



POSITIVE PARENTING SERIES
SUPPORTING TEEN FLOURISHING - TAMING STRESS & ANXIETY
PARENT WORKSHOP

Monday, 16 November
6:30pm to 7:45pm

Blurton Family Development Center
19th Floor, Kennedy Town Centre, 23 Belchers Street, Kennedy Town

Life for teens can be stressful. It's understandable that it can feel out of control. High expectations from schools, parents and themselves to achieve at this key life-stage can cause pressure to mount. Relationships become more complex and navigating social challenges (both on and offline) can be exhausting. Add to that growing bodies and brains and it can feel like it's all too much.

During this positive parenting workshop, Lucy Graham - Counsellor & Academic Life Coach at Emotional Wellness Organisation, Mindquest Group will offer guidance to parents about how to help their teens manage the stresses of adolescence. We will breakdown the myth that teenage brains are just 'half-baked adult brains' incapable of reasoned thinking. We will familiarise you with the concept of self-talk and how it can help or hinder mind-set and focus, and offer ideas about how parents can support their teens, whilst allowing them room to grow.

The workshop would be suitable for parents of youth aged 10 to 18.

Seating is limited. Reservations essential.
Tel: 3552 3012

Register at: <https://www.eventbrite.hk/e/supporting-teen-flourishing-taming-stress-anxiety-tickets-19340682502>

Cost: HK\$100 per family (maximum 2 per family)
Payable at the door



www.mindquestgroup.com