

多家匯社區中心與康福協辦
Dorcas Community Centre partner with Hong Fook



如何培育超凡少年工作坊

"如何培育超凡少年工作坊"是特別為有 11 至 15 歲青少年的家長而設計的工作坊。透過這個工作坊，參加的家長可以更加了解青少年的成長和心理健康的需要，學習如何培養青少年情緒調節能力和社交能力，以應付成長和學習過程中遇到的種種挑戰。

對象：11至15歲青少年的家長或照顧者

日期：星期五 2018年10月12日至11月30日（10月26日 & 11月23日放假）

時間：下午7:00至9:00（6節）

費用：免費

工作坊以廣東話進行

Raising an Amazing YOUth

CONNECT WITH OTHER PARENTS WHILE LEARNING TECHNIQUES FOR RAISING WELL-ADJUSTED YOUTH.

"Raising Amazing YOUth" is a 6-session workshop series for parents of youth aged 11-15. Through this workshop, you will have a better understanding of the developmental needs of your Amazing YOUth. Learn and practice techniques to help your youth develop emotional regulation and interpersonal skills so that they may better cope with developmental Challenges and do better at school.

Target Audience: Parents / Caregivers of children in middle school (Aged 11 to 15, with or without ADHD)

Dates: Friday, Oct 12 to Nov 30, 2018 (No class in Oct 26 & Nov 23)

Time: 7:00 to 9:00 pm (6 Sessions)

Cost: Free

Workshop will be conducted in Cantonese



多家匯社區中心 - Rhenish Church of Canada 加拿大華人基督教禮賢會

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