



Parenting Teens Support Group 华裔家长心声交流小组

适用于 13-19 岁青少年的家庭

在这一月一次的华裔家长心声交流小组活动中，家长们将通过自我体验，分享教育青少年子女的挑战，家庭沟通的技巧和处理精神压力的方法

主题包括：

- 家庭沟通技巧
- 情绪/愤怒的管理
- 压力和应对策略等等
- 个案分析

咨询或报名, 请联系：

Ting Ting Reuveny, TingR@impactnorthshore.ca or
Front Desk, office@impactnorthshore.ca or
604-988-2931

Program Highlights

Ongoing Monthly Sessions
9:30 am – 11:30 am

Thursdays, May 28, June 25,
July 23, August 27, September
24, October 22, November 26,
December 10, 2026
January 28, February 25 &
March 11, 2027

Facilitator: Ginny Wong, Registered
Clinic Counsellor, Family Services of
North Shore

Details:

This program is presented in
Mandarin.

This workshop is open to Mandarin-
speaking parents on the North Shore.

Online via Zoom

Details provided after registration.

To participate in this workshop, you
must be registered as a client with
Impact North Shore.

This program is government funded
and free of charge.