

Date: 18 September 2020 to 23 October 2020
(Fri)

Time: 9:45 a.m. – 11:45 a.m.

Venue: Touchstone Family Association, #210-
3031 Viking Way, Richmond

For registration and enquiry, please contact
CHOI, King-lok at 604-207-5041

日期：二零二零年九月十八日至二零二零年
十月廿三日(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 Viking Way 3031 號 210 室點
石家庭協會

報名及查詢請致電 **604-207-5041** 與**蔡敬樂先生**
聯絡



點石家庭協會

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“My Tween and Me”
『有備無患』國/粵語小組

FREE SEMINAR, PRIOR REGISTRATION REQUIRED
免費講座須事先登記

『有備無患』小組，為有七至十二歲子女的家長提供機會：

- ✚ 增強做父母的信心和能力好能正面影響他們的孩子；
- ✚ 交流教育子女心得；
- ✚ 增進與子女的溝通；
- ✚ 提防子女濫用藥物，酒精，或違禁品，和參與其他高風險行為。



這是一個預防青少年濫用藥物的交流小組，並不適用於處理青少年毒癮問題。

『有備無患』小組的討論範圍包括：

- ✚ 青少年身心成長；
- ✚ 怎樣與青少年溝通；
- ✚ 瞭解青少年的需要；
- ✚ 如何培育責任心和自我紀律；
- ✚ 怎樣建立自信心；
- ✚ 怎樣增進判斷能力；
- ✚ 怎樣管教青少年；
- ✚ 怎樣處理壓力；
- ✚ 瞭解上癮、沈溺和其他高風險行為。



“*My Tween and Me*” is a comprehensive parenting program in Mandarin/Cantonese and intended for families with children aged 7-12 years. This program aims to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children in order to prevent their early use of drugs and alcohol, and other high-risk behaviours.



This is a program for parents that want to prevent problems, and not for families who are in crisis.

What is covered in the “My Tween and Me” program:

- ✚ How pre-teens are changing, both physically and emotionally
- ✚ Communicating with pre-teens
- ✚ Understanding the needs of pre-teens
- ✚ Teaching responsibility and self-discipline
- ✚ Encouraging self-esteem
- ✚ Teaching good decision making skills
- ✚ Discipline
- ✚ Handling stress
- ✚ Understanding high-risk behaviours.

