

藝術治療坊

從香港到澳洲：年輕移民的創作對話空間

你是18至35歲、近五年來到澳洲的香港新移民嗎？
在文化之間徘徊，面對壓力與轉變，
想透過藝術創作說出自己的故事？

工作坊特色

由來自香港、具移民經驗，並受過臨床訓練的實習藝術治療師 Leda 同行陪伴與引導大家創作探索

- 無需藝術背景，以創作表達移民經歷、身份與歸屬感
- 與背景相似的年輕人互動交流
- 以廣東話進行

(免費活動)

工作坊詳情

日期：2025年9月7、14、21、28日（週日，共4節）

時間：上午10:30-12:30（請準時出席）

地點：Tiger Mum Canteen, BLDG H900, Dandenong Rd, Caulfield East Vic (inside Monash University Caulfield campus near Caulfield train station)

人數：6-8人

對象：18-35歲，近五年內來澳的香港新移民

備註：創作材料由主辦單位提供

藝術治療是一種透過創作來表達情緒與經驗的心理治療方式，重視創作過程，有助於紓解壓力、認識自我、促進心理健康。

報名及查詢

電話：03 88067532 / 0404 598 242

電郵：admin@chh.org.au

報名連線 / QR：<https://forms.gle/nvrGh9znRoJRE3nY8>



主辦單位：



怡康全人發展中心

關懷華語社群心理健康

ART THERAPY WORKSHOP

From Hong Kong to Australia A Creative Dialogue Space for Young Migrants

Are you a new migrant from Hong Kong, aged 18 to 35,
who has arrived in Australia within five years?

Navigating between cultures, facing stress and change,
Would you like to tell your story through creative expression?

Workshop Highlights

- Guided by Leda, a trainee art therapist originally from Hong Kong, with clinical training and lived experience as a migrant
- No artistic background required - explore and express your migration journey, identity, and sense of belonging through creative processes
- Connect and share with other young people from similar backgrounds
- Conducted in Cantonese (Free activity)

Workshop Details

Dates: Sundays 7, 14, 21, 28 September 2025 (4 Sundays)

Time: 10:30am - 12:30pm (please arrive on time)

Venue: Tiger Mum Canteen, BLDG H 900, Dandenong Rd, Caulfield East (inside Monash University Caulfield Campus, 3-min walk from Caulfield Train Station)

Group Size: 6-8 participants

Eligibility: Hong Kong migrants aged 18-35 who arrived in Australia within five years

Note: All art materials will be provided

Art therapy is a form of evidence-based psychotherapy that uses the creative process to express emotions and experiences. It emphasises the process of art-marking and can help relieve stress, enhance self-awareness, and promote mental wellbeing.

For registration and enquiries:

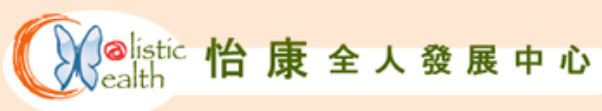
Phone: 03 88067532 / 0404 598 242

Email: admin@chh.org.au

Registration link: <https://forms.gle/nvrGh9znRoJRE3nY8>



Organised by



Caring for the Mental Health of the Chinese-speaking Community