



GAMIFIED MENTAL HEALTH LEARNING COURSES (POST-EXAMINATION/SUMMER ACTIVITIES AND TERM COURSES FOR YEAR24-25)

WE BELIEVE THAT 'HAPPINESS' IS THE BASIS OF LEARNING



In recent years, the **mental wellbeing** of school children has attracted much attention. **BEAMIE**, led by a team of **psychologists** and **psychology graduates**, offers a variety of emotion management, self-exploration, and career planning workshops/courses for students. In addition, our services also include workshops tailored for parents and teachers. The workshops aim to help them gain a deeper understanding of students' needs so as to foster their wellbeing.

We advocate for **happy learning**, incorporating contents designed by psychologists into diverse interest-based classes or game experiences. These classes and experiences can enhance students' **motivation** and **engagement** in the learning process.

Why BEAMIE?



Professional team

Courses are designed by psychologists and counsellors. Scientific psychological theories are incorporated into interest-based classes tailored to cater for students' needs



Gamified learning/interest-based class framework

We offer diverse activities: art, mindfulness and interactive games, to invigorate the happy learning process



Flexible classroom models and personalized contents

The contents of groups/workshops can be tailored to schools' specific requirements, including the options of face-to-face or ZOOM classes for convenience and accessibility



Personalized report

Facilitators will provide personalised reports assessing students' performance and tailored recommendations for schools upon completion



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ABOUT US



BEAMIE is an organization dedicated to **advocate mental health awareness** and implement **mental health education into practice**. The acronym "**BEAM**" symbolises "**to shine**", aiming to empower individuals to "**Be Me**", that is, to unleash their potential and embrace their authentic selves.

Our mission is to **facilitate self-discovery** by **exploring ones' potential through psychology**, and thereby enhancing their physical and mental wellbeing.



Through the **Cyberport Micro-Entrepreneurship Fund**, we have developed an **online mental health education platform**. Furthermore, we have conducted various **mental health workshops** for the public, aiming to foster an **understanding of psychology** and raise public awareness of mental health issues.



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FOUNDERS



Ashley Cheah

- BSc Psychology (Hons), University of Manchester
- Registered Hypnotherapist
- Certified pre-marital/post-marital assessment counselor (Prepare/Enrich)
- Served as a SEN student trainer, with more than 5 years of educational experience



Artemis Chan

- Counseling Psychologist
- M.A. in Counseling Psychology, B.A. in Psychology
- Registered LEGO®-Based Therapy instructor
- Registered Alcohol Ink Art Facilitator (TUA Plus One)
- Registered Pastel Nagomi Art Instructor (JPAA)
- Provided counselling services and organised groups for SEN students, with more than 6 years of educational experience



Miki Leung

- Bachelor of Psychology, Chinese University of Hong Kong
- Founder of a Mindful Cooking School
- Registered Hypnotherapist
- Served as a SEN student trainer, with more than 8 years of educational experience

Our team is a winner of Cyberport Creative Micro Fund (CCMF)

All course contents are designed by psychologists,
and all facilitators have undergone mental health training

QUOTATION

For any enquiries, please scan the **QR code** and complete the Google Form.
A written quotation will be provided within three working days.

15% OFF FOR FIRST-TIME PURCHASERS



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INTEREST GROUPS/WORKSHOPS FOR STUDENTS

ALCOHOL INK PAINTING X STRESS MANAGEMENT

SIC001

AIMS: Through the creation of alcohol ink paintings, students can learn to identify different emotions and acquire skills for emotional regulation. By integrating psychological theories and tools, students can gain insights into their stressors and effective stress management strategies, fostering the cultivation of positive emotions. (The content is adaptable to suit the specific requirements of the school; no drawing experience is required)

TARGET: All primary and secondary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest groups: 4-6 sessions /
One-off workshop (at least 1.5 hours)



PASTEL NAGOMI ART X EMOTIONAL MANAGEMENT

AIMS: Through the artistic creation of Pastel Nagomi Art, students can explore their underlying emotions. The approach involves instructing students to decode emotions, identify the needs associated with these emotions, develop emotional regulation skills, and enhance emotional intelligence. (The content is adaptable to suit the specific requirements of the school; no drawing experience is required)

TARGET: All primary and secondary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest groups: 6-8 sessions / One-off workshop (at least 1.5 hours)

