



家和專業輔導中心

CHINESE FAMILY SERVICES OF ONTARIO

229-3330 Midland Ave, Scarborough, ON M1V 5E7 T: 416-979-8299 F: 416-979-2743 E: info@chinesefamilyso.com

帮助孩子健康发展-了解抗逆能力

Helping Your Child Do Well in Life - Understanding Resilience

Resilience is the ability to adjust or recover when faced with adversity. It plays a crucial part in children's healthy development.

Join us and learn more about:

- Knowledge and understanding of resilience and why it is so important
- Tips on how to promote resilience
- An opportunity to share and discuss with other parents and caregivers

1 of 3 free interactive workshops

- Understanding Resilience
- Helping youth cope with stress & worry (Nov 23)
- Talking about alcohol, cannabis, and other drugs (Nov 30)

Suitable for parents and caregivers of children 10-14 years old

抗逆能力指在遇到困难和危机情况时的应对和恢复能力。这在儿童的健康发展中扮演着重要的角色

这个讲座可以帮助您:

- 了解抗逆能力和增加有关知识, 明白其重要性
- 鼓励和提高儿童抗逆能力的技巧
- 与其他家长交流心得的机会

属于三部公益互动讲座系列:

- 了解抗逆能力
- 帮助青少年应对压力和焦虑(11月23)
- 了解烟酒, 大麻以及其他药物对青少年影响(11月30)

适合孩子年龄在 10 至 14 岁的家长参加

日期 Date:	November 16 th , 2018	十一月十六日 (星期五)
時間 Time:	10:00AM – 12:00PM	
語言 Language:	English & Mandarin	英语和国语
地點 Address:	3330 Midland Ave, Unit 238, Scarborough, ON, M1V 5E7	
查詢或報名 Register:	(416) 979-8299 ext. 246	

**Space is limited, Call NOW to register (Last day to register: Nov.14th)!
座位有限, 報名從速 (11月14日截止報名)!**

****請出示楓葉卡或移民證件以獲取服務, 多謝合作! ****

Please bring your valid Permanent Resident Card or landing document for registration

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