基督教聯合醫務協會
UNITED CHRISTIAN MEDICAL SERVICE

基督教聯合那打素社康服務
UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

Holistic Wellness Hub

COURSE CATALOGUE

Employee Assitance Programme (EAP)





2026

Hub 蒈心全康中心
Holistic Wellness Hub

Tel: 3188 0837
Whatsapp: 69548117
eap.info@ucms.org.hk

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心理健康系列 / Mental Health Series

職場正向關係與領導力培訓 / Positive Workplace Relationships and Leadership Development

1 職場高效領聽及反饋藝術 |The Art of Effective Leading, Listening, and Feedback in the Workplace

2 團隊性格解碼：DISC / 九型 / MBTI 深度整合 | Team Personality Decoding: DISC x Enneagram x MBTI Deep Integration

3 Fun Fun 中成爲神隊友 | Fun Way to Become an Excellent Teammate

4 職場誇世代：從差異創造優勢的溝通策略 | Intergenerational Communication: Turning Differences into Strengths

5 文化共融力：打造和諧高效能全球化團隊 | Cultural Inclusion: Building Harmonious, High-Performance Global Teams

6 超越LGBTQ+標籤 : 共建彩虹職場 | Beyond LGBTQ+ Labels: Co-Creating an Inclusive Rainbow Workplace

7 讓人忍不住說Yes的說話技巧 | Persuasive Speaking Skills That Encourage Agreement

8 靜觀練習：忙碌職場中的自我照顧 | Mindfulness Practice: Self-Care in the Busy Workplace

9 心理安全：提升員工貢獻的關鍵力量 | Psychological Safety: The Key to Enhancing Employee Contributions

10 從「我」到「我們」: 溝通領袖的團隊凝聚學 | From "I" to "We": Team Cohesion Skills for Communication Leaders

11 突圍"她時代" | Breaking Through in the Women's Era

12 職場心理急救箱：懂心理，更會帶人 | Workplace Psychological First Aid: Understanding & Leading People

員工正向情緒與身心健康 / Positive Emotions and Employee Wellbeing

1 正向心理學的幸福解碼 | Positive Psychology: Decoding Happiness

2 這世界很快，但你要很快樂 | This World is Fast, But You Must Be Happy

3 正向心理學 : 幸福快樂五大元素 | Positive Psychology: The Five Elements of Happiness and Joy

4 心靈斷捨離 | Mindful Letting Go

5 越變越強：提升心理韌性 | Becoming Stronger: Building Psychological Resilience

6 高EQ者的壓力管理 | High EQ Stress Management

7 在亂流中培養情緒韌性 | Cultivating Emotional Resilience in Turbulence

8 別讓焦慮當你老闆 | Don't Let Anxiety Be Your Boss

9 照顧自己 : 讀懂自己的情緒訊號 | Self-Care: Reading Your Emotional Signals

10 情緒健康：認識和處理拖延行爲 | Emotional Health: Recognizing and Handling Procrastination

11 快樂退休健康講座 | Happy Retirement Health Talk

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建立正向與親密的家庭互動 / Building Positive and Intimate Family Interactions

1 從相愛到相守的婚姻藝術 | From Love to Lifelong Commitment: The Art of Marriage

2 欣賞孩子的藝術 | The Art of Appreciating Children

3 正向管教的魅力 | The Charm of Positive Discipline

4 孩子正向情緒表達 | Children's Positive Emotional Expression

5 親子正向溝通 | Positive Parent-Child Communication

6 正向回應孩子的不當行爲 | Positive Responses to Children's Misbehavior

7 下班後的高效親子時光：職場父母必學互動技巧 | After-Work Parent-Child Time: Essential Skills for Working Parents

8 解碼青春期：成爲孩子的溝通盟友 | Decoding Adolescence: Become Your Child's Communication Ally

9 學童心理健康101 | Schoolchildren's Mental Health 101

10 孩子抗"逆"有法 | Helping Children Build Resilience Against Adversity

11 家長壓力鬆一鬆 | Relieving Parental Stress

12 "夾心世代"的幸福平衡術 | Happiness Balance for the Sandwich Generation

13 長者常見精神健康問題 | Common Mental Health Issues in the Elderly

14 照顧者的情緒健康 | Emotional Health for Caregivers

15 面對兒女移民 : 自己如何處理負面情緒 | Facing Children's Emigration: Managing Your Negative Emotions

