



## Fostering Your Child's Emotional Resilience 培養孩子的情緒適應力/ 培养孩子的情绪适应力

This session in Cantonese and Mandarin will introduce key strategies of how parents can encourage their child to express their feelings.

這講座將讓大家學習如何有效的鼓勵你的子女表達他們的情緒

这讲座将学习如何有效的鼓励你的子女表达他们的情绪

To register for a Cantonese session:  
[點擊這裡報名粵語講座](#) or scan the QR code



To register for a Mandarin session:  
[点击这里报名普通话讲座](#) or scan QR code



## Parents, Guardians and Caregivers

Join us to learn and share with your community how the families are supported!

### Cantonese Session

Date: **Monday, February 27th, 2023**

Time: **7:00-8:30 pm**

### Mandarin Session

Date: **Monday, March 6th, 2023**

Time: **7:00-8:30 pm**

Location: Google meets link will be provided upon registration.

### Presenters:

#### AJ Luo

Triple P Program Facilitator  
Family Services of Ontario

#### Charmaine Tong

York Region District School Board  
School Social Worker (Chinese Heritage Community)

### For more information, please contact:

Community Care Team  
School Social Worker  
Charmaine Tong  
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This free information session is brought to you in partnership with Family Services of Ontario, and Community Care Team, Student Services of York Region District School Board