

### About Us

Touchstone is a non-profit community-based social service agency. We have been providing services to Richmond and nearby areas since 1983. Our services

have primarily focused on preserving and enhancing family relationships. Through qualified staff, we offer a wide variety of professional services to the community.

### Contact Information

For inquiries or registration,
Please contact
Amy Chan or Joey Tam

### **Amy Chan**

Registered Clinical Counsellor

Direct: 604.207.5034

Email: achan@touchfam.ca

Work Days: Monday to Thursday

### Joey Tam

Registered Clinical Counsellor

Direct: 604.207.5050

Email: jtam@touchfam.ca

Work Days: Tuesday to Friday

CONTACT US!

www.touchstonefamily.ca





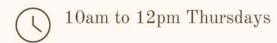
# Topics highlight

- · Identify relationship cycles and dynamics
- · Rebuild trust and emotional safety
- · Explore identity, values, and self-worth
- Enhance emotional regulation and coping skills
- Promote healthy independence and autonomy
- · Foster emotional wellness and resilience

## Group Focus Areas

This group focuses on building safe,
respectful, and non-violent family
relationships. Parents and caregivers will
learn practical tools for emotional
regulation, communication, and conflict
resolution that strengthen resilience,
deepen connection, and promote long-term
family wellness.

## Group Details





210 - 3031 Viking Way Richmond, BC V6V 1W1



Cantonese/Mandarin

## Topics highlight

- Strengthen family communication and connection
- Support children's emotional development
- Establish routines and consistent boundaries
- Manage peer influence and screen time
- Encourage age-appropriate independence
- Create a foundation for overall family well-being

