EsteemUp

Work on improving
your self-esteem and confidence

Module 1
Kick-start your self-esteem

CEDARS – Counselling and Person Enrichment Section (CoPE)

Contents

About Caring Universities

The Caring Universities project is embedded within the World Health Organization (WHO) College Student Mental Health Surveys (WMH-ICS). This international initiative aims at improving our knowledge on college students' mental wellbeing. Realizing the needs of students will help us in prevention but also in early detection and treatment of mental disorders during college years. Caring Universities takes it one step further by also offering free web-based interventions to students in need.
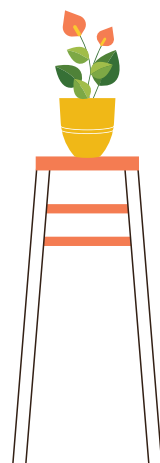
Primarily developed by Ms. Sevin Ozmen, Coach, UX Expert & Programme Creator, the online programmes introduce important life skills to college students who would like to improve mood, reduce stress, and overcome procrastination, etc..

For further details of Caring Universities, please visit https://caring-universities.com.

With the permission from Caring Universities, Counselling and Person Enrichment Section of The Centre of Development and Resources for Students (CEDARS) adapted the online programs into e-workbooks for promoting the mental health of students at The University of Hong Kong.

Acknowledgments

How to Use this Workbook

EsteemUp is a self-help programme with 4 modules based on the principles of Cognitive Behavioral Therapy (CBT). It takes around 45 minutes per week for 3-4 weeks.

It was developed in the Department of Clinical, Neuro-, and Developmental Psychology, Vrije Universiteit Amsterdam. Students were involved in the creative process by giving feedback on the materials, which were then adapted to suit the needs and preferences of students.

A special thanks to Manja de Neef and her book 'Build your confidence with CBT' for the invaluable input she has provided!

An overview of the programme

Module 1
Kick-start your self-esteem
Start challenging all the negative thoughts you have about yourself and focus on the positives.

Module 2
Confidence booster
Learn the secret to growing confidence: feeling the fear and doing it anyway.

Module 3
Start to own it
Learn to really own your accomplishments and to stop comparing.

Module 4
Socially self-assured
Lastly, boost your self-esteem by improving your social circle and speaking your mind

At the end of this workbook, you will find a list of resources in the community that you could make use of when you need support.

Enquiries and Feedback

CEDARS – Counselling and Person Enrichment Section (CoPE)
Tel: 3917-8388 | Email: cedars-cope@hku.hk

Kick-start your self-esteem

Introduction

Hello and welcome to EsteemUp! It's very good to see you here.

We all have moments in which we feel good about ourselves, as well as moments that we aren't our own biggest fan. If you notice yourself often feeling unhappy with yourself, you might have low self-esteem. Or maybe you're generally happy with yourself, but wouldn't say 'no' to a bit more confidence. In either case: you came to the right place!

EsteemUp consists of 4 modules filled with tools and insights to help you grow your self-esteem. We recommend completing one module per week, meaning you'll be done in 3 weeks if you do the first module today. That's not to say that it only takes a few weeks to grow a healthy self-esteem (it will likely take a bit longer). But you'll learn the most important tools and techniques in this time, which you can then continue to use until you're happy with your levels of self-esteem.
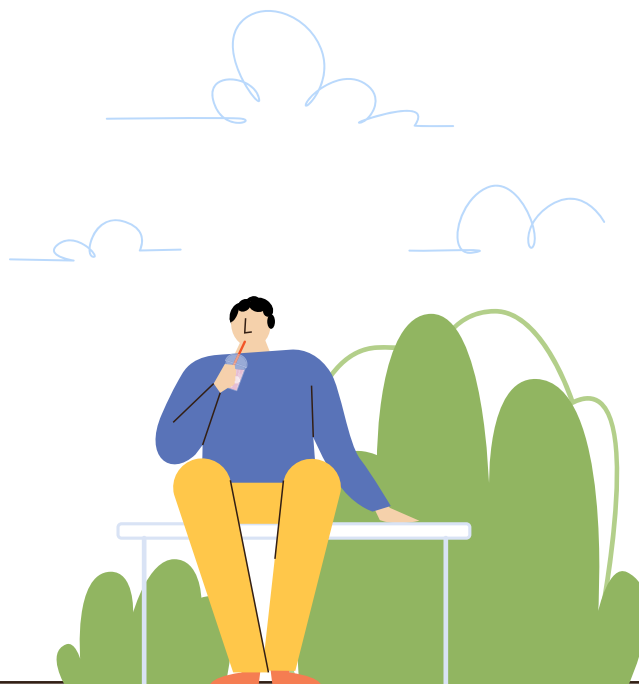
Before we get into it: how come you chose to do this programme? Describe your current situation and the struggles you have with self-esteem and confidence.

