



Virtual Education and Information Program  
(June 2022)

網上資訊平台 二零二二年六月

如何提升情緒健康 (粵語)

How to Stay Mentally Strong? (Cantonese)

內容包括:

- 年長成人為甚麼會感到鬱悶?
- 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: 六月十七日 (星期五)

時間: 上午十時至十一時

Date: June 17 (Friday)

Time: 10:00am to 11:00am



查詢或索取Zoom ID請致電:

**416-646-5108**

或電郵至: [Cherubini.Yuen@carefirstontario.ca](mailto:Cherubini.Yuen@carefirstontario.ca)

Registration and Zoom ID

Please Contact 416-646-5108

or email to: [Cherubini.Yuen@carefirstontario.ca](mailto:Cherubini.Yuen@carefirstontario.ca)

參加者請點擊以下網址登入Join Zoom Meeting  
[https://us06web.zoom.us/j/89215339095?](https://us06web.zoom.us/j/89215339095?pwd=b1JnWVZaOTJSQ013L3YxMnV3alhFdz09)  
[pwd=b1JnWVZaOTJSQ013L3YxMnV3alhFdz09](https://us06web.zoom.us/j/89215339095?pwd=b1JnWVZaOTJSQ013L3YxMnV3alhFdz09)

Meeting ID會議編號 : 892 1533 9095

Passcode密碼 : 652688

OR或

通過電話加入會議Dial by your location

+1 647 558 0588 Canada

+1 647 374 4685 Canada

會議編號:Meeting ID: 892 1533 9095#

密碼Passcode: 652688#

