

**Date:** 28 October 2022 to 9 December 2022 (Every Friday), **except 11 November 2022 (Remembrance day)**

**Time:** 10 am – 12 pm

**Venue:** Presentation will be done by Zoom

**Enquiry:** Selina MA 604-207-5034 or Fion CHENG 604-207-5047

**日期：** 2022年10月28日至2022年12月9日(逢星期五), **11月11日除外**

**時間：** 上午九時四十五分至十一時四十五分

**地點：** 網上講座 by Zoom

**查詢：** 馬淑君女士 604-207-5034 或鄭嘉媛女士 604-207-5047



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*What is Needed to Make a Difference? – Couple Relationship Series*  
**是時候作出調適嗎？：夫婦篇**

**FREE SEMINAR, PRIOR REGISTRATION REQUIRED**  
**免費講座須事先登記**



## Introduction:

This is a six-session group designed to assist parents to explore, share and aware of his/her personal issues, family dynamics, and difficulties in their relationship and communication. Through this group experience, it is hoped that participants could acquire some strategies in coping with these situations.

## Program:

- ✚ About Marriage
- ✚ Differences between Men and Women
- ✚ Conflict Resolution
- ✚ Keys in Couple Relationship
- ✚ Barriers in Couple Relationship
- ✚ Changes in Expectations

## Language:

Mandarin

## Capacity:

8 – 10 participants



## 簡介:

這是一為期六次的小組。針對今天的父母，常因生活節奏太忙碌，忽略與配偶、子女溝通及相聚時間，結果產生很多個人、家庭和教養子女的難題。本小組將透過討論，小組分享，去探求一些可行的應變方法。

## 內容:

- ✚ 婚姻、何物？
- ✚ 男女大不同
- ✚ 衝突與共融
- ✚ 婚姻關係中的要訣
- ✚ 婚姻關係中的死穴
- ✚ 夫婦期望的落差



## 語言:

國語

## 名額:

8 – 10 人

