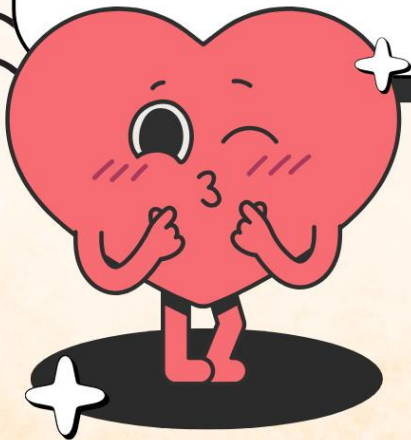


# Positive Psychology: Character Strengths Workshop



## What are Character Strengths?

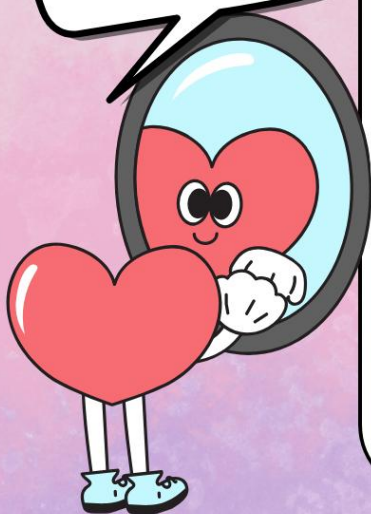
Character Strengths are considered as the backbone of Positive Psychology. Scientists discovered a common language of **24 character strengths** that make up what's best about our personality.

## What you will learn:

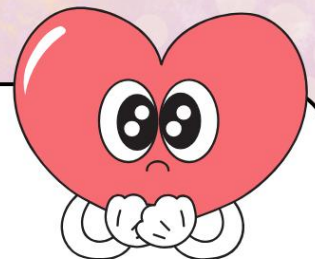
- Identify your core **character strengths** through a guided assessment
- Learn **practical strategies** to apply these strengths in your daily life
- Enhance your **well-being and resilience** by focusing on your strengths



I am brave,  
socially  
intelligent and  
hopeful!



Date: 15 Nov 2024 (Fri)  
Time: 3:30 pm - 5:00 pm  
Venue: YIA 406  
Language: English  
Target: Full-time CUHK students  
Quota: 30\*  
Fee: Free of charge  
(Deposit \$100, refundable upon completion)  
Registration: <https://bit.ly/4eXpgRx>  
Deadline: 8 Nov 2024 (Fri)



**REGISTER NOW**



學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre



wacc@cuhk.edu.hk  
3943 7208



sunshineatcuhk

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Find out more  
on our website

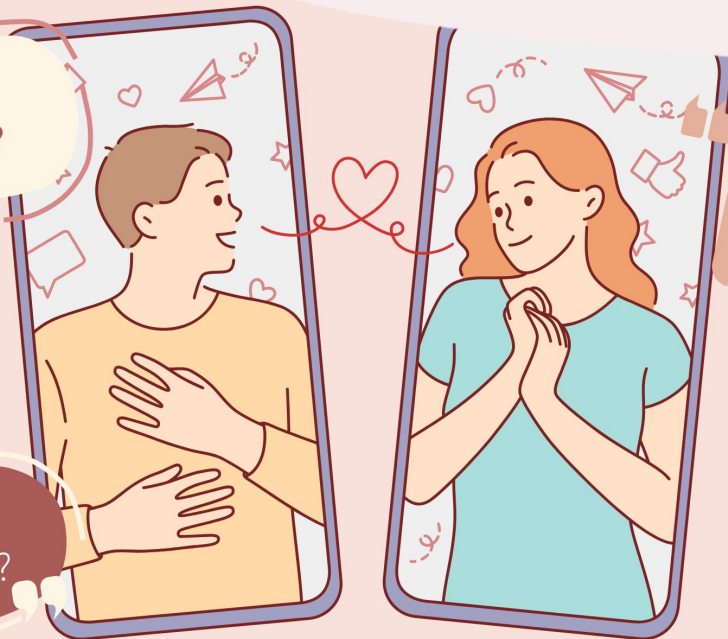


# 在線等！ 網戀不踩雷工作坊

與陳力深博士探討  
健康安全的線上約會之道

躍躍欲試交友軟件  
卻又擔心對方搞失蹤？

交友軟件真的  
能找到真愛嗎？



又或是遭遇網絡詐騙？



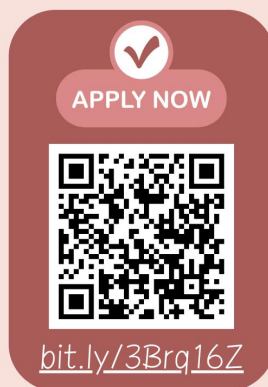
陳力深博士

香港中文大學  
新聞與傳播學院兼任副教授、  
悉尼大學數碼文化講師

如果你對這些問題感到好奇的話，歡迎參加這次活動，  
跟陳力深博士學習如何自信且安全地使用交友軟件，  
讓你在結交網絡情緣的同時，也能防範網絡安全隱患！

## 工作坊詳情：

日期： 11月14日（星期四）  
時間： 2:30 pm - 4:00 pm  
地點： CYT LT4  
語言： 廣東話  
參加者： 中大全日制學生  
名額： 40\*  
費用： 全免（按金\$100，將於11月14日完結後派發）  
截止日期： 10月25日



[bit.ly/3Brq16Z](https://bit.ly/3Brq16Z)



\* 由於工作坊名額將按照付按金的先後次序、以先到先得的原則分配，請盡快於10月31日或之前，  
在辦公時間內，將 \$100 按金交到學生事務處心理健康及輔導中心，額滿即止。



學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre



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# Mental Health First Aid Standard Course



For Undergraduate Student  
精神健康急救標準課程  
本科生班

*Certified by The Mental Health  
Association of Hong Kong*  
獲香港心理衛生會認可

Sign up for a 12-hour Mental Health First Aid Standard Course taught by WACC counselors, who are certified trainers, to enhance your resilience and better cope with life's challenges.

Learn to identify signs and symptoms of mental health and substance use challenges, provide initial support until professional help is available, recognize risk factors and warning signs, and develop strategies for assisting individuals in both crisis and non-crisis situations.

**Date &  
Venue:**

12/11 UC TC Cheng Bldg C2  
14/11 WMY 507  
19/11 CYT LT5  
21/11 WMY 507

**Time**

2:30pm – 5:30pm

**Language**

Cantonese

**Fee**

\$100 (Refund after completion)



[bit.ly/3ZkD584](https://bit.ly/3ZkD584)

**SIGN UP  
TODAY!**



## REMINDER

Fee must be paid in order  
to secured your spot!!

Participants who complete the 12-hour MHFA Course will receive a "Mental Health First Aid Standard Course Certificate," jointly issued by Office of Student Affairs and The Mental Health Association of Hong Kong, and recognized by Mental Health First Aid International.



3943 3493  
Ms. Chan



學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre



wacc@cuhk.edu.hk

3943 7208



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