

Newsletter

活動通訊

2011年2月至7月

有關本中心最新的活動詳情，可於以下網站下載或瀏覽：

www.ccssci.com.au

Details of the latest programs are announced regularly via newsletter or can be downloaded from:
www.ccssci.com.au

Chinese Community Social Services Centre Inc.

社區服務

Community Services Program

專題報導

《忘了我是誰？》 照顧者工作坊

大腦退化症(前稱老年痴呆症)影響患者的記憶、理解、語言及判斷等多方面的能力，**照顧者**往往感到壓力重重、無可奈何，身邊人也未必理解自己的境況，何處是出路？本中心將主辦**大腦退化症照顧者**工作坊，讓照顧者更深入了解**大腦退化症**的成因、照顧方法、與患者相處、管理個人情緒及代為處理法律文件等問題，此外，照顧者工作坊亦會透過遊戲、討論等活動，為患者提供情緒支援。在照顧者工作坊舉行期間，中心同步為患者提供**音樂治療**活動，幫助患者重拾記憶及改善情緒，同時讓照顧者全情參與工作坊活動。

《Forget who am I? Workshops for carers of people living with Dementia》

Dementia affects many forms of brain functioning such as memory, executive functioning and language abilities. Carers always experience great pressure and feel indifferent but it is hard for others to understand their distress and anxiety. Where can they seek help? CCSSCI will organize a series of workshops to address issues concerning cause of Dementia, management of care giving, management of emotions and legal arrangement and so on. Through discussions and games, CCSSCI hopes to offer emotional support for this particular group of carers. Meanwhile, a music therapy group, which can help people living with Dementia to improve their mood states and regain memories, will be conducted parallel to the workshops. Thus, carers can have the peace of mind to participate in the workshops.

日期 Date: 11/3, 18/3, 25/3, 1/4, 8/4, 29/4, 6/5 (逢星期五 every Friday)

時間 Time: 早上 10:30 至下午 2:00

10:30am– 2:00pm

地點 Venue: Box Hill Community Arts Centre,

470 Station Street

Box Hill VIC 3128

Connect to the Community

三月 March

從心出發 Mind Master

系列一：解開心結是四節情緒及精神困擾的講解，協助你了解什麼是壓力，焦慮，抑鬱及思覺失調。

Part A: Moods & Mental States: help you understand what are stress, anxiety, depression and psychosis.

Date 日期: 1/3, 8/3, 15/3-22/3

系列二：開心見成協助你了解自己思維習慣與負面情緒的關係，及從中學習一套方法及技巧去改善及處理情緒。

Part B: Emotion Management, you will learn the actual causes of your negative emotion and skills to manage negative emotions.

Language 語言: 普通話 Mandarin

Date 日期: 29/3, 5/4, 12/4

Time 時間: 10am - 1 pm

Venue 地點: **Balwyn Community Centre**
412 Whitehorse Rd, Surrey Hills 3127

婦女身心健康系列

Women Health & Wellbeing 2011

財政篇 Women Financial: 處理個人及配偶的債務; 善用優惠咭的優惠; 退休的財政; 女性財務服務
Budgeting; relationship debt; concession card benefit; retirement finance.

Date 日期: 9/3, 16/3

性健康篇 Women Sexual Health: 女性性健康資料; 有效避孕; 普遍的女性病, 如膀胱炎等; 預防性傳染病
Women sexual health: contraceptives; sexually transmitted infections; cystitis; HIV/AIDS.

Date 日期: 10/3

健康篇 Women Health: 懷孕及第二類糖尿病; 預防糖尿病; 糖尿病與生活; 糖尿病資訊及支援
Women Health: preventing gestational diabetes, type 2 diabetes; diabetes life; related information and support.

Date 日期: 24/3

工作篇 Women OH&S: 長期勞損, 如五十肩、腰痛等; 性別歧視及性騷擾; 職業安全知識
Manual handling; Sexual discrimination & harassment; work health & hazards.

Date 日期: 7/4

Time 時間: 10am - 12noon

Venue 地點: 華人社區服務中心 (柏士頓)

Shop3, 294 High Street
Preston 3072



華人社區服務中心

2011 Community Services Newsletter

四月 April

新移民資訊周

New Migrant Information Week

新移民資訊周，透過一系列的講座，希望幫助剛到澳洲的新移民多了解澳洲社區及生活，從而協助你安居若落業。

This series of information session would help you understand community services and resources and assist you to integrate into the Australian society.

第一天 4/4: 新移民須知之國民醫療保健; 家庭法、調解服務, 澳洲分居離婚手續。

Day 1 (4 April): Settlement and Medicare; Family law, separation, divorce and mediation services.

第二天 5/4: 移民抗壓方法; 福利署 Centrelink 的退休準備。

Day 2 (5 April): Settlement and Gambling; Getting ready for retirement from Centrelink.

第三天 6/4: 家居安全, 警察權力; 交通意外、工傷的賠償。

Day 3 (6 April): Home safety and police force; TAC & Work Cover compensation.

