



# 'CHANGEWAYS" STRESS MANAGEMENT PROGRAM (CANTONESE AND MANDARIN)



Canadians are now experiencing the changes and stresses during and after the pandemic. Inappropriate stress management strategies often have impact on our physical, emotional and psychological wellness.

“Changeways” is a well-known Stress Management Program developed by Dr. Randy Paterson at UBC. The program is facilitated by professional Registered Clinical Counsellor. Participants will learn how to manage their stress, overcome anxiety and change their current situation through lectures, discussions, relaxation exercises and practices.

## Who will benefit from this program?

- Anyone who feels stressful
- Anyone who has depression
- Anyone who has anxiety

## When is the program starts?

**Cantonese program:** September 14 – October 26, 2021 (Tuesday) (10 am – 12 noon)

**Mandarin program:** September 16 – October 28, 2021 (Thursday) (10 am – 12 noon)

## How long is the program?

7 sessions (2 hours per session every week)

## How much does it cost?

\$270 per person per program (works out \$19.28 per hour) plus GST  
\$500 per couple per program (works out \$17.86 per hour) plus GST

**EARLY BIRD REGISTRATION  
REGISTERED AND PAID BEFORE**

**SEPTEMBER 3, 2021 – 5% OFF  
AUGUST 20, 2021 – 10% OFF  
AUGUST 6, 2021 – 15% OFF**

## Is there a minimum and maximum number of participants for the program?

Minimum: 6 participants  
Maximum: 12 participants

## How to register?

To register, please either

- Email Mary Kam: [kamconsult2020@gmail.com](mailto:kamconsult2020@gmail.com) or
- Call: 604.808.2876

All registered participants will be contacted to confirm their suitability

## Where is the program delivered?

The program will be delivered via zoom

