

**Turning Point Saturday Night Sessions (7.30pm - 9.00pm) 周六晚 7时30分 至 9时**

<b>Details Activities</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>August</b>
<p align="center"><b>My TP Night</b> (我的转换点)</p>	Activity : 讲座 Title : 当下, 就是转换点! Speaker : Lee Chee Siang 李志祥 Date : 8th May 2010	Activity : 讲座 Title : 走进芳香之旅~认识 "芳香疗法" Speaker : 林琨亮 Date : 5th June 2010	Activity : Talk Title : <b>Who am I? Knowing Your Authentic Self</b> Speaker : WilsonTee Date : 3rd July 2010	Activity : Talk Title : <b>What is Mindful-Gym?</b> Speaker : Dr Phang Cheng Kar Date : 7th Aug 2010
<p align="center"><b>Family TP Night</b> (家庭转换点)</p>	Activity : 讲座 Title : 当妈妈, Fun一点! Speaker : Serene Sin 沈欣慧 Date : 15th May 2010	Activity : 讲座 Title : 你的爱, 他感受到吗? Speaker : Tan Chin Huang 陈震平 Date : 12th June 2010	Activity : 讲座 Title : 相爱走一生 ~ 亲密伴侣关系 Speaker : Beh Siew Kheng 马秀清 Date : 10th July 2010	Activity : 讲座 Title : 如何培养成功的孩子 Speaker : Lim Siew Kee 林秀枝 Date : 14th Aug 2010
<p align="center"><b>Workplace TP Night</b> (职场转换点)</p>	Activity : Talk Title : <b>Achieving Workplace Wellness: What can be done by Employer?</b> Speaker : Low Mi Yen Date : 22nd May 2010	Activity : Talk Title : <b>Achieving Work-life balance : When to seek help from professionals?</b> Speaker : Wilson Tee Date : 19th June 2010	Activity : Talk Title : <b>Achieving Work-life balance : What can I do for myself?</b> Speaker : Low Mi Yen Date : 17th July 2010	Activity : 讲座 Title : 莫让职场变战场 ~ 学习明确沟通! Speaker : Lee Chee Siang 李志祥 Date : 21st Aug 2010
<p align="center"><b>Community TP Night</b> (社区转换点)</p>	Activity : <b>Cozy Cafe: Chit-chat with Mental Health Facilitators</b> 社区活动: 《心情咖啡馆》~ 有人倾谈			
	Date : 29th May 2010	Date : 26th June 2010	Date : 24th & 31st July 2010	Date : 28th Aug 2010