SIC002

PASTEL NAGOMI ART PICTURE BOOK X EMOTIONAL MANAGEMENT

AIMS: Through the production of personalized Pastel Nagomi Art picture books, students can explore and understand their own emotional world by learning how to identify emotions, develop emotional management skills, and establish a new healthy emotional management framework. (The content is adaptable to suit the specific requirements of the school; no drawing experience is required)

TARGET: All primary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest group: 6-8 sessions (at least 6 people);
One-off workshop (at least 2 hours)

SIC003

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INTEREST GROUPS/WORKSHOPS FOR STUDENTS

TEXTURE ART X EMOTION MANAGEMENT

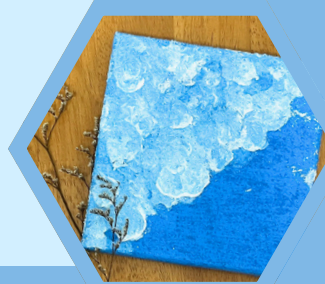
SIC004

AIMS: Through exploring different textures and painting techniques in Texture Art, students can immerse themselves in the state of flow. Maintaining a high level of concentration on the present moment not only aids students to alleviate stress, but also enable them to unleash their emotions. This process also offers students an opportunity to delve into self-discovery and acquire coping mechanisms for managing stress. (No drawing experience is required)

TARGET: All primary and secondary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest group: 6-10 sessions
One-off workshop (at least 1.5 hours)



JAPANESE SHINE CARVING X EMOTION MANAGEMENT

SIC005

AIMS: Shine carving offers an extremely relaxing experience that enables students to explore and express their emotions artistically. Students can discover their therapeutic connection to art, and enhancing their emotional awareness and facilitating emotion regulation. (No drawing experience is required)

TARGET: All primary and secondary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest group: 6-10 sessions /
One-off workshop (at least 1.5 hours)



MINDFUL COOKING X MINDFULNESS

AIMS: Through the practice of mindful eating and cooking, students can utilise their creativity to prepare diverse dishes, enabling them to immerse themselves in the present moment and relax themselves. Moreover, mindfulness knowledge will be integrated for them to learn to develop the capacity to regulate their emotions, enhance social, executive and concentration skills. (Home Economics Room is not necessary)

TARGET: All primary and secondary school students

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Interest group: 6-10 sessions (max. 10 people) /
One-off workshop (at least 2 hours)

SIC006

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INTEREST GROUPS/WORKSHOPS FOR STUDENTS

CRYSTAL SINGING BOWL X YOGA X RELAXATION

SIC007

- AIMS:** By harnessing the principles of resonance and frequency, students can achieve deep relaxation on body and mind. Engaging in yoga practices can also foster a harmonious connection between physical and mental aspects, with the focus on the present moment. Moreover, stress-reduction techniques will also be imparted during the sessions.
- TARGET:** All secondary school students
- PRICE:** Starting from \$1400/hour
- RECOMMENDED NO. OF SESSIONS:** Interest group: 6-8 sessions / One-off workshop (at least 1.5 hours)

SOUND BATH X STRESS REDUCTION AND RELAXATION

SIC008

- AIMS:** Students will immerse themselves in the soothing vibration of singing bowls during the sound bath session. The experiences encompasses guided meditations and therapeutic sounds, known to alleviate stress, anxiety, fatigue by leveraging auditory stimulation and resonance effects. Moreover, stress-reduction techniques will also be imparted during the sessions.
- TARGET:** All primary and secondary school students
- PRICE:** Starting from \$1400/hour
- RECOMMENDED NO. OF SESSIONS:** Interest group: 4-6 sessions / One-off workshop (at least 2 hours)



YOGA X STRESS REDUCTION AND RELAXATION

- AIMS:** Employing breathing techniques can aid students to stabilise their heart rate and practicing yoga can establish harmonious connection between body and mind. Students can deepen their comprehension of the relationship among the body, emotions and stress.
- TARGET:** All primary and secondary school students
- PRICE:** Starting from \$1400/hour
- RECOMMENDED NO. OF SESSIONS:** Interest group: 4-6 sessions / One-off workshop (at least 2 hours)

SIC009

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INTEREST GROUPS/WORKSHOPS FOR STUDENTS

