



S.U.C.C.E.S.S.

# 風雨同路華語家長互助小組

## CHINESE PARENTS SUPPORT GROUP



# ZOOM

## 10:00 A.M. - 11:30 A.M.

歡迎6-19歲青少年子女家長參加 學習及交流養育子女的心得

每月第2個及第4個星期三 (2024年9月至2025年6月) 普通話 | 費用全免

家庭及青少年輔導部：CAROL SIU | 604-335-2832 | CAROL.SIU@SUCCESS.BC.CA



**FAMILY AND COMMUNITY SERVICES – GROUP PROGRAM**  
**Chinese Parent Support Group 風雨同路家長互助小組**  
**2024 – 2025 GROUP ACTIVITIES SCHEDULE 活動計劃**

DATE	ACTIVITIES
September 11	<b>Welcome back orientation</b> 歡迎歸隊 – 活動計劃介紹
September 25	<b>Understand puberty</b> 理解孩子的青春期
October 9	<b>What's the difference between parents' generation and children's one?</b> 理解家長和孩子的隔代的差異
October 23	<b>How to understand the relationship between children and games?</b> 如何理解孩子和遊戲的關係?
November 6	<b>How to improve children's social skills?</b> 如何提高孩子的社交技巧
November 20	<b>How to increase children's self-confidence?</b> 如何提高孩子的自信心
December 4	<b>How to improve children's resilience?</b> 如何提高孩子的承受挫敗的能力
January 8	<b>How to handle children's puppy love?</b> 如何回應孩子的早戀
January 22	<b>How to guide children to identify the quality of a relationship?</b> 如何教導孩子分辨關係品質
February 5	<b>How to address conflicts between parents and children?</b> 如何處理家長和孩子之間的矛盾
February 19	<b>How to manage anxiety as a parent?</b> 父母該如何管理自己的焦慮
March 5	<b>How to support children when they are bullied at school?</b> 如何應對校園欺凌
March 19	<b>How to help children to handle cyber-bully?</b> 如何說明孩子應對網路暴力
April 2	<b>Anger management for parents.</b> 家長的憤怒管理能力
April 16	<b>How to handle children's anger?</b> 如何應對孩子的憤怒
May 7	<b>How to praise and encourage children?</b> 如何表揚和鼓勵孩子
May 21	<b>How to make children be more willing to listen to you?</b> 如何讓孩子更願意聽你的話?
June 4	<b>How to do when you have different parenting opinions with your partner?</b> 當你和你的配偶有不同的育兒意見時該怎麼辦
June 18	<b>Year End Gathering 年終聚會</b>

