



牛津郡華人社區及諮詢中心

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Oxfordshire Chinese Community & Advice Centre

44B Princes Street, Oxford OX4 1DD Tel: 01865 204188
Website: www.occac.org.uk Email: admin@occac.org.uk Charity Commission Registered No. 1006710

The Ripple Effect: Mental Health First Aid Training (Online)

漣漪效應：精神健康急救課程（線上）

March - June 2022

2022年3月至6月

Free
免費課程

呵護自己，關愛他人

You are warmly invited to
Online Mental Health First Aid Training Courses

誠懇邀請您參加

線上「精神健康急救課程」

接受培訓，助己助人，臨危解困

Enquiries and Registration 查詢及報名：

Please contact Oxfordshire Chinese Community and Advice Centre using the methods below 請與牛津郡華人社區及諮詢中心職員聯絡

(1) WhatsApp: 07470 613844

(2) WeChat: IamJulieWai

The training is delivered by a Restore trainer who is an Instructor Member approved by MHFA England to deliver Adult MHFA courses.

課程由英國精神健康急救(MHFA England)認可的導師教授。

Places are limited.

First come first served.

名額有限，報名從速

Pleased to offer in conjunction with
Restore



restore
working for mental health



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Courses 課程	Dates and Times 日期及時間	How to join 參與方法：
Ripple Effect: Mental Health First Aid Taster 漣漪效應：精神健康急救體驗班 英語授課，部分內容輔以廣東話作解說	Sat 26th March 3月26日 (星期六) 1:30-2:30pm 下午 1:30-2:30	Zoom Meeting ID - 850 0217 2866 Certificate: Those who attend the course will be issued <u>Certificates of Attendance</u> for "Ripple Effect: MHFA Taster Course" from Restore. 證書：出席課程者將獲頒由本會發出之「漣漪效應：精神健康急救體驗班」課程出席證書
Adult MHFA Two Day Course [4 half days] 成人精神健康急救四天【半日課程】 英語授課	12th, 14th, 19th, 21st April (Tues and Thurs) 4月12、14、19、21日 (逢星期二、四) 1:30-4:15pm 下午 1:30-4:15	Joining instructions will be given nearer the time 臨近課程時將發出參與指示 Certificate: Those who complete the course will be issued <u>Certificates of Attendance</u> for "Adult MHFA Two Day course" from MHFA England and become <u>accredited</u> Mental Health First Aiders. 證書：修畢全期課程者將獲頒由 MHFA England 發出之「成人精神健康急救（標準）」標準課程 <u>修業證書</u> 並成為認可的精神健康急救員。
Adult MHFA Aware Half Day Course 成人精神健康關注（半日） 英語授課，部分內容輔以廣東話作解說	Sat 18th June 6月18日 (星期六) 12:00-4:00pm 下午 12:00-4:00	Joining instruction will be given nearer the time 臨近課程時將發出參與指示 Certificate: Those who complete the course will be issued <u>Certificates of Attendance</u> for "Adult MHFA Aware Half Day course" from MHFA England and become <u>accredited</u> Mental Health Aware. 證書：完成課程者將獲頒由 MHFA England 發出之「成人精神健康急救（半日）」課程 <u>修業證書</u> 並成為認可的精神健康關注員。

Enquiries and Registration

查詢及報名請以 WhatsApp (07470 613844) 或
電郵 (admin@occac.org.uk) 聯絡我們。

Places are limited. First come first served.

由於名額有限，每人只可以報讀一個課程

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課程由英國精神健康急救 (MHFA England) 認可的導師教授。

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