PERFUME MAKING X SELF-EXPLORATION

SIC010

- AIMS:** Students will acquire fundamental knowledge of perfume making. Through the process, student will be given the chance to explore their own inner world, understand their own values, interests and capabilities, and enhance their self-image. Ultimately, they will create a unique fragrance that embodies their individuality.
- TARGET:** All secondary school students
- PRICE:** Starting from \$1600/hour
- RECOMMENDED NO. OF SESSIONS:** Interest group: 2-4 sessions / One-off workshop (at least 2 hours)

CARPENTRY X MINDFULNESS

SIC011

- AIMS:** Through mindfulness exercises and carpentry creation, students are provided with a space for relaxation and to creative expression. This encourages the release of internal stress while cultivating their creativity and enhancing concentration.
- TARGET:** All primary and secondary school students
- PRICE:** Dependent on the type of carpentry, feel free to contact us for any enquiries
- RECOMMENDED NO. OF SESSIONS:** Interest group: 4-6 sessions (at last 10 people) / One-off workshop (at least 2 hours)



*The content and depth of the course will be adjusted according to the target audience, number of sessions and duration.



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TRAINING COURSES/WORKSHOPS FOR STUDENTS

PERSONALITY TRAITS EXPLORATION

STG001

AIMS: Various psychological theories and personality analysis tools will be used to assess students' personal strengths, weaknesses, personality traits, and preferred learning styles. It aims to facilitate students in enhancing self-awareness and be able to discover their full potentials.

TARGET: All primary and secondary students

PRICE: Starting from \$980/hour

RECOMMENDED NUMBER OF SESSIONS: Group: 6-8 sessions / One-off workshop (at least 2 hours)

COMMUNICATION AND SOCIAL SKILLS PLAY GROUP

STG002

AIMS: Social interaction plays a vital role in fostering mental wellbeing. By engaging experiential learning, students can develop proficiency in expressing and regulating emotions effectively. It aims to enhance student's empathy and strengthen their cooperation and communication skills.

TARGET: All primary and secondary students

PRICE: Starting from \$980/hour

RECOMMENDED NUMBER OF SESSIONS: Group: 6-10 sessions



LEGO®-BASED THERAPY PLAY GROUP

AIMS: Through LEGO®-building activities, students can enhance their social and communication skills, as well as learn about the concept of empathy. LEGO®-building activities involve taking turns, playing different roles and engaging in discussions, students acquire teamwork skills and learn effective communication strategies to navigate and resolve conflicts.

TARGET: All primary and junior form secondary school students

PRICE: Starting from \$980/hour

RECOMMENDED NUMBER OF SESSIONS: Group: 8-12 sessions

STG003

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TRAINING COURSES/WORKSHOPS FOR STUDENTS

LIFE PLANNING COURSE/WORKSHOP

STG004

AIMS: By utilizing different psychological tools, such as RIASEC, CARD SORT analysis, etc., it aims to assist students to understand their interests, abilities and values. Subsequently, students will be guided to explore their career interests and pathways.

TARGET: All secondary school students

PRICE: Starting from \$980/hour

RECOMMENDED NUMBER OF SESSIONS: Group: 4-6 sessions /
One-off workshop (at least 2 hours)



EXPRESSIVE ARTS THERAPY COURSE/WORKSHOP

AIMS: Through engaging in expressive art activities, students can enhance their concentration and social skills, and emotional expression capabilities. Students will be able to explore their inner world and be fostered their self-awareness in a relaxed and supportive setting.

TARGET: All primary and secondary school students

PRICE: Starting from \$1500/hour (Facilitated by Expressive Arts Therapist)

RECOMMENDED NUMBER OF SESSIONS: 6-10 sessions /
One-off workshop (at least 2 hours)

STG005

PRESENTATION AND GROUP DISCUSSION TRAINING

AIMS: Through interactive games and framed mind maps, students develop the ability to express themselves clearly and effectively. They will also be assisted to foster their self-esteem and self-efficacy. Engaging in group discussions can enhance their social and interpersonal skills, strengthen emotional connections, and develop problem-solving abilities.

TARGET: All primary and secondary school students

PRICE: Starting from \$1500/hour (Facilitated by Registered Speech Therapist)

RECOMMENDED NUMBER OF SESSIONS: 6-10 sessions

STG006

*The content and depth of the course will be adjusted according to the target audience, number of sessions and duration.

