

疫境同心支援計劃

COVID-19 Project for Chinese

華心會 及 東倫敦華人協會合辦

Jointly organised by Chinese Mental Health Association (CMHA) and Chinese Association of Tower Hamlets (CATH)

A project to support isolated elderly Chinese People across London by offering:

- Wellbeing support 身心靈健康活動
- Advice and Advocacy 諮詢及倡導服務
- Getting Online 學習使用網絡平台
- Discrimination and hate crimes 華人遭受歧視相關資訊及講座

Sessions run from Monday 2nd November and to find out more or register, please contact

服務由2020年11月2日開始，如有查詢及轉介，請聯絡 -

- **CMHA 華心會:** Ms Kit Wong 王華潔女士 07491164987 or kit.wong@cmha.org.uk or
- **CATH 東倫敦華人協會:** Mrs Stella Townson 翟思敏 07306332974 or stella.lcrfproject@gmail.com