16 與讀寫做好友（家長篇) | Be Friends with Reading and Writing (For Parents)

17 情緒健康與互聯網使用 (家長篇) | Emotional Health and Internet Use (For Parents)

心靈療癒與內在和諧 / Spiritual Healing and Inner Harmony

1 靜觀體驗•心流日常 | Mindfulness Experience and Everyday Flow

2 頌缽療癒力：深度放鬆指南 | Singing Bowl Healing Power: Deep Relaxation Guide

$3 擴香石工作坊 | Aromatherapy Stone Workshop

$4 綠境漫遊 | Green Realm Journey

$5 禪繞畫•心靈慢旅 | Zentangle: Mindful Art Journey

$6 Mosaic・心域 | Mosaic・Heart Domain

$7 和諧粉彩療癒之旅 | Pastel Nagomi Art Healing Journey

$8 綻放心流 : 酒精墨水繪畫 | Blooming Flow: Alcohol Ink Painting

$9 流體畫放鬆工作坊 | Fluid Art Relaxation Workshop

$10 靜觀書法 | Mindful Calligraphy

$11 靜心浮游花燈工作坊 | Zen Floating Lantern Workshop

$12 慢活聖誕花環工作坊 | Slow Living Christmas Wreath Workshop

凡標記 $ 之活動，須另行支付物資費用。

Activities marked with a $ require an additional materials fee.

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醫護系列 / Health Series

慢性疾病與身體保健 / Chronic Diseases and Physical Wellness

1 護心有法 | Heart Protection Essentials

2 控糖之道 | Mastering Daily Blood Sugar Control

3 三高解密健康路 | Urban Triple High: Smart Health Solutions

4 腎健康101 | Kidney Health 101

5 骨骼堅強抗疏鬆 | Strong Bones Against Osteoporosis

6 長者腰背舒緩護脊術 | Senior Back Pain Relief & Spine Care

7 痛風及關節痛症 | Gout and Joint Pain Management

8 靜脈曲張我有計 | Varicose Vein Care Strategies

9 睡得好・精神好：睡眠健康全攻略 | Sleep Well, Live Well: Your Guide to Better Sleep Health

傳染病與免疫健康 / Infectious Diseases and Immune Health

1 常見傳染病 | Common Infectious Diseases Guide

2 流感防衛站 | Influenza Awareness and Prevention

3 兒童常見傳染病 | Common Infectious Diseases Among Children

4 蚊叮蟲咬冇有怕？| Managing Insect Bites and Stings

5 藥安指南 | Safe Medication Practices

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醫護系列 / Health Series

精神健康與神經系統 / Mental Health and Nervous System

1 都市殺手—抑鬱症 | Depression in Modern Society

2 中風全防禦 | Stroke Awareness, Care & Prevention

3 認知障礙症全面睇 | Dementia Comprehensive Guide

專題健康教育(不同性別、年齡與生活習慣) / Personalized Health Education (Gender, Age & Lifestyle)

1 男士健康指南 | Men's Healthcare Guide

2 女性健康指南 | Women's Healthcare Guide

3 更年期舒暢養生術 | Menopause Smooth Transition Care

4 主婦手SOS | Skin SOS: Managing Contact Dermatitis Effectively

5 愛護雙眼健康秘訣 | Cherish Your Eyes: Health Tips

6 長者防跌術 | Fall Prevention & Home Safety for Seniors

7 拒酒有道 | Smart Ways to Say No to Alcohol

腸胃、肝臟與癌症預防 / Digestive, Liver, and Cancer Prevention

1 與你何「肝」| Understanding Liver Health

2 肝炎與肝癌 | Hepatitis and Liver Cancer Prevention

3 大腸癌的疑惑 | Demystifying Colorectal Cancer

4 常見的癌症認識及預防 | Common Cancers: Awareness and Prevention

5 「乳」妳探秘 | Breast Health Essentials

6 子宮頸癌的認識及預防 | Cervical Cancer Awareness and Prevention

7 腸胃點解唔多妥？| Digestive Wellness Solutions

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中醫系列 / Chinese Medicine Series

