



Dear Parents/Guardians,

30th November, 2022

Understanding Adolescence - Relieve Parental Stress Workshop

This year's P.6 "Understanding Adolescence" Booster Course aims to strengthen students' social skills and emotional management abilities and enhance their "resilience." To assist parents with learning more ways to spend time with children, strengthen parent-child relationships, and relieve stress, parents are now invited to participate in the Relieve Parental Stress Workshop. Details are as follows:

Theme:	Relieve Parental Stress Workshop
Date:	Monday, 5 th December, 2022
Time:	11:30 a.m. - 1:00 p.m.
Venue:	School Conference Room
Quota:	20 people (Participants will be drawn by ballot if the event is oversubscribed.)
Speaker:	Ms. Ho Ka Yin (Registered Social Worker)
Content:	1. By participating in Fluid Bear Art Class, the participants can try to engage in artistic activity and enjoy the joy of artwork creation. 2. The social worker will give a talk on parental stress reduction, which will enable participants to learn how to relieve their stress in daily life.

Parents who are interested in participating in the above activities, please sign and return the reply slip on or before Friday, 2nd December, 2022. If you have any questions, please call 2404 5333 and contact Ms. Chan Ying Ying.

Yours faithfully,
Mr. Chan Chun Wah
Principal

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Reply Slip

(22-087E)

Dear Principal,

I have understood the circular "**Understanding Adolescence' Relieve Parental Stress Workshop**", and * **will** / **will not** sign up to participate in the "Understanding Adolescence" Relieve Parental Stress Workshop.

Class () Student Name : _____

Parent's/Guardian's Signature : _____

Parent's/Guardian's Contact Number : _____

Date : _____

*Please tick as appropriate.