

Date: 1 February 2019 to 8 March 2019 (Every Friday)

Time: 9:45 am – 11:45 am

Venue: Touchstone Family Association, #120-6411
Buswell St., Richmond

Enquiry: **Selina MA 604-207-5034** or **CHOI King-lok 604-207-5041**

日期：二零一九年二月一日至二零一九年三月八日 (逢星期五)

時間：上午九時四十五分至十一時四十五分

地點：列治文市 Buswell St 6411 號 120 室點石家庭協會

查詢： **馬淑君女士 604-207-5034** 或 **蔡敬樂先生 604-207-5041**



點石家庭協會

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www.touchfam.ca

What is Needed to Make a Difference? – Parent-Child Relationship Series

是時候作出調適嗎？：親子篇

FREE SEMINAR, PRIOR REGISTRATION REQUIRED

免費講座須事先登記



Introduction:

This is a six-session group designed to assist parents to explore, share and aware of his/her personal issues, family dynamics, and difficulties in their relationship and communication. Through this group experience, it is hoped that participants could acquire some strategies in coping with these situations.

Program:

- ✚ Attachment & Connections
- ✚ Parent-Child Communication (I)
- ✚ Parent-Child Communication (II)
- ✚ Parent-Child Relationship (I)
- ✚ Parent-Child Relationship (II)
- ✚ Management of Emotions

Language:

Mandarin/Cantonese

Capacity:

10 – 12 participants



簡介:

這是一為期六次的小組。針對今天的父母，常因生活節奏太忙碌，忽略與配偶、子女溝通及相聚時間，結果產生很多個人、家庭和教養子女的難題。本小組將透過討論，小組分享，去探求一些可行的應變方法。

內容:

- ✚ 聯繫與牽引
- ✚ 溝通百寶袋 (一)
- ✚ 溝通百寶袋 (二)
- ✚ 親子關係知多少 (一)
- ✚ 親子關係知多少 (二)
- ✚ 情緒管理



語言:

國/粵語

名額:

10 – 12 人

