



2022 Children Mindfulness Strategies – Online class (Suitable for students age 12-18)

Course Instructor:
Ms. Chloe. H.Y. Wong
(Board Certified Behavioral Analyst, Counseling Psychologist)

Course Details

This remote mindfulness workshop introduces primary school students to the concept of mindfulness. It helps students incorporate mindfulness thinking and exercises into daily activities and teaches them to use mindfulness strategies to decrease stress and increase emotional stability and awareness.

Zoom Course Schedule

	Topics	Date	Time
Session 1	Introduction to Mindfulness	17/3/2022 (Th)	2:00-2:45pm
Session 2	Introducing mindfulness thinking into daily routine and activities (e.g. mindful eating, thinking, acting, walking)	18/3/2022 (F)	2:00-2:45pm
Session 3	How to use mindfulness strategies to decrease school or family related stress	21/3/2022 (M)	2:00-2:45pm
Session 4	How to use mindfulness strategies to increase emotional stability and awareness	22/3/2022 (T)	2:00-2:45pm

Fee: \$400/session (Can freely choose any combination of sessions)

sign up as a group of 3 students to get an additional 10% off

Course enquiries or registration

Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



2022 Mindfulness Strategies for Secondary students– Online class (Suitable for students age12-18)

Course Instructor:
Ms. Chloe. H.Y. Wong
(Board Certified Behavioral Analyst, Counseling Psychologist)

Course Details

This remote mindfulness workshop introduces secondary school students to the concept of mindfulness. It helps students incorporate mindfulness thinking and exercises into daily activities and teaches them to use mindfulness strategies to decrease stress and increase emotional stability and awareness.

Zoom Course Schedule

	Topics	Date	Time
Session 1	Introduction to Mindfulness	21/3/2022 (M)	4:00-4:45pm
Session 2	Introducing mindfulness thinking into daily routine and activities (e.g. mindful eating, thinking, acting, walking)	22/3/2022 (T)	4:00-4:45pm
Session 3	How to use mindfulness strategies to decrease school or family related stress	23/3/2022 (W)	4:00-4:45pm
Session 4	How to use mindfulness strategies to increase emotional stability and awareness	24/3/2022 (Th)	4:00-4:45pm

Fee: \$400/session (Can freely choose any combination of sessions)

sign up as a group of 3 students to get an additional 10% off

Course enquiries or registration

Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



2021 Summer Students Mindfulness Class

(Suitable for F.1 to 5 students)

Course Instructor:

Mr. Aled L.Y. Tang, Clinical Psychologist

Class Schedule

	Date	Time
Session 1	12-8-2021 (Thurs)	1130-1245
Session 2	19-8-2021 (Thurs)	1130-1245
Session 3	26-8-2021 (Thurs)	1130-1245
Session 4	4-9-2021 (Sat)	1130-1245

Address: Unit 402, 4/F Printing House, 6 Duddell Street, Central, HK

Fee: \$700/session (can freely choose any session) [enrol 6 sessions to get 1 free]

Course enquiries or registration

Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk





**2019 Summer Children Mindfulness Course
(for 6-11 years old kids)**

Venue: The Alpha Wellbeing Centre

Unit 605, 6th Floor, The Printing House, 6 Duddell Street, Central, Hong Kong

Teaching Language: Cantonese

Course	Admission Quota	Course fees	Teacher	Google Registration Form
<p>July course</p> <p>July 24th, Aug 7th, 14th, 28th Time: 1100-1200 (except for 28/8 from 1200-1300)</p>	4 persons	<p>HK\$2,000</p> <p>(includes handout, mindfulness voice recording exercises , and a special gift 🎁 for those successfully completed the course)</p>	<p>Dr Elisabeth Wong, Specialist in Psychiatry</p>	
<p>August course</p> <p>Aug 20th, 23rd, 27th, 30th Time : 1200-1300</p>				

Enrolment method:

- Submit the completed Google Registration Form accessible by the QR code above, and settle the course fees by the specified payment method.
- Confirmation email will be sent to applicants who are successfully admitted.

Arrangement under adverse weather condition:

Classes will be cancelled if red, black rainstorm warning or typhoon signal no. 8 or above is hoisted 2 hours before the commencement of a class. A refund of \$500 per session will be arranged.