

烈治文衛生署 -
家庭及兒童心理輔導部

幫助孩子處理焦慮

5個星期五工作坊系列 (廣東話 授課)



這廣東話課的工作坊系列, 旨在使用非傳統的方法

- 使用父母作為改變的媒介, 以停止憂慮循環和培育勇敢和獨立的孩子。主題包括:

1. 焦慮和情緒調節之間的關係
- * 2. 從神經科學角度理解兒童的情緒困難和具有挑戰性的行為
3. 各種應對焦慮的方法(例如,遷就,保證並確定,抑制)和其有效性
4. 家長如何處理可以讓孩子感到被支持, 但又不助大他們的焦慮/恐懼

“精神錯亂是一遍
又一遍地做著同
樣的事情, 然後
期待有

不同的結果。”

~愛因斯坦

日期(5個星期五):

2019年10月25日和11月22日

時間:

9:45AM to Noon

地點:

Richmond Public Health

Room 345A (3/FI),

8100 Granville Avenue

適合有0至12歲孩童的烈治文家長參加

這僅是為父母的研習講座, 恕不能提供托兒服務

Family & Child Counselling
Program of
VCH/Richmond Public Health
presents

Helping Children Manage Anxiety

A free 5-Workshop Series in Cantonese



This 5 –week workshop series will use parent-based intervention to support parents to stop the worry cycle and raise courageous and independent children. Topics included :

1. The relationship between anxiety & emotional regulation
2. Neuroscience perspective of children's difficult emotions and behaviours
3. Various approaches (e.g., accommodation, reassuring, suppression) to tackle anxiety and their effectiveness
4. Tools for parents to support their child without enabling the anxiety/fear

“Insanity is doing the same thing over and over again and expecting different results”

Workshop Dates (5 Fridays):
Oct 25 to November 22, 2019

Workshop Time:
9:45 am to Noon

**Location: Richmond Public Health
Room 345A (3/Flr)
8100 Granville Avenue**

Priority given to Richmond parents of children under age 12
PARENT ONLY workshop. NO child minding will be provided.