Now let's set a self-esteem goal. Write down one concrete thing you hope to achieve by doing this programme.

Today is all about:

▶ Understanding what self-esteem is and how it works

▶ Changing negative self-talk

▶ Focusing more on the positives

Let's get started!

What is self-esteem?

Confidence, self-esteem, self-worth, self-love, self-respect... There are tons of terms around this concept of how we feel about ourselves.

How do you define self-esteem?

In this programme, we use self-esteem as something of an umbrella term for several different concepts surrounding self-esteem. Check it out <u>(The video transcript is available on p.25):</u>

So self-esteem is what we think and feel about ourselves.

It encompasses **self-worth** (which is a deep knowing that you are of value, loveable, and worthy) and **confidence** (which is a feeling of competence in more specific areas, such as being good at something).

Signs of low self-esteem

Low self-esteem can have a negative impact on our mental health, relationships and other aspects of life such as work or academics.

Below are some signs of having a low self-esteem, which of these do you recognise in yourself?

- ☐ Saying or thinking negative and/or critical things about yourself

- ☐ Focusing on your negative traits and ignoring the positives

- ☐ Focusing on your mistakes rather than your achievements

- ☐ Being highly sensitive to criticism and/or disapproval from others

- ☐ Avoiding challenging situations out of fear of failing

- ☐ Blaming yourself for things that go wrong

- ☐ Thinking you are unworthy or that others are better/more deserving than you

- ☐ Difficulty accepting compliments, or not believing compliments you receive

- ☐ Feelings of depression, shame, worthlessness or anxiety

- ☐ Otherwise, namely: _____

A healthy self-esteem

Low self-esteem sucks, but too much self-esteem has been associated with overconfidence, entitlement, narcissism, arrogance and manipulative tendencies. So what then is the right amount of self-esteem?

Self-esteem is healthy when it is grounded in reality. This means being aware of your flaws, but focusing more on your strengths. It means knowing when you've made a mistake, but feeling you're still a good person overall. **People with healthy self-esteem are able to love themselves while still working on bettering themselves.**

And that's the goal of EsteemUp: to get you there too!

FIG. 1
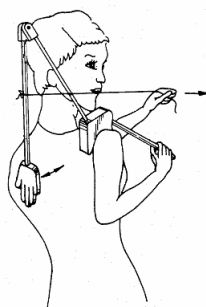
What is self-esteem?

"But why?"

Now you might wonder: but why do people have a certain level of self-esteem? Unfortunately it's impossible to pinpoint the root cause, as there are countless contributing factors (genetics, childhood, experiences, etc). Luckily you don't need to know **why** you have low self-esteem in order to **grow** it. It's much more important to understand what **keeps** your self-esteem low.

The answer in a nutshell is twofold:

1. It's about the way we think and process information,

2. And about the way we act (or don't act).

① What keeps self-esteem low: our thoughts
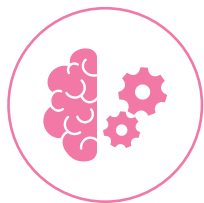
We tend to interpret information in a way that fits what we already think and believe. Have you heard of the saying 'rose-colored glasses', meaning a person sees everything in a positive way? People with low self-esteem also wear glasses, but theirs are black-tinted.

