

Touchstone Family Association is a non-profit community based social service agency. We have been providing services to <u>Richmond since 1983</u>



## HOW TO GET IN TOUCH



To Register, or for more information
Please contact Fion Cheng

- 604-207-5047
- 210 3031 Viking Way
  Richmond BC V6V 1W1
- fcheng@touchfam.ca
- www.touchstonefamily.ca

Prior program registration is required





# WHAT IS NEEDED TO MAKE A DIFFERENCE?

Free 6-week parenting support program in Mandarin, with the focus on Parent-Child relationship and Couple relationship that provided to Richmond Families.



## **Topics Covered**

### Parent-Child Relationship Series (6-week-Program that run from Apr-Jun)

- Parenting Styles
- Parent-Child Communication
- Cultural Influences & Impacts
- Attachment & Connections
- Management of Emotions
- Health Family Relationships

### Program Goal

- This is a 6-week group designed to assist parents to explore, share, be aware of
  - o personal issues,
  - o family dynamics,
  - communication and difficulties in family relationships.

### **Program Objective**

 Through this interactive group experience, it is hoped to help parents build skills and strategies in promoting healthy family relationships.

### Language

• Mandarin

### **Date and Time**

September and April

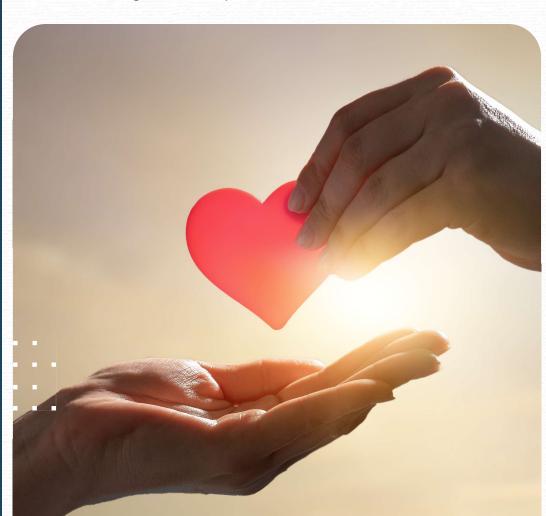
#### Venue

- In person
- 210 3031 Viking Way
   Richmond BC V6V 1W1

## **Topics Covered**

### Couple Relationship Series (6-week-Program that run from Sept to Nov)

- About Marriage
- Differences between Men and Women
- Conflict Resolution
- Keys in Couple Relationship
- Barriers in Couple Relationship
- Changes in Expectation



## 我們是

## Who we are

點石家庭協會是一家以社區為基礎的非營利性社會服務機構。自 1983年以來,我們一直在為列 治文及附近地區提供服務



## 如何 與我聯繫



想要報名,或了解更多信息 請聯繫 Fion Cheng

- 604-207-5047
- 210 3031 Viking Way
  Richmond BC V6V 1W1
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免費講座須事先登記





## WHAT IS NEEDED TO MAKE A DIFFERENCE?

### 是時候作出調適嗎?

為列治文家庭提供為期 6 週的免費國語育兒家長小組,

重點關注親子關係和夫妻關係。



### 主題內容包括

### 親子關係系列-管教篇

### (4月至6月 為期6週的課程)

- 教養方式
- 親子溝通百寶袋
- 文化衝擊
- •·聯繫與牽引
- 情緒管理
- 健康家庭關係

### 計劃目標

- 這是一個為期 6 週的小組, 旨在幫助家長探索、分享、 了解
  - 個人問題,
  - 。 家庭動態,
  - 家庭關係中的溝通和困難。

### 簡介

通過這種互動的小組體驗,希望幫助父母培養促進健康家庭關係的能力和策略。

### 語言

• 國語

### 日期/時間

• 九月和四月

### 地點

210 - 3031 Viking Way
 Richmond BC V6V IW1

### 主題內容包括

### 夫婦關係系列

### (9月至11月 為期6週的課程)

- 關於婚姻
- 男女大不同
- 衝突與共融
- 婚姻關係中的要訣
- 婚姻關係中的死穴
- 夫婦期望的落差

