

中国家庭教育项目

汉语普通话

Chinese Parents Education Project

In Mandarin

Proudly sponsored by Hurstville City Council
Facilitated by Anna Liu from *Parentcalm*



好市围男子中学（图书馆）

地址：Kenwyn Street, Hurstville

日期：2011年5月7, 14 和21 日(周六下午)

时间：下午2点至4点

Hurstville Boys High School (Library)

Address: Kenwyn Street, Hurstville

Date: 7, 14 & 21 May 2011 (Sat. Afternoons)

Time: 2:00 – 4:00pm

每期2 小时（共3期）

针对家里有

12-18 岁青少年的父母

**A three 2– hour session program
aimed at parents
with 12-18 years old teenagers**

此讲座帮助家长：

1. 帮助华裔家长了解如何根据孩子的才智和兴趣选修不同的课程；高中会考课程简介，大学及其它发展途径及 如何帮助子女顺利完成高中毕业课程并取得好成绩。
2. 鼓励家长了解青春期和 青少年的快速成长；青少年面临的身体和情绪方面的挑战；讨论家长怎样辨认孩子的情绪并与孩子的情绪产生共鸣；家长如何从各个角度，提倡孩子在学习，体能和情商方面全面发展。
3. 探讨什么是精神健康？压力的症状是什么？如何防止由于过高的学习的压力，可能给孩子带来的精神方面的疾病以及如何给予孩子适当的压力以保证孩子的精神健康。

如欲参加，须报名。

学校办公室：9587 3199

或者刘依霞：0413706508

电邮：anna.parentcalm@gmail.com

* 本活动仅限成人及家长 参加

The project is designed to :

1. Help Chinese parents to understand how to help choose subjects based on their teenagers' talents and interests; HSC introduction; further education & other pathways, how parents help & support their teenagers with HSC & towards success?
2. Educate the parents to understand puberty and rapid growth of teenagers. The physical and emotional challenges teenagers are facing. How parents emphasize and recognize their teenagers' feelings and promote a holistic approach & balanced life academically, physically & emotionally?
3. Explore with parents what is mental illness? What are the signs of stress? How can high academic pressure lead to mental illness? How to maintain teenagers' Mental health with appropriate pressure?

Bookings are essential.

School office: 9587 3199

Or Anna Liu on : 0413706508

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* **Adults only as there are no
childcare facilities**