



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

了解青少年压力与焦虑

Stress and Worry – Helping Youth Cope

Youth often experience stress on a daily basis. They can lead to serious issues, but can also be beneficial when they are coped well.

Join us and learn more about:

- Knowledge and understanding of stress and worry in youth
- How the brain works when under stress and the mind & body connection
- Ways to help youth cope with stress and worry

1 of 3 free interactive workshops

- Understanding Resilience (Nov 16)
- Helping youth cope with stress & worry
- Talking about alcohol, cannabis, and other drugs (Nov30)

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

很多青少年每天都面对各种压力或焦虑。这些压力有可能会恶化成更加严重的问题。但是如果应对得当，压力也可以成为成长中的有利因素

这个讲座可以帮助您

- 了解青少年的压力和焦虑
- 了解压力如何影响大脑运作及身心关系
- 帮助青少年正面积积极应对压力和焦虑的方法

属于三部公益互动讲座系列:

- 了解抗逆能力(11月16日)
- 帮助青少年应对压力和焦虑
- 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 23rd, 2018 十一月二十三日 (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.20th)!
座位有限，報名從速 (11月20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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