

Our workshops, classes and programmes can include but not limited to:

- Living with Cancer – Multi Professional Sharing Session on Palliative Care
- Symptoms Management in Palliative Care
- Living with Cancer – Dialogue with Oncologist / Pharmacist / Palliative Doctor
- Capturing Precious Moments Photography
- Preparing a Good Death Tour
- Relapse or Advanced Stage Cancer Couples Group
- Diet for Advanced Cancer Patients
- Expressive Journal Writing
- Will and Property Management Talk
- Tips of Caring Palliative and Self Care for Carer
- Preparation for Advance Care
- Workshop on Preparing a Good Death
- Understanding Palliative Care in Hong Kong
- Bereaved Family Support Group
- Multi-Professional Sharing Sessions on Palliative Care (TCM for Pain Control and Self-Care)
- When Cancer Returns, How Do I Cope?
- Home Care Tips in Palliative Care Service