Date 日期: 4/4, 5/4, 6/4

Time 時間: 10am - 3pm

Venue 地點: 華人社區服務中心

Clayton Community Centre

9- 16 Cooke street, Clayton 3168

康健樂頤年展覽

Age Care Services Expo

這活動是「社區伙伴計劃」的資訊展覽，目的是幫助長者保持健康生活。展覽會內容豐富包括：社區照顧服務及評估，平安鐘，記憶衰退，失禁問題，癱瘓症，及家庭醫生簡介等。

This information expo is project under by Community Partnership program. It includes health talk, age care, diabetes talk, exercise demonstration and incontinence etc.

Date 日期: 18/4

Time 時間: 9:30am - 1:30pm

Venue 地點: **Flemington Community Centre**

25 Mt Alexander Rd, Flemington 3031

查詢及報名 (03) 9898 1965

心意更新-情緒管理小組

You Can Make a Different

這是為期 10 次的小組學習課程，採用「認知治療法」協助照顧有特殊需要小孩子的父母處理情緒問題及改善焦慮及抑鬱情況。

It is a "Cognitive- Behavioural Therapy Group". This group is specially designed for parents who have children with disability. The 10 session group therapy would help you understand the actual causes of your emotion, and work out achievable & practical ways to improve your emotional problems

Date 日期: 27/4, 3/5, 10/5, 17/5, 24/5, 31/5, 7/6, 14/6, 21/6, 28/6

Time 時間: 10am - 1 pm

Venue 地點: 華人社區服務中心 (博士山)

**Suite 9A, Centro Box Hill North
17 Market St, Box Hill 3128**

五月 May

新移民社區適應

New Migrant Community Orientation

先講解新移民抵步應辦須知，之後親身到訪 Box Hill 各政府部門及有關服務機構，直接與工作人員查詢及了解其服務。到訪地點包括: 國民保健、社區健康服務中心、福利部、AMES 移民英語中心等。

It includes a seminar of settlement introduction and Box Hill community orientation walk to Medicare, Community Health Centre, Centrelink, AMES and etc in Box Hill area.

Date 日期: 13/5

Time 時間: 10:30am- 1pm

Venue 地點: 華人社區服務中心(博士山)

**Suite 9A, Centro Box Hill North
17 Market Street, Box Hill 3128**

六月 June

喬蝶坊

Women In Transition

參加對象為因結婚而遷居到移澳洲的移民。設有不同的專題作討論及分享，協助配偶移民面對因結婚移民不而產生的身份迷惘、角色改變、與家人相處、獨立能力、社會及生活適應等問題。

These sessions are specially designed for women who migrated to Australia under Australian spouse visa category. The group would discuss and share different topics. It helps spouse visa women to settle their new life in Australia.

Date 日期: 29/4, 6/5, 13/5, 20/5, 27/5, 3/6, 10/6

Time 時間: 1:30pm- 3:30pm

Venue 地點: 華人社區服務中心 (博士山)

**Suite 9A, Centro Box Hill North
17 Market Street, Box Hill 3128**

七月 July

從心出發 Mind Master

系列一：解開心結 是四節情緒及精神困擾的講解，協助你了解什麼是壓力，焦慮，抑鬱及思覺失調。

Part A: Moods & Mental States: help you understand what are stress, anxiety, depression and psychosis.

Date 日期: 12/7, 19/7, 26/7, 2/8

系列二：開心見成 協助你了解自己思維習慣與負面情緒的關係，及從中學習一套方法及技巧去改善及處理情緒。

Part B: Emotion Management, you will learn the actual causes of your negative emotion and skills to manage negative emotions.

Language 語言: 廣東話 Cantonese

Date 日期: 9/8, 16/8, 23/8

Time 時間: 10am - 1 pm

Venue 地點: 後定 TBC (City of Boroondara)

華人社區服務中心 社區服務

為方便南區居民，特設南區辦公室在 Clayton Community Centre，逢星期一辦公。

服務包括：

移民安居服務 協助新移民適應及解決安居過程中所面對的困難；

精神健康服務 以不同形式協助及支持受精神及心理健康問題困擾人士改善生活；

照顧者支援服務 鼓勵和支持正照顧身體或智力障礙人士的家人及親友；

社區夥伴計劃 協助華裔長者及其照顧者了解及使用澳洲養老福利資源。

社區服務亦提供資料及轉介服務給有需要的人士，請至電到辦公室查詢。



Community Services (CS) of Chinese Community Social Services Centre Inc. has new opened office at Clayton Community Centre operate every Monday. Services includes: Community Settlement Service, provides Chinese migrants with settlement information, support and assist in coping settlement issue; Mental Health Service, provides wide range of service to support Chinese with mental health issue; Carer Support Service, provides emotional support and helps carers with their caring issues; and Community Partnership Program, provides older Chinese and their carer news and navigate age care system. CS also provides information and referral to suit clients' needs.

Box Hill Office 博士山辦事處

辦公時間: 星期一、三、四、五

Operation day: Mon, Wed, Thu & Fri

**Suite 11, Centro Box Hill North,
17 Market Street, Box Hill 3128**

電話 Tel: (03) 9898 1965

Preston Office 柏士頓辦事處

辦公時間: 星期三、四

Operation day: Wed & Thu

Shop 3 & 4, 294 High Street, Preston 3072

電話 Tel: (03) 9478 4343

Clayton Office 克萊頓辦事處

辦公時間: 星期一

Operation day: Mon

**Monash Youth and Family Service
Clayton Community Centre,
9-16 Cooke Street, Clayton 3168**

電話 Tel: (03) 9541 3130

華人社區服務中心