



Carefirst Community Support Services

耆暉會社區支援服務

Virtual Education and Information Program (February 2022)

網上資訊平台 二零二二年二月

如何提升情緒健康 粵語

How to Stay Mentally Strong? (Cantonese)

內容包括:

- 為何年長成人會感到鬱悶?
- 常見症狀及應變方法
- 預防策略

Content

- Do You Feel Depressed?
- Symptoms and Treatment
- Prevention Tips

日期: 二月八日 (星期二)

時間: 上午十時至十一時

Date: Feb 8 (Tuesday)

Time: 10:00am to 11:00am

參加者請點擊以下網址登入Join Zoom Meeting

<https://zoom.us/j/98515559846?pwd=bFpIYUpUTWtLMHowbytTN0kyS3JiUT09>

會議編號Meeting ID: 985 1555 9846

密碼Passcode: 757461

OR或

通過電話加入會議Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

會議編號: Meeting ID: 985 1555 9846#

密碼Passcode: 757461#



Registration and Zoom ID

Please Contact 416-646-5108

or email to: kaixuan.lao@carefirstontario.ca

查詢或索取Zoom ID請致電:

416-646-5108

或電郵至: kaixuan.lao@carefirstontario.ca

