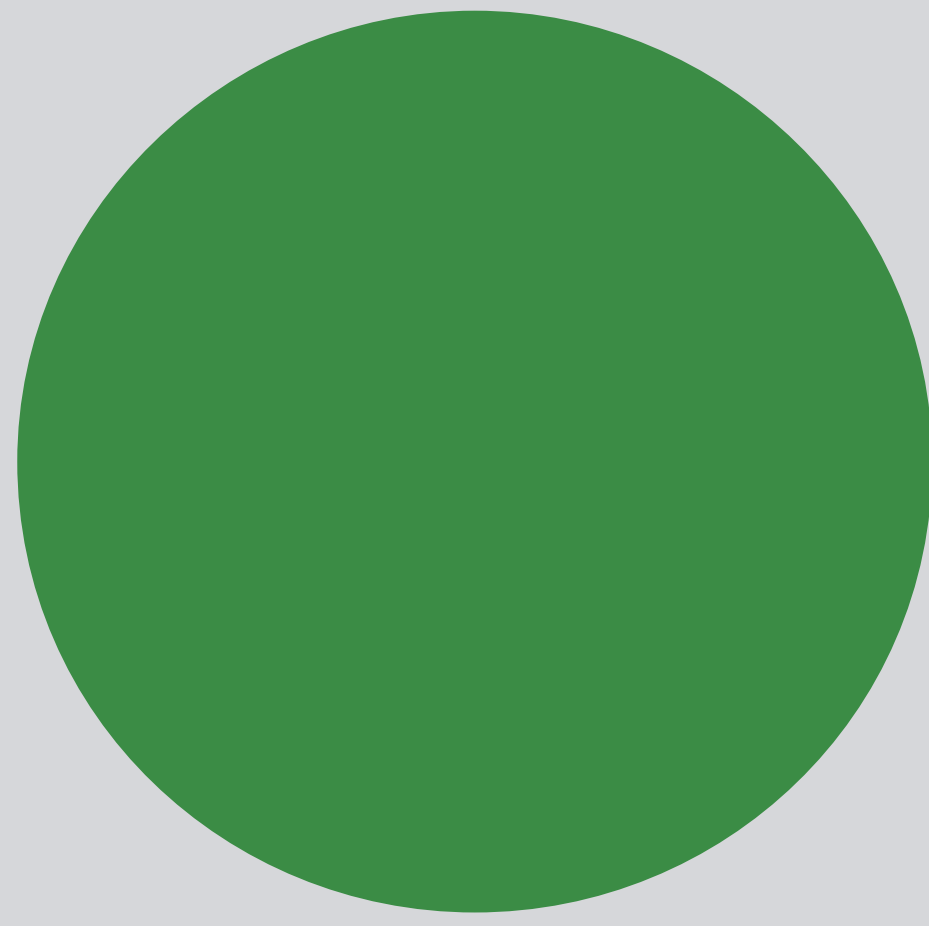


recharge

reflect;
reconnect;
reenergize;



Stress Management Kit for Research Postgraduate Students – Anticipating the Unexpected Demands

21 February 2011 (Monday) | 5:30pm – 8:30 pm

Trainer: Dr Amos Cheung, Senior Counsellor (Clinical Psychologist), CEDARS
(The trainer will be sharing his professional knowledge as well as his experience as a HKU PhD graduate.)

Format: Mini-lecture, Discussion, and Small Group Sharing

Language: English

Class size: Maximum 15

Fee: \$50 (Deposit: \$100)

Venue: Room 411, Meng Wah Complex

Registration: Room 408, Meng Wah Complex

Enquiries: cedars-cope@hku.hk / 2857 8388