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COURSES/WORKSHOPS FOR PARENTS & TEACHERS

PARENT-CHILD NARRATIVE THERAPY WORKSHOP

TPG001

AIMS: Through interactive games, students learn how to construct a narrative story, and parents can learn how to guide their children in the midst of hardships. By utilizing narratives, students can express their emotions, experiences and thoughts in an structured format. This facilitates emotional regulation and self-awareness, thereby enhancing social and communication skills, and mental wellbeing.

TARGET: All primary and secondary school students and their parents

PRICE: Starting from \$1500/hour (Facilitated by Registered Speech Therapist)

RECOMMENDED NO. OF SESSIONS: Group: 6-8 sessions / One-off workshop (at least 2 hours)

ALCOHOL INK PAINTING/PASTEL NAGOMI ART INTEREST GROUP/WORKSHOP X STRESS MANAGEMENT

TPG002

AIMS: Alcohol ink painting/Pastel Nagomi art workshops are integrated with psychological theories and tools, offering insights into the origin of stresses and prescribing effective stress management techniques. (The content is adaptable to suit the specific requirements of the school)

TARGET: Parents and teachers

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Group: 4-8 sessions /
One-off workshop (at least 2 hours)



[POSITIVE PARENTING] - POSITIVE PARENT-CHILD RELATIONSHIP COURSE/WORKSHOP

AIMS: Courses/Workshops are designed to equip parents with insights into the effects of different parenting styles on their children. Parents can learn how to manage children's behavioural and emotional issues. Through the group interaction, parents will have the opportunity to share their experiences and draw support from a network of peers.

TARGET: Parents

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Group: 6-10 sessions / One-off workshop (at least 2 hours)

TPG003

*The content and depth of the course will be adjusted according to the target audience, number of sessions and duration.

COURSES/WORKSHOPS FOR PARENTS & TEACHERS

POSITIVE COMMUNICATION COURSE/WORKSHOP

TPG004

AIMS: Courses/Workshops are designed to allow parents/teachers to learn positive and effective communication skills, such as non-violent communication and active listening. These skills enable a deeper understanding of students' developmental and psychological needs, fostering mutual understanding and developing better relationships between both parties.

TARGET: Parents and teachers

PRICE: Starting from \$1000/hour

RECOMMENDED NO. OF SESSIONS: Group: 6-8 sessions / One-off workshop (at least 1.5 hours)

“THE KEY TO HIGH CONCENTRATION AND MOTIVATION” TALK

TPG005

AIMS: Attention and learning motivation play a pivotal role in students' learning and development. This talk aims to equip parents/teachers with an understanding of the reasons of low attention and motivation in students. It also provides effective strategies to enhance attention and stimulate intrinsic motivation, enabling parents/teachers to effectively support children's learning and development.

TARGET: Parents and teachers

PRICE: Starting from \$2500/hour

RECOMMENDED DURATION: One-off workshop (at least 2 hours)



MINDFUL COOKING COURSES/WORKSHOP

AIMS: Through mindful eating and mindful cooking, parents/teachers can leverage their creativity to make different dishes. They can embrace a slower pace and concentrate on the present moment in order to cope with the perpetual stress in daily lives. It also fosters a healthier relationship between the body and food.

TARGET: Parents and teachers

PRICE: Starting from \$1400

RECOMMENDED NO. OF SESSIONS: Group: 6-10 sessions / One-off workshop (at least 2.5 hours)

TPG006

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COURSES/WORKSHOPS FOR PARENTS & TEACHERS

CRYSTAL SINGING BOWL X YOGA X RELAXATION

TPG007

AIMS: Through the power of resonance and sound waves, parents/teachers can deeply relax their body and mind. Parents/Teachers are given the chance to connect their body, mind and the present moment through yoga exercises, facilitating a state of deep relaxation and imparting techniques for stress-reduction.

TARGET: Parents and teachers

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Group: 6-8 sessions / One-off workshop (at least 2 hours)

SOUND BATH X STRESS REDUCTION AND RELAXATION

TPG008

AIMS: During Sound Bath, parents/teachers will be immersed in the pleasant waves of sound. This auditory experience comprises guided meditations and therapeutic waves, aimed at relieving stress, anxiety, and physical and mental exhaustion through the effect of resonance. Additionally, stress-reduction techniques will be instructed during the session.

