

# Mindfulness-Based Cognitive Therapy (MBCT)

Suitable for people experiencing:

- low mood, anxiety
- emotionally imbalanced
- excessively worries
- short tempered, impatient
- unrestful
- struggles with distressing thoughts

Mindfulness-Based Cognitive Therapy (MBCT):  
A present for self: Time to take care of self  
with compassion

Feedbacks from participants:

- gratitude to body
- stress reduction
- improve insomnia
- understand children
- improve relationship
- acceptance
- reduce anxiety and depression
- live in present moment

**Dec 3, 10, 17 (Thurs); Dec 22, 29 (Tues); Jan 7, 14, 21 (Thurs)**

- 6:45pm - 8:45pm (Online Zoom Class)

**1-day silent retreat (in-person class): Jan 17, 2021 (Sun)**

**Venue: Shop 43, 1/F, The Corinthia By The Sea, TKO**

- \$5,200 per person /

**\$4,900 per person (Early bird discount, enroll before 18/11)**

**Small group class: 6 - 8 people**

**Teaching medium: English and supplemented with Chinese**

**Enquiry: 6604 4966 (whatsapp)**

**/ 2244 6614 (Tel)**



Teacher: Venus Yiu (Clinical Psychologist,  
Mindfulness teacher)

Completed the Foundation Course for teaching  
Mindfulness Based Cognitive Therapy (MBCT), co-  
organized by the Oxford Mindfulness Center and  
the Hong Kong Center for Mindfulness



童心苗 兒童成長發展中心  
Seedling Heart Child Development Centre



HEALING PRO REHABILITATION SERVICES  
卓逸復康治療中心