



Upcoming Events

● Blood Donation ● Performances ● Exhibition ● Booths ● WPDP Workshops **16-20 March**



● 11:30-18:00
@913

Hong Kong Red Cross Blood Donation
紅十字會捐血



● 14:00-16:00
@502B

Training Workshop: Brief Introduction to SEN
SEN共融體驗工作坊



● 09:00-22:00
@4/F

Expressive Art x Mental Health Book
Exhibition (16 to 31 Mar)



● 11:00-14:00
@5/F Lobby

Physical, Mental & Financial Wellness
身心健康、財務健康

青協西黃外展

● 11:30-13:30
14:30-16:30
@5/F

Fitness Ambassadors Challenge
運動挑戰 - 引體上升/手握力



● 12:00-15:00
@5/F Lobby

Spiritual Wellness, Social Wellness
心靈健康、社交健康

青協平行心間 / 青協隆享青年空間



● 11:30-13:30
@5/F IC

Performances
表演



● 11:00-14:00
@5/F Lobby

Physical, Mental & Financial Wellness
身心健康、財務健康

青協西黃外展

● 11:30-13:30
@5/F

Fitness Ambassadors Challenge
運動挑戰 - 30秒快跑挑戰



● 13:30-16:30
@502B

Texture Painting Workshop
肌理畫療癒工作坊



● 11:30-13:30
@5/F

Fitness Ambassadors Challenge
運動挑戰 - 彈跳力測試



● 13:00-14:00
@502B

DIY MORU Workshop
DIY扭扭棒公仔工作坊