TARGET: Parents and teachers

PRICE: Starting from \$1400/hour

RECOMMENDED NO. OF SESSIONS: Group: 4-6 sessions /
One-off workshop (at least 2 hours)



YOGA X STRESS REDUCTION AND RELAXATION

AIMS: Parents/Teachers have the opportunity to refresh themselves and regulate their heart rates through various breathing exercises. By engaging in a range of yoga poses, parents/teachers can relieve both physical and psychological stress. It also helps enhance awareness of their body, facilitate the connect between body and mind, and comprehend the interplay among the body, emotions and stress.

TARGET: Parents and teachers

PRICE: Starting from \$1200/hour

RECOMMENDED NO. OF SESSIONS: Group: 6-10 sessions; One-off workshop (at least 2 hours)

TPG009

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COURSES/WORKSHOPS FOR PARENTS & TEACHERS

BURN-OUT PREVENTION X SELF-COMPASSION

TPG010

AIMS: Working with students is not an easy task, and many parents and teachers experience varying levels of pressure that can adversely impact their psychological wellbeing. This group/workshop is grounded in the theory of "Self-Compassion", aiming to assist parents/teachers in cultivating awareness of their physical and mental states. It further facilitates learning how to care for and accept oneself while establishing healthy boundaries between personal life and work. The ultimate goal is to prevent parental or job burnout.

TARGET: Parents and teachers

PRICE: Starting from \$1000/hour

RECOMMENDED NO. OF SESSIONS: Group: 4-6 sessions / One-off workshop (at least 2 hours)

PERFUME MAKING X SELF-COMPASSION

TPG011

AIMS: By engaging in the perfume-making activities, parents/teachers are offered with an opportunity to embrace creative expression. Additionally, by introducing the concept of "self-compassion", they can learn to focus on their physical and mental state. This encourages individuals to take care of themselves with compassion and cultivate mindfulness, ultimately enhancing their emotional and psychological health. Consequently, this approach can lead to a higher quality of life and work efficiency.

TARGET: Parents and teachers

PRICE: Starting from \$1600/hour

RECOMMENDED NO. OF SESSIONS: Group: 2-4 sessions /
One-off workshop (at least 2 hours)



HYPNOSIS TASTER WORKSHOP

AIMS: The workshop offers parents/teachers an opportunity to achieve a state of deep relaxation through hypnosis. It aims to help them alleviate stress, anxiety and fatigue. It also helps restore physical and mental balance by learning positive coping mechanisms.

TARGET: Parents and teachers

PRICE: Starting from \$2500/hour (Facilitated by Registered Hypnotherapist)

RECOMMENDED DURATION: One-off workshop (at least 2 hours)

TPG012

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PROFESSIONAL SERVICE

INDIVIDUAL COUNSELING SERVICES (SCHOOL-BASED COUNSELLING PSYCHOLOGIST)

PSYS01

STUDENT COUNSELING SERVICE

AIMS: Providing counselling services to students with special learning or emotional needs. Counselling themes may include: emotional and stress reduction, social and communication skills, career planning and guidance etc. (The content is adaptable to suit the specific needs of the students)

PRICE: Starting from \$1200/hour

PARENT SUPPORT SERVICE

AIMS: Providing parent consultation for them to understand their child's progress and follow-up actions

PRICE: Starting from \$1200/hour

"EARLY IDENTIFICATION OF STUDENTS WITH SELF-HARM AND SUICIDAL BEHAVIOUR" SEMINAR/TALK

AIMS: To provide parents/teachers with ways to identify and assess students' self-harm and suicidal risks. They can also learn how to handle students with emotional needs effectively.

TARGET: Parents and teachers

PRICE: Starting from \$3000/hour

RECOMMENDED NO. OF HOURS: 2-2.5 hours/session

PSYS02

"HOW TO SUPPORT STUDENTS WITH EMOTIONAL NEEDS" SEMINAR/TALK

AIMS: To equip parents/teachers with skills in identifying and assessing students' emotional needs. They will also learn different skills in handling students with emotional needs and challenges effectively.

TARGET: Parents and teachers

PRICE: Starting from \$3000/hour

RECOMMENDED NO. OF HOURS: 2-2.5 hours/session

PSYS03

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SERVICE ENQUIRY AND APPLICATION



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