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The Hong Kong Jockey Club Charities Trust

Jockey Club Family Therapy Programme

Interactive Workshop

Coping with Life Challenges within the Family

如何應對家庭中的人生挑戰

Date: June 5, 2024 (Wednesday)
Time: 7:00pm – 9:00pm
Venue: Asian Academy of Family Therapy (AAFT), No. 4 Pottinger Street, Central
Presenter: Mr. Char Shik Ngor Stephen
Fee: Free-of-charge
Language: Cantonese (supplemented with English)

About the Workshop

This workshop aims to help participants, both professionals working with couples and families, and ordinary people, understand the importance of finding and providing support within the family when one faces challenges in life. These challenges include financial hardships, severe illnesses such as cancer and other adversities in life.

The speaker will approach the key issues of adversity in life from an existential angle and will explore with participants our worldview, value system and meaning of life. He will also share his own experiences in facing cancer, divorces and financial hardship as well as experiences from those he has helped.

About the Speaker

Stephen Char is a Barrister at Law by profession and a Board Member of AAFT. He was a Chief Investigator with the Independent Commission Against Corruption, Hong Kong. After having served in the Commission for almost 29 years, he became a Barrister in 2007.

He has gone through a lot of pain and sufferings in his life including different episodes of cancer, two divorces and loss of loved ones. He has walked with numerous people facing pain and sufferings and losses in their life. After work, Stephen provides grief counselling to survivors of cancer patients voluntarily. He also helps people cope with major depression, loneliness, finding meaning in life and over-coming the fear towards death. He was first labelled as Hong Kong's expert in pain and sufferings but later labelled as Angel of Happiness.

Stephen also holds a Master degree in Counselling from the University of Hong Kong and a Master degree in Philosophy from the Chinese University of Hong Kong. Besides, he has also been registered as a qualified Philosophical Practitioner of the American Philosophical Practitioners Association (APPA). Stephen has authored three books on happiness, as well as numerous articles on pain, sufferings and happiness in the past twenty years. He has given over 100 talks on Spiritual Growth and on the Pursuit of Happiness on YouTube.

To register, please visit: <https://forms.gle/Gdw18VKhqArPt6Ax7>



Successful applicants will be notified in writing within two weeks from when the application was received. Kindly note that your registration is not complete until you have confirmed receipt of our attendance confirmation email.

AAFT reserves the right to make final decisions on all program-related matters.