

Dear Teachers,

Greetings from Fei Yue Community Services!

Thank you for your great support for our Family Life Education programmes. We would like to share with you our specially curated workshops and programmes for Jul-Dec 2022. Some programmes and workshops are complimentary, and some will require a nominal fee.

We seek your support in sharing them with your parents through the school's outreach platforms (e.g., Parent Gateway, Parent Support Group, FB etc.).

Registration Link: <https://go.fycs.org/FLesignup2022JulDec>

Month	Events/ Seminars	Audience
July 2022	<p>1. It's Okay to Not Be Okay: Navigating Depression and Anxiety in Youths</p> <p>We all have emotions. 'Fear', 'worry', 'sadness' and 'helplessness' are some emotions that we all feel. But at times these emotions may get too "big" and scary. Find out how you can better understand your emotions and what you can do to manage them when depression and/or anxiety affects your life. Equip yourself with knowledge and skills to support your friend or family member who is struggling with depression and/or anxiety.</p> <p>Date: 2 Jul 2022, Sat Time: 10am-11am (incl. 5-10min Q&A) Speaker: Ms Amily Ong (Senior Psychologist) Venue: Online Zoom Fee: Complimentary</p>	Youth
	<p>2. Building Self Esteem and Confidence In your Child/Teenager</p> <p>Healthy self-esteem is a child's armor against the challenges of the world. Parental involvement is the key to help children form healthy self-perceptions. Gain understanding on signs of healthy and unhealthy self-esteem and get tips on fostering your child's self-esteem so your child can be happier, healthier and more confident!</p> <p>Date: 16 Jul 2022, Sat Time: 4pm – 5pm (incl. 5-10min Q&A) Speaker: Mr Richard Cheong (Family Life Educator) Venue: Online Zoom Fee: \$5</p>	Parents

August 2022	<p>1. Managing Sibling Rivalry – Help Your Children to Get Along</p> <p>Do you sometimes feel more like a referee than a parent? Sibling rivalry is a complex issue that does not have an easy answer. Attend this programme to learn practical tips to mitigate, manage negative interaction patterns and ease the rivalry between siblings.</p> <p>Date: 6 Aug 2022, Sat Time: 4pm – 5pm (incl. 5-10min Q&A) Speaker: Ms Chang Chee Siah (Family Life Educator/Counsellor) Venue: Online Zoom Fee: \$5</p>	Parents
	<p>2. How to Talk to your Teenagers about Sex</p> <p>Lots of changes are happening when your teen is going through puberty. It is also a time when there is a growing interest in the opposite sex resulting in new friendships and attachments. It can be a challenging time for both child and parent. Learn how to tackle this delicate subject with your teenager with tips on starting the conversation with your teenager about sex, sexuality and sexual dangers.</p> <p>Date: 27 Aug 2022, Sat Time: 4pm – 5pm (incl. 5-10min Q&A) Speaker: Ms Susan Comiskey (Family Life Educator) Venue: Online Zoom Fee: \$5</p>	Parents with children aged 10 and above
September 2022	<p>1. Know a friend who needs help? (Peer relationships and mental health)</p> <p>Peers play an important and significant role in a youth's life. With mental health issues on the rise, peers are the best lookout for their friends who are in need. Our youth workers will equip youths with knowledge and skills in identifying friends who might be in distress and supporting them. Additional available resources will also be provided.</p> <p>Date: 3 Sep 2022, Sat Time: 4pm – 5:30pm (incl. 5-10min Q&A) Speaker: Ms Lim Tse Min (Senior Social Worker/Youth Worker) Ms Janice Yeo (Social Work Associate/Youth Worker) Venue: Online Zoom Fee: Complimentary</p>	Youth

	<p>2. Family Bake and Bond: Celebrating Mid-Autumn Festival</p> <p>Pick up tips on family bonding and spend quality time learning fun facts about the Mid-Autumn Festival with your kids in this online Bake and Bond session! Join Emily as she guides you step-by-step to create yummy mooncakes with your family. Enjoy a fuss-free experience as materials and pre-packaged ingredients will be delivered to your doorstep prior to the session.</p> <p>Date: 10 Sep 2022, Sat Time: 4pm – 5:30pm Trainer: Emily Venue: The Little Things, 244N Upper Thomson Road Fee: \$30 per pair (incl. of materials. The workshop is capped at 12 pairs.)</p>	Parent and children, siblings, couples
	<p>3. How to Cope with Exam Stress</p> <p>Going through examinations and tests often causes stress and anxiety in youths. Youths are encouraged to join the programme to understand the impact of exam anxiety on their performance and pick up practical coping strategies to better manage exam stress.</p> <p>Date: 17 Sep 2022, Sat Time: 11am – 12pm (incl. 5-10min Q&A) Speaker: Ms Eliza Leong (Senior Psychologist) Venue: Online Zoom Fee: Complimentary</p>	Youth
October 2022	<p>1. 怎么说，青少年才肯听</p> <p>身为家长，我们都明白与孩子沟通是非常重要的。我们资深的家庭教育指导师将在此工作坊与家长分享实际的沟通技巧，有效地与孩子建立良好的关系，好让孩子愿意听，以及该避免的沟通陷阱，并让家长多理解孩子成长的变化。</p> <p>日期：10月1日（星期六） 时间：4-5pm 讲员：王爱玲（家庭教育指导师） 媒介：Online Zoom 费用：\$5</p>	Parents
	<p>2. 培养心灵的健康</p> <p>在人生的路程里，我们难免会经历失望、失落和改变。这可能让</p>	Adult

	<p>我们感到悲伤、焦虑和压力。精神和情绪健康的人会更快地从逆境、创伤和压力中恢复过来。在这研讨会中，参与者将学习应对困难情况和保持积极态度的策略、工具和实用方法，以增强心理和情绪健康。</p> <p> 日期：10月8日（星期六） 时间：4-5:00pm 媒介：Online Zoom 讲员：李学敏（家庭教育指导师） 费用：\$5 </p>	
November 2022	<p>1. Picky Eating - Nutrition for Toddler & Preschooler</p> <p>Are you having a tough time battling mealtimes with your child who is picky? Picky eating is often associated with various negative health outcomes in children which include underweight and nutrient deficiency. Join our workshop to learn practical strategies that can be applied to manage little picky eaters at home as well as ensure proper nutrition for them.</p> <p> Date: 5 Nov 2022, Sat Time: 4pm -5pm (incl. 5-10min Q&A) Trainer: Ms Jolene Choo Venue: Online Zoom Fee: Complimentary </p>	Parents with children aged 3 to 6
	<p>2. Dialogue with Your Child on Online Pornography</p> <p>The online world has created incredible opportunities for youths to explore, socialise and educate themselves. But it has also exposed them to the risks of harm, including pornography and sexting. Join our workshop to gain better understanding about pornography, learn how to engage your child in talking about personal responsibility, boundaries and consequences, and help your child protect themselves against the dangers of pornography. We encourage parent and child to join the programme together to continue the conversation after the talk.</p> <p> Date: 12 Nov 2022 Time: 4pm – 5.30pm Trainer: Ms Carol Loi (Digital Literacy Educator) Venue: Online Zoom Fee: \$5 </p>	Parent and Children aged 9 and above *