



# 精神健康及共融校園守護者計劃 MENTAL HEALTH AND INCLUSION GATEKEEPERS



#### **Orientation:**

- Date:13 February 2025
- Time: 14:30 16:00

#### <u>Training:</u>

- Period: February to July
- Mental Health First Aid (MHFA) Certificate Course

(Mental Health)

- Peer Relationship Mediation (Campus Inclusion)
- Inclusive Training on Campus Diversity (Campus Inclusion)
- Program Management Skills (Service Skills Support)

### Services Opportunities:

- Wellness Week and a chance for outside services
  - Application Deadline: 5 February 2025
  - Enquiry: 3411 3303
  - Email: ciesdc@hkbu.edu.hk

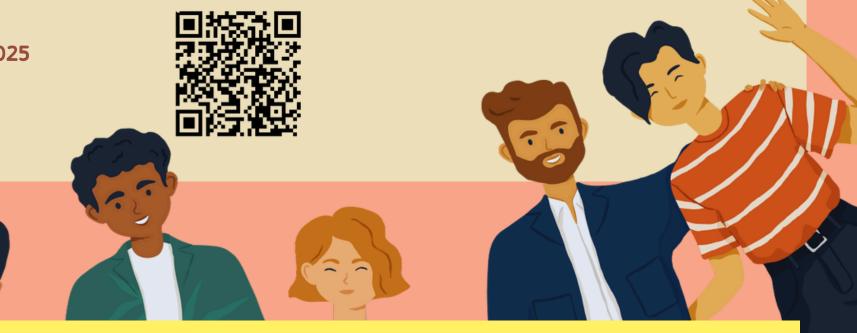
### <u>Visits:</u>

- Mind Space, Castle Peak Hospital (青山醫院精神健康體驗館),
  - Date: 27 February 2025
  - Time: 13:30 16:30

## Wellness Skills Enhancement Workshops:

• Forest Bathing (e.g. 森林浴體驗)

\*Certification will be awarded to Mental Health and Inclusion Gatekeepers upon successful completion



# **Student Development Centre**

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