



Lifeline

Harbour to Hawkesbury
Sydney

Everyday Counsellor Workshop 日常咨询师工作坊

When you have troubled children, parents struggling to adjust, friends suffering, colleagues in distress, what can you do to support them?

当你的孩子遇到挑战，你的父母在适应新环境，你的朋友非常痛苦，你的同事正经历困难，你能做些什么来帮助他们呢？

The renowned “Accidental Counsellor” workshop delivered by Lifeline H2HS can help. It is now delivered in Mandarin as the “Everyday Counsellor” workshop.

Lifeline H2HS 的久负盛名的“日常咨询师”工作坊可以帮助您！现在该工作坊推出了中文普通话培训！



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The workshop will enable you to gain confidence and make a difference using the Recognise, Respond, Refer model to support people in distress, learn to navigate sensitive topics and practice self care.

运用我们培训的识别、回应、转介技术和模型，您能够支持痛苦中的他人，学会探讨自杀等敏感话题并练习自我关怀。

The facilitators are bilingual professionals who have experience in both counselling and knowledge of the Chinese community. Daytime and evening sessions are available.

培训师是双语专业人士，拥有心理咨询经验和华人社区知识。有白天和傍晚两种培训时间供选择。

想要了解更多信息或者预约培训时间，请查看：

lifelineh2hsydney.org.au/find-training/everyday-counsellor-chinese/

或者联系我们：

lifeline.training@lifelineh2h.org.au



Lifeline Saving Lives

Crisis Support. Suicide Prevention.