

**Date:** 19 January 2018 to 23 Feb 2018 (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：**二零一八年一月十九日至二零一八年二月  
廿三日 (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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*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

## 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:

國語

## 名額:

10 - 12 人