They think all sorts of negative things about themselves: I'm worthless, bad at .., a failure, stupid, useless and much more. And these negative beliefs colour their interpretation of any new information, so they keep seeing 'proof' of their negative beliefs.

Boris and Defne both give a presentation. Defne quite likes presenting and thinks she's pretty good at it. Boris hates it and thinks he sucks at it. During both presentations, someone in the audience yawns.

Boris' interpretation	Because he already thinks his presentation skills are bad, he interprets the yawn as 'this person is yawning because my presentation is boring'. Boris takes the yawn as 'proof' of his belief that he sucks.
Defne's interpretation	Because she thinks she's pretty good at presenting, Defne interprets the yawn as 'this person is probably tired, maybe they didn't sleep well'. She doesn't link it to her presentation, and still maintains the belief that she's good at presenting.

But the glasses don't stop there!

Let's say Boris would've gotten very clear signals that he did well, like getting a really high grade, or a compliment from a fellow student. These positive signals don't fit with Boris' belief that he's bad at presenting. So instead of believing it, he thinks it was a fluke, the other person must be lying or he just got lucky this time (and is still terrible).

So the 'glasses' people with low self-esteem wear cause them:

- To think and feel negatively about themselves

- To wrongly interpret many signals as 'proof' of these negative beliefs, and to mainly remember and focus on these signals

- And to disregard or brush aside positive signals they get, and to often forget these signals

Do you recognise these 'glasses' with regards to your own self-esteem? Try to think of some examples.

② What keeps self-esteem low: our actions

Something many people don't realise, is the impact our actions have on how we feel and think. We can even draw conclusions about ourselves based on our actions. **Another example**:

Meet Nell. Nell has low self-esteem and considers herself painfully shy. One day, Nell goes to a party, and this is where the timeline splits.

What happens in timeline A:

Nell does what comes naturally: she sticks to herself, sits quietly in a corner and leaves the party within an hour. She has a terrible experience and feels pretty bad about herself afterwards.

The conclusion she draws about herself based on her actions: "See, I'm impossibly shy and will never feel confident".
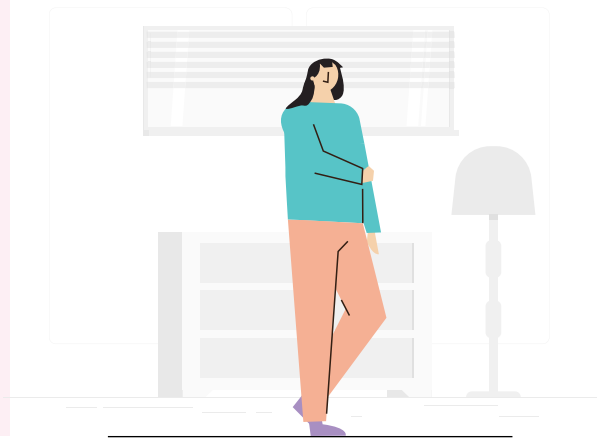
What happens in timeline B:

Nell really pushes herself to get out of her comfort zone: she goes up to talk to some friendly looking people, gets on the dancefloor (which is extremely awkward at first but it soon gets better), and ends up staying at the party for several hours. She was quite anxious at first, but eventually actually had fun and feels very proud of herself.

The conclusion she draws: "Maybe I'm not as impossibly shy as I thought!" Or: "Maybe I can change!"
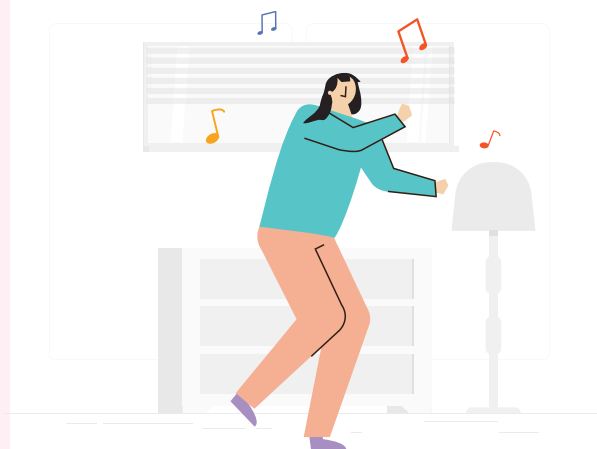
As you can see, the person and the situation are identical. The only difference is the actions. Your actions can influence how you feel in many different ways: if you're grumpy but make an effort to be sociable, you might cheer up. If you're stressed and choose to go for a walk, you might calm down.

