



Watchdog cordially invites you to the following talk:

Positive Parenting 正向育兒樂 E2 (12/2020)

Parenting is not an easy task to undertake, especially with a child with SEN. Do you feel stressful during the pandemic? Busy adjusting to all the changes? Feeling challenged to handle the children with new routines while you are about to burn out? This program is for you!

為人父母一向不是容易的事，尤其是對於有特殊教育需要的孩子。疫情期間你感到壓力嗎？忙於適應孩子持續變化的時間表，令你筋疲力盡嗎？這課程為你而設！

Take good care of yourself, so that you can take good care of your child!

照顧好自己，才能好好照顧孩子！

Programme Details	Programme Information	Speaker
<p>Cantonese 廣東話 zoom 視頻 Date 日期: 5 Dec, 2020 (Saturday)星期六 Time 時間: 10:00am 上午 - 12:00nn 中午 Charges 收費: \$100/ (per family 每家庭)</p>	<p>Why Positive Parenting? Positive Parenting empowers parents as we become aware of our emotional state and tap into our own resources, learn to become a positive parent. Course content:</p> <ul style="list-style-type: none"> * Manage your own and your child's emotions * Effective communication with your child * Teach your child using positive parenting * Conflict Resolution * Experience a simple mindfulness exercise 	<p>Ms. Florence Liu</p> <ul style="list-style-type: none"> • Psychological Counselor, USA • Registered Counselor, Asian Professional Counseling & Psychology Association (APCPA) • Member-The Hong Kong Professional Counseling Association (HKPCA) • Registered Pharmacist, UK
<p>English 英文 zoom 視頻 Date 日期: 12 Dec, 2020 (Saturday)星期六 Time 時間: 10:00am 上午 - 12:00nn 中午 Charges 收費: \$100/ (per family 每家庭)</p>	<p>正向父母 課程簡介: 「正向父母課程」，讓父母學習如何處理煩燥，焦慮，並幫助發掘自己的正向質素，學習做一個正向的父母，課程包括:</p> <ul style="list-style-type: none"> * 處理自己和孩子的情緒 * 與子女溝通 * 用正向的情緒教導子女 * 妥善處理衝突 * 簡單靜觀體驗 	 <p>廖蕙儀女士</p> <ul style="list-style-type: none"> • 專業心理輔導員 • 家庭婚姻育兒顧問 • 個人成長導師 • 藥劑師



Registration 報名: Please fill out the reply slip and return it together with a cheque, to Pinky (HK Centre) or Abby (Jordan Centre), on/before 27 Nov 2020(Fri). 請填回條，並連同支票於 2020 年 11 月 27 日 (星期五) 之前交回 Pinky (香港中心) 或 Abby (佐敦中心)。

Fee 費用: \$100/ 每家庭 per family (Free of charge for parents under the OPRS) (到校服務家長免費)

*Cheque should be made payable to "Watchdog Ltd" and sent to: HK Centre: No. 12 Borrett Road, Mid-Level, Hong Kong OR Jordan Centre: 1/F, no.4 Jordan Road, Kln. : *支票應支付給"Watchdog Ltd", 並發送至: 香港中心: 香港中環半山波老道 12 號 或 佐敦中心: 九龍佐敦道 4 號 1 樓

Enquiry 查詢:

HK Centre 香港中心: Poki KWAN, 關姑娘 Tel 電話: 2521 7364 Email 電郵: pokikwan@watchdog.org.hk

Jordan Centre 佐敦中心: Clara FOO, 符姑娘 Tel 電話: 2377 9666 Email 電郵: clara@watchdog.org.hk

Reply Slip 回條 - Positive Parenting 正向育兒樂

Parent Name 家長姓名: _____

Name of your child 子女姓名: _____

Contact no. 聯繫電話: _____

E-mail 電郵: _____

Parent from 家長來自 (please circle 請圈出):

Watchdog HK Centre 監護者香港中心 / Watchdog Jordan Centre 監護者佐敦中心 /

OPRS 到校服務 / TSP 學津/

Others 其他 (please specify 請註明): _____

No. of persons attending 參加人數: _____ **X \$ 100 (per family 每個家庭)**