



Support Service Centre

Harnessing
Opportunities and
Potentials

for **E**thnic Minorities

3/F, Sincere Insurance Building (East Wing), 4-6 Hennessy Road, Wanchai, Hong Kong

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**COME AND
REGISTER**

The H.O.P.E. Support Service Centre for Ethnic Minorities is pleased to offer the following events, activities and classes. Please call us at any time on **28363598** for program updates and registration.

Activities for the Whole Family

Personal Care \$0 - \$20 per session	<ul style="list-style-type: none">• Introduction to Thai Massage and Yoga to strengthen your body, mind and spirit• Counseling, Personal Growth Groups, Understanding Yourself, Improving Your Self Image, Personal Planning, etc• Health Talks on H1N1, HIV (Aids), Cervical Cancer
For the Whole Family \$0 - \$20 per session, free for some outings	<ul style="list-style-type: none">• Caring for the Elderly (Nurses, physiotherapists and social workers teach you how to take care of the elderly and chronically ill people).• Family Outings : Wetland Parks, Disneyland, Museums, BBQ, throughout the year• Cantonese, English and Computer Basic, Intermediate and Advanced levels to suit all ages
Children \$0 - \$20 per session	<ul style="list-style-type: none">• Homework Tuition in English, Chinese and Maths for children during summer holidays• Basket ball, Traditional Dance, Music, Taekwando
Employment Training \$0 - \$20 per session (exclude materials)	<ul style="list-style-type: none">• Soap carving• Hair cutting techniques by experienced hairdressers• Make up and skin care by qualified beauticians• Dress-making
Govt. Depts, HK Laws and You (Free of Charge)	<ul style="list-style-type: none">• Seminars on "Know Your Rights", "Accessing Public Service", Orientation on Hong Kong Laws, children's education, Labour Department, etc