中醫內科與慢性疾病調理 / Chinese Internal Medicine & Chronic Disease Care

1 高血壓的中醫治療 | TCM Treatment for Hypertension

2 膽固醇異常的中醫治療與調理 | TCM Treatment and Conditioning for Abnormal Cholesterol

3 糖尿病的飲食調理 | Dietary Conditioning for Diabetes

4 痛風症的中醫治療 | TCM Treatment for Gout

5 中醫脾胃調理 | TCM Spleen and Stomach Conditioning

6 中醫調節肺系疾病 | TCM Regulation of Respiratory System Diseases

7 中風後遺症的中醫治療 | TCM Treatment for Post-Stroke Sequelae

8 良性前列腺增生症的中醫防治 | TCM for Benign Prostatic Hyperplasia

9 癌症調養 | Cancer Conditioning and Supportive Care

10 肺癌中醫防治與調養 | TCM Prevention, Treatment, and Conditioning for Lung Cancer

11 中醫老年養生 | TCM Geriatric Health Preservation

12 中醫智慧下的心臟保健 | Heart Health Maintenance through Traditional Chinese Medicine Wisdom

13 中醫動起來：解碼體質之謎，尋找健康活力 | TCM in Action: Decode Constitution for Vitality

14 中醫助你掌握體重管理與健康平衡 | TCM Weight Management & Health Balance

15 四季食療秘笈 | Diet Wise in Four Seasons

痛症、針灸與肌肉骨骼 / Pain Management, Acupuncture & Musculoskeletal Health

1 針灸止痛全攻略 | Acupuncture Pain Relief Complete Guide

2 都市肩膝痛解密 | Urban Shoulder & Knee Pain Demystified

3 慢性痛症針灸優勢 | Acupuncture's Chronic Pain Advantage

4 全身痛楚？中醫幫到你 | Widespread Pain? TCM Can Help

5 肩頸五十肩解痛術 | Shoulder, Neck & Frozen Shoulder Relief

6 退化性關節炎的中醫治療 | TCM Treatment for Degenerative Arthritis

7 慢性疲勞綜合調理：中醫與針灸策略 | TCM and Acupuncture for Chronic Fatigue Syndrome

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中醫系列 / Chinese Medicine Series

情緒、睡眠、婦科、兒科與皮膚 / Emotions, Sleep, Gynecology, Pediatrics & Dermatology

1 中醫常識知多D | TCM Essentials Everyone Should Know

2 中醫婦科健康保養 | TCM Gynecological Health Maintenance

3 月經失調中醫調理有法 | TCM Strategies for Menstrual Irregularities

4 子宮肌瘤的中醫調理之道 | TCM Care for Uterine Fibroids

5 告別失眠的中醫安睡法 | TCM Solutions for Insomnia

6 中醫情緒平衡術 | TCM and Emotional Wellness

7 兒童ADHD針灸捏脊療法 | Acupuncture & Pediatric Tuina for Childhood ADHD

8 中醫治療帶狀疱疹（生蛇）| TCM Treatment for Shingles

9 由內而外改善常見皮膚困擾 | TCM Management of Common Skin Conditions

10 內調外養的中醫美容之道 | TCM Beauty and Facial Care Methods

11 及早護眼：中醫預防近視妙法 | TCM Myopia Prevention Strategies

12 中醫養聲之道：告別聲音沙啞 | TCM Care for Hoarseness

13 實用中醫穴位按摩 | Practical Chinese Acupressure Techniques

呼吸系統、感染與免疫或體質 / Respiratory System, Infections, Immunity or Constitution

1 中醫藥治療流感 | TCM Treatment for Influenza

2 鼻敏感、哮喘與天灸療法 | Allergic Rhinitis, Asthma & Tianjiu Therapy

3 中醫調節肺系疾病 | TCM Respiratory Health Essentials

4 中醫護盾：激活身體自我保護系統 | TCM Shield: Activating Body's Self-Protection System

5 中醫季節養生 | TCM Seasonal Health Preservation

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物理及職業治療系列 / Physiotherapy Series

運動、護脊與肌骼關節保健 / Exercise, Spine Care & Musculoskeletal Health

1 愛護孩子脊椎成長 | Nurturing Children's Spine Health and Development

2 運動傷痛急救常識 | Sports Injury First Aid Essentials

3 運動快樂健康路 | Joyful Path to Fitness & Health

4 運動傷害預防與急救 | Prevent & Treat Sports Injuries

5 呼吸順暢健康法 | Breathing Better: Techniques for Smoother Breathing

6 糖尿病友善運動術 | Diabetes-Friendly Exercise Guide

7 更年期骨骼強健術 | Menopause Bone-Strengthening Exercises

8 輕鬆維持理想體重 | Effortless Ideal Weight Management

9 健康穴位按摩示範 | Health-Boosting Acupressure Demo

10 守護膝關節健康 | Protect Your Knee Joints

11 女性健康活力運動 | Women's Health & Vitality Exercises

12 腰背舒緩護脊術 | Relief for Back Pain & Spine Care

13 安全運動無傷害 | Injury-Free Safe Exercise

辦公室與職業安全健康 / Office & Occupational Safety Health

1 辦公室健康活力操 | Office Vitality Exercises

2 辦公室護脊舒緩術 | Office Spine Care & Relief

3 辦公室安全健康守則 | Office Worker Safety & Health Essentials

4 體力工作安全護航 | Manual Worker Safety Protection

認知障礙症與照顧者技巧 / Dementia Care: Essential Caregiver Skills

1 認識認知障礙溫暖陪伴 | Understanding Dementia: Warm Care & Support

2 安撫認知障礙情緒波動 | Calming Dementia Behaviors & Emotions

3 與認知障礙者心連心溝通 | Communication skills with Dementia Patients

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營養系列 / Nutrition Series

兒童與家庭飲食教育 / Children's & Family Nutrition Education

1 學童偏食有辦法！| Solutions for Picky Children!

2 飲食Level up 改善學童學習能力及專注力 | Nutrition Level Up: Boost Children's Learning and Focus

3 有營早餐「快靚正」| Nutritious Breakfast: Fast, Pretty, Perfect

4 小食紅綠燈 | Snack Traffic Light Guide

5 彩虹五色戰隊 | Rainbow Five-Color Nutrition Team

6 要 Fit 就要 Healthy Eat | To Stay Fit, Eat Healthy

7 有營慳家之煮 | Budget-Friendly Nutritious Cooking

基本營養知識與烹飪實踐 / Basic Nutrition Knowledge & Cooking Practice

1 健康有「營」新「煮」意 | Healthy Cooking: Nutritious New Ideas!

2 營養要「素」全面睇 | Essential Nutrients: Vegetarian Diet Complete Guide

3 營養師分享平民版「超級食物」| Dietitian's Everyday Superfoods

4 識飲識食- 透過飲食提升防疫及防流感效果 | Smart Eating & Drinking: Boost Immunity Against Flu

5 健康心靈 快樂飲食 | Healthy Mind, Joyful Eating

6 揀飲擇食 - 小心飲食陷阱 | Choose Wisely: Avoid Food & Drink Traps

7 轉轉看營養標籤 避開標籤陷阱 | Decode Nutrition Labels, Dodge Label Traps

8 營養師破解營養迷思 | Dietitian Debunks Nutrition Myths

9 逆齡飲食營養秘訣 | Dietary nutrition secrets to anti-aging

慢性病與特殊健康飲食管理 / Chronic Disease & Special Health Diet Management

1 人減我又減，點減先至啱？ | Everyone's Dieting: How to Lose Weight Right?

2 節慶盛宴中的健康選擇 | Healthy Choices at Festive Feasts

3 改變飲食 告別亞健康及代謝綜合症 | Diet Changes to Beat Subhealth & Metabolic Syndrome

4 全方位控制膽固醇的飲食要訣 | All-Around Cholesterol Control Diet Tips

5 強化心臟 預防中風 飲食有妙法 | Strengthen Heart, Prevent Stroke: Smart Diet Tricks

6 控制血糖飲食要訣 | Blood Sugar Control Diet Essentials

7 齊來向痛風Say No! | Everyone Say No to Gout!

8 強健骨質儲本錢 | Build Strong Bones: Invest in Your Future

9 改善飲食 守護腸道健康 | Better Diet for Intestinal Health Protection

10 彩虹飲食 遠離癌症 | Rainbow Diet to Keep Cancer Away

11 有「營」地挺過癌症 治療及復康 | Nutritiously Conquer Cancer: Treatment & Recovery

12 運動飲食全面睇 | Exercise & Nutrition: Complete Guide

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