Practice Competency Training Workshop
Applying Mindfulness in School- and Community-based Interventions

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Date: May 14, 2021 (Friday)
Time: 7:00 p.m. – 10:00 p.m.
Venue: By Zoom

This workshop will introduce basic concepts and practices of mindfulness-based stress reduction, and experiences of applying mindfulness in school and community settings with low-resource youth and families. The three-hour workshop will include:
1) short lecture of basic mindfulness concepts;
2) experiential experience of mindfulness exercises;
3) case examples and resources of practicing mindfulness with youth and families.

*The registration quota for this workshop is 60 on first-come-first-served basis
*No placement hours will be counted towards this workshop
*Training will be conducted in English

Enquiry:
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Registration:
https://bit.ly/3nGaB3D