Can you recall a situation in which your actions affected the way you felt or thought? It can be either positively or negatively.

Let's get rid of those glasses!

Now that we've established that self-esteem is kept low because of our brain and our behaviour, we also know how to grow our self-esteem. In this module we'll focus on our brain: our thoughts and the 'glasses' we look through. In the next module, we'll focus on our actions.

So let's get cracking!
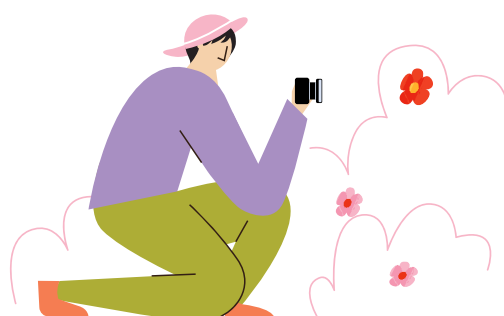
Critical thoughts, begone!

We established that in order to boost self-esteem, we need to change the glasses we look through, starting with the negative thoughts we have. There are 3 steps to do just that, let's go over each of them.

Step 1. Become aware of your negative thoughts

First you need to start noticing when you're being self-critical. Pay attention to the way you think and 'talk' to yourself, especially when you feel bad about something. Do you call yourself names? Judge, blame or criticize yourself?

Noticing these negative thoughts can be tricky at first because you've been thinking them for so long that it's become 'normal'. But the good news is that a little practice goes a long way and that you **can** change this way of thinking.

Let's give it a go!

Describe a recent situation in which you felt bad about yourself, for example for not doing something good enough. What happened? Describe the factual situation.

To uncover your negative thoughts, make it a habit to ask yourself **"What am I feeling and why do I feel that? What am I thinking about myself?"**. It can even help to write down everything that's going through your mind at that moment! Some examples:

Sima is upset because of her boyfriend. He promised he'd come over for dinner but backed out at the very last moment.

What goes through her mind: "WTF is wrong with him, he always does this. He makes promises and then I get excited and end up disappointed and hurt. It feels like he doesn't really care about me enough." **The thoughts she realises she has about herself:** I'm not likeable enough, nobody cares about me, I'm not important.

Jeffrey just barely passed his last exam, even though he'd studied quite hard for it.

What goes through his mind: "I knew it. It doesn't matter how hard I study, I end up with shit grades. I'm just not smart enough for Uni. All my friends seem to breeze through without any effort and even if I try my best I still almost fail. I don't see how I'm ever going to do well at anything" **The thoughts he realises he has about himself:** I'm dumb, I'm a failure, I'll never amount to anything.

Now take another look at the situation you described on p.12. What kinds of things went through your mind before, during and/or after this situation? Pay extra attention to negative thoughts you had about yourself.

Now select one of these thoughts to practice with in this module. Pick a thought that contained a negative judgement or belief about yourself: (Answer A)

More examples of negative thoughts about yourself:

- I am such an idiot

- I disappoint everyone

- I look horrible

- Everyone is doing better than me

- I'm not worthy of my partner, they're too good for me

- I'm so useless

- I'm never going to get better at …

- I'm just a bother to people

- I'm a failure

- I'm not a good person

How does (or did) this thought make you feel in that situation? (Answer B)

Now that you've uncovered the negative thought, let's move on to step 2.
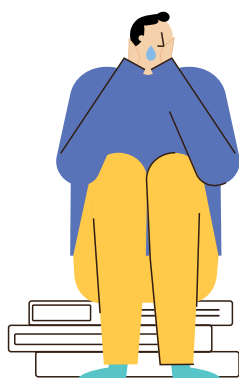
Step 2. Gather evidence & come up with arguments

In this step you get to play a lawyer. Imagine for a moment that your client is you. Your job as a lawyer is to defend your client (yourself!) from the accuser, which are the negative thoughts.

A lawyer always collects evidence and comes up with arguments to defend the client. So let's do that!

See, **many (if not most) of our negative thought are actually not completely accurate**, and it only takes a little digging to find evidence against them.

Common inaccuracies in our thoughts	
All or nothing thinking	You see things in black and white categories, either perfect or utterly horrible. You might use words like always, never, all, totally, everyone and no-one. "Everyone is smarter than me!"
Fortune telling	Assuming you know what's going to happen in the future. "I'm going to fail this test anyway" or "It's never going to get better".
Mind reading	Assuming you know other people's thoughts and feelings without them having told you. "My project partner probably didn't like the work I did on our project."
Only noticing the negative	Ignoring the positive things about the situation and focusing only on the negatives. You did a presentation and got both positive and constructive feedback, but you think about the criticism over and over again and 'forget' the positive feedback.
Exaggeration	Blowing things up out of proportion, sometimes even catastrophizing. For example: getting one bad grade and thinking "I'm not going to pass this year!".
Labeling	Labeling yourself (or others) based on a single event or behaviour. For example, making one mistake and thinking "I'm such an idiot". Or getting a bad grade and labeling yourself 'dumb'.
Jumping to conclusions (and taking the blame)	You see someone do something, and immediately assume you know what they thinking or why they did it. For example: someone checks their watch during a conversation and you think "They're bored of me."

This was your negative thought: refer to answer A on p.13

Now come up with 3 arguments why the thought can't be (100%) accurate

Ask yourself questions like:

- What evidence is there **against** these negative thoughts?

- Do I recognize any of the inaccuracies above?

    - Is my thought very black-or-white?

    - Am I predicting the future somehow?

    - What assumptions am I making?

    - Am I only focusing on the negative and ignoring the positive?

    - Is the thought exaggerated somehow?

    - Do I label myself unnecessarily?

    - Do I jump to conclusions or take the blame for something?

- If a close friend of mine had this thought, what would I say to them?
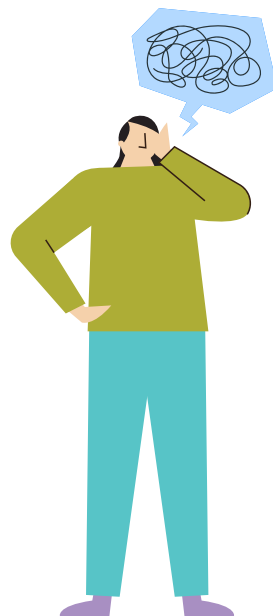
Argument 1. The thought might not be (100%) true, because…

Argument 2. The thought might not be (100%) true, because…

Argument 3. The thought might not be (100%) true, because…

Sima's arguments against "I'm not important (to my boyfriend)"	Jeffrey's arguments against "I'm a failure"
1. I jumped to conclusions: there might have been a good reason why my boyfriend cancelled and I just assumed it's because he doesn't care about me. **2.** I forgot all the things he DOES do for me to show me he cares, such as always bringing me little gifts. **3.** I exaggerated: skipping dinner once doesn't mean he doesn't care about me.	**1.** I'm predicting the future by saying 'I'll never amount to anything' **2.** I'm mainly focusing on the times I got a low grade, when there have also been times I got a HIGH grade **3.** I'm judging my entire person solely on academic performance. But I have a pretty good circle of friends and am close with my family, so in those areas I'm not a 'failure'. But I don't focus on those.

Step 3. Reframe the critical thoughts

Lastly, you reframe the negative thoughts in a more realistic way based on the evidence you found, and are compassionate towards yourself. By thinking kinder thoughts about yourself, you reinforce that you are a good and lovable person, which (over time) will grow your self-esteem. This doesn't mean faking positivity, it simply means looking at things more realistically and giving yourself a break.

A great way to reframe your thoughts, is to imagine what you would say or do if a close friend was having these thoughts. Then simply do the same for yourself!

This was your negative thought: refer to answer A on p.13

Argument #1 against it: Refer to argument 1 on p.17

Argument #2 against it: Refer to argument 2 on p.17

Argument #3 against it: Refer to argument 3 on p.17

Use these arguments to reformulate the negative thought in a more friendly, realistic way.

Sima: *"There can be many reasons why my boyfriend cancelled dinner and I will not assume that it means he doesn't care about me. There are plenty of ways he shows me I'm important to him."*

Jeffrey: *"Yeah it sucks that I studied hard and got a bad grade, but it happens sometimes. I've gotten good grades before and my life is pretty great, so I don't need to call myself a failure."*

- I am such an idiot

  - I made a mistake, and now that I've had this experience I know how to do it differently next time.

- I disappoint everyone

  - The fact that I want to make sure that other people are happy, is a sign that I'm a very caring and considerate person. I like that about myself.

- I look horrible

  - No body is perfect, and there are also things I like about my body such as .. and ..

- Everyone is doing better than me

  - Sometimes other people are better at something than I am, and sometimes I'm better at something. It's impossible to always be the best, nor is it needed.

- I'm not worthy of my partner, they're too good for me

  - There are some things that make me an awesome partner (such as ...), and there are some things that I can work on (such as ...). The same goes for my partner, so neither of us is too good for the other.

- I'm so useless

  - This time it didn't work out the way I wanted it to. But if I make some concrete plans for next time, it'll go a lot better.

- I'm never going to get better at ...

  - This is taking more effort than I had anticipated, but if I keep at it I will definitely improve.

- I'm just a bother to people

  - The people who care about me want to be there for me, just like I want to be there for the people that I care about.

- I'm a failure

  - This thing didn't go the way I wanted it, but I have achieved many things in my life.

- I'm not a good person

  - There are a few traits I don't like about myself and that I will work on improving, but there are also many good things about me such as ... and ...

Reframing our critical thoughts is a scientifically proven way to change how we feel. If we think less negatively, we usually also feel less so. But be mindful that this technique takes time and practice to master. The first time you might not feel completely that different but trust us: keep at it and you will almost always see the effects.

Your original (negative) thought made you feel like this: refer to answer B on p.14

Take another look at the reframed thought you wrote above. How does this thought make you feel?

And that's it!

By consistently applying these 3 steps every time you have doubtful or negative thoughts about yourself, you can start to grow your self-esteem.

1. Become aware of your negative thought

2. Gather evidence & come up with arguments against the thought

3. Reframe the critical thought in a more realistic, friendly way

PS. When you finish this module, you will unlock your first unlockable! A cheat sheet for changing negative thoughts :)

Focus on the positive

As we said earlier, people with low self-esteem tend to disregard, minimize or forget all the positive stuff. So besides combating your negative thoughts, it's also crucial to learn the habit of focusing on the positives.

The way we define a positive is very broad: it can be **anything that made you happy** (even in the slightest).

Positives can be

- What you like about your day (the sun is shining)

- Something you did well (prepared a healthy dinner)

- Related to your support systems (a nice talk with a close friend)

- Something that felt good physically (a hug from your partner)

- Compliments you receive ("Your presentation was really good")

- Things you're grateful for (having a lovely room/apartment)

- Things that bring you joy (hobbies)

- Something you did NOT do or say (such as eat that whole pack of cookies)

- … and anything else that works for you!

Try it now! Write down one positive from today (but more is allowed!):

Assignment : Positivity list

From this point on, you're going to keep a list of positives. You write down any and every nice thing you notice, big or small, every single day. It's **very** important you actually do it, because it'll rewire your brain to focus on the positives (rather than all the negatives) and you'll start to take off those black-tinted glasses.
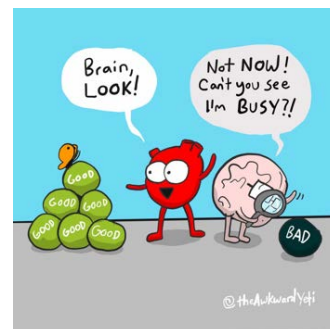
4 tips for your positivity list:

1 You can keep the list on your phone, but it's even nicer to have a (little) **positivity notebook** you always carry with you. Copy the different types of positivity above to the first page so you always have a reminder.

2 We tend to forget the (small) nice things that happen, so make sure you write a positive **as soon as it happens** if you can.

3 **Small is okay too**! Don't hesitate to add things that you feel are 'insignificant'. Remember: you only think they're insignificant because of your glasses, which is exactly what we're trying to change!

4 **Give yourself time**: you've had years of practice noticing the negative. Noticing the positive is new and will take time to master. If you struggle at first to add things to your list, that's totally normal! We promise it will get easier with practice.

In the next module we'll check how it went.

Good luck!

It's a wrap

You already finished the first module!

In a nutshell:

- We defined self-esteem: it's what we think, feel and believe about ourselves, and the value that we place on ourselves., ,

- What keeps self-esteem low is the way you process information (your 'glasses') and your actions, ,

- You learned how to be more aware of your critical thoughts and to reframe them: notice the thought, come up with arguments against it, and reframe it in a more realistic way, ,

- Lastly, you started paying more attention to the positives in your life by keeping a positivity list

On which day of the week and at what time do you want to do the next module? Add it to your calendar or set a reminder on your phone.

Take it home!

We have 2 assignments for you for the coming week:

1. Watch for **critical thoughts** about yourself. When you notice yourself thinking one, purposefully reframe the thought in a friendlier, more positive way like you practiced today.

You can also use the cheat sheet you unlock upon finishing! You can find it on p.24.

2. Also keep an eye out for **positive things**. Write down anything positive you think, feel, do or hear from others on your positivity list.

Good luck and see you next time! What did you think of this module? Please let us know your <u>views</u> here.
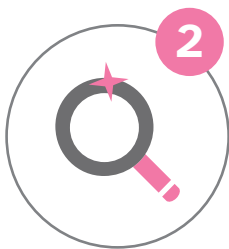
Cheat Sheet

Changing negative thoughts

Become aware of the negative thought

1

When you feel bad aout yourself, ask yourself "What am I feeling and why do I feel that? What am I thinking about myself?"

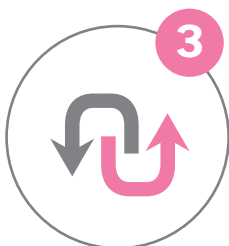**Your negative thought about yourself:**

....

....

Gather evidence & come up white arguments

2

Most of our negative thought are actually not completely accurate. Come up with 3 arguments why the negative thought can't be (100%) accurate.

3 arguments why the thought is not 100% true:

....

....

Reframe the negative thought

3

Reformulate the negative thought in a more friendly, realistic way. Tip:imagine what you would say or do if a close friend was having these thoughts.

Your new thought:

....

....

Supplementary information

Most people believe that self-esteem comes from our achievements. By performing well in uni for example, or having lots of friends. But more often than not, our achievements don't really impact our self-esteem that much. Rather feeling good about ourselves is all about understanding, accepting and loving ourselves.

So how do we get there? First, we need to look at what self-esteem is.

Self-esteem is what we think, feel and believe about ourselves, and the value that we place on ourselves. People with low self-esteem have a negative overall view of themselves, whereas people with high self-esteem truly like themselves. It is something of an umbrella term: it encompasses several psychological concepts. Two of those are the concepts of self-worth and confidence. These are often used interchangeably with self-esteem, but actually you can view them as different aspects of self-esteem.

Self-worth is a deep knowing that you are of value, that you are loveable, necessary to this life, and worthy. This is true even when you make a mistake or doubt yourself.

Confidence is a feeling of competence in more specific areas, such as certain skills. Any time we do something that's new for us, we might lack some confidence. Luckily, our confidence tends to grow as we do something more and naturally get better at it.

But why do these things matter? Low self-esteem can have a negative impact on our mental health, relationships and other aspects of life such as work or academics. However, too much self-esteem has been associated with entitlement, narcissism, arrogance and manipulative tendencies.

So then, what is the right amount of self-esteem? A healthy self-esteem allows us to be aware of our abilities, while still recognizing our flaws and trying to improve on those. When self-esteem is healthy and grounded in reality, it is hard to have too much of it. This is not about blowing your own horn, but about maintaining a realistic view of one's self and learning to respect yourself as a whole, including faults and all!
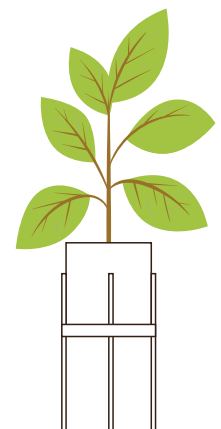
Resources

Counselling and Psychological Services at HKU

If you would like to have a further discussion on the issue of self-esteem, feel free to make an appointment with the professional counsellors at the Counselling and Person Enrichment (CoPE) Section of CEDARS. It is free-of-charge, professional and confidential. Don't hesitate to seek help if needed. There are also services and support in the community. You may explore further with the community resources below:

Email : cedars-cope@hku.hk   Phone : 3917-8388

Community resources

Online Counselling	
Open Up - Jockey Club Online Youth Emotional Support	Website: www.openup.hk Facebook: www.facebook.com/hkopenup WhatsApp/SMS: (852) 9101-2012 WeChat: hkopenup
The Jockey Club TourHeart+ Project - self-help psychological interventions	Website: https://www.jcthplus.org/
uTouch online & WhatsApp counselling (Tue – Thur, 4:00 pm – 10:00 pm; Fri – Sat, 4:00 pm – 2:00 am)	Website: utouch.hk Facebook: utouch.hk Instagram: @utouch_hkfyg Whatsapp: (852) 6277-8899 Telegram: @utouchsocialworker
headwind - online service by Youth Mental Health Team, HKU Department of Psychiatry	Website: https://www.youthmentalhealth.hku.hk/
"Counseline@MHAHK" - mobile app of Mental Health Association of HK **Online counselling via mobile app** (Mon – Fri, 2:00 pm – 10:00 pm)	"Counseline@MHAHK" could be downloaded from Apple Store or Google Play for free
LevelMind@JC	Website: https://www.levelmind.hk/
Caritas Infinity Teens – **Cyber Youth Support Team**	Website: https://it.caritas.org.hk/ Instagram: @caritasinfinityteens Whatsapp / Signal: 9377-3666 Telegram: @caritasinfinityteens
Stewards - Teens Online 天使在線	Website: https://www.teensonline.hk/ Phone: 2648-0299 Whatsapp: 9734-8185 Email: teensonline@stewards.hk

24 Hours Hotlines	
The Samaritans Befrienders Hong Kong	(852) 2389-2223
The Samaritans – 24-hour Multi-lingual Suicide Prevention Services	(852) 2896-0000
Suicide Prevention Services	(852) 2382-0000
Caritas Family Crisis Support Centre	(852) 18288
Social Welfare Department Hotline (will be transferred to the Tung Wah Group of Hospitals hotline for certain hours)	(852) 2343-2255
Tung Wah Group of Hospitals (TWGHs) CEASE Crisis Centre	(852) 18281
24-hour Hospital Authority Psychiatric Hotline	(852) 2466-7350
Counselling Hotlines	
HKFYG U-Line (Mon – Sat, 2:00 pm – 2:00 am) (For university students)	U-Line: (852) 2777-0309 Hotline Counselling Services: (852) 2777-8899
YWCA Hotline (Mon – Fri, 7:00 pm – 9:30 pm)	(852) 2711-6622 Website: https://fwcyyc.ywca.org.hk/services/rexianfuwu
Joyful (Mental Health) Foundation (Mon – Fri, 10:00am – 1:00pm, 2:00pm – 5:00pm ; Sat, 10:00am – 1:00pm)	(852) 2301-2303 Website: https://www.jmhf.org/service

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