



# 华裔家长心声交流小组

## Parenting Teens Support Group

适用于 13-19 岁青少年的家庭

For families with children 13-19 years' old

在这一月一次的华裔家长心声交流中，家长将通过自我体验，分享教育青少年子女的挑战，学习家庭沟通的技巧和处理压力的方法。

主题包括：

- 青少年育儿的欢乐与挑战
- 抑郁和焦虑
- 和平解决冲突

主持：Ginny Wong, Registered Clinical Counsellor  
Family Services of the North Shore

活动将通过 Zoom 在线举行，注册时会提供详细信息。

咨询及报名注册：

Ting Ting Reuveny, [tingr@nsms.ca](mailto:tingr@nsms.ca),

*此免费项目是由政府援助*



## Details

- Learn about supporting your children's physical and mental health
- Sessions once a month on Thursdays

*These sessions will be presented in Mandarin.*

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

## Location

**Online via Zoom**

Details provided upon registration

## Date & Time

**Thursdays,**

**July 22**

**August 26**

**September 23**

**October 28**

**November 25**

**December 9**

9:30am - 11:30am

Tel: 604.988.2931

Fax: 604.988.2960

Email: [office@nsms.ca](mailto:office@nsms.ca)

[www.nsms.ca](http://www.nsms.ca)

[www.facebook.com/nsmsbc](https://www.facebook.com/nsmsbc)



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