



Carefirst Community Support Services

耆暉會社區支援服務

Virtual Education and Information Program

July 2024

網上資訊平台 二零二四年七月

你憤怒嗎? (粵語)

Anger Management (Cantonese)

內容:

- 我在生氣嗎?
- 憤怒的種類
- 如何尋找平衡?

Content:

- Recognizing Anger Signs
- Types of Anger
- Anger Management ABC

日期: 七月三十日 (星期二)

時間: 上午十時至十一時

Date: July 30 (Tuesday)

Time: 10:00am to 11:00am

查詢或索取 Zoom ID

請致電: 416-646-5108

或電郵至: leo.leung@carefirstontario.ca

Registration and Zoom ID

Please Contact: 416-646-5108

or email to: leo.leung@carefirstontario.ca



參加者请点击以下网址登入 **Join Zoom Meeting**
[https://us06web.zoom.us/j/89863556634?](https://us06web.zoom.us/j/89863556634?pwd=j7hSTZCMj3HhI4NYeMwkDiEUBieGbC.1)
[pwd=j7hSTZCMj3HhI4NYeMwkDiEUBieGbC.1](https://us06web.zoom.us/j/89863556634?pwd=j7hSTZCMj3HhI4NYeMwkDiEUBieGbC.1)

会议编号 Meeting ID: 898 6355 6634

密码 Passcode: 1051

或 OR

通过电话加入会议 Dial by your location

+1 647 558 0588 Canada

+1 647 374 4685 Canada

会议编号 Meeting ID: 898 6355 6634

密码 Passcode: 1051

