 正念修习小组**



正念修习小组是加拿大社區情緒健康協會屬下的一個学习和练习正念的团体小组。通过对正念的知识学习和团体练习，真正地体验正念，并把正念融入到我们的日常生活，以处理压力，焦虑和抑郁。欢迎对正念感兴趣的朋友参加活动，活动由正念师资(Alex Li)带领。

Mindfulness Focus Group is a group presented by the CMWAC. Through knowledge learning and team exercises, we can truly practise Mindfulness and apply it to our daily life, to deal with issues like stress, anxiety and depression.

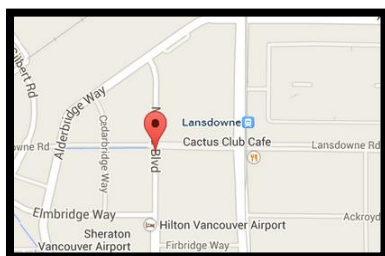
We welcome anyone interested in participating in this group. This group will be led by Alex Li, a Mindfulness facilitator.

时间：自三月十六日起, 每周六下午 1:30PM – 4:00PM

Time: 1:30PM – 4:00PM of every Saturday, Starts from March 16th

日期：3月16, 30日, 4月13, 20, 27日, 5月4, 11, 18, 25日

Dates: March 16, 30, April 13, 20, 27, May 04, 11, 18, 25



**有興趣者請報名及查詢**

**請電: 604-273-1791 / 778-891-2858 (Alex Li)**

**或電郵至: [info@cmwac.ca](mailto:info@cmwac.ca)**

**举行地点: #250-5726 Minoru Blvd. Richmond, BC, V6X 2A9  
在 Lansdowne Rd. 與 Minoru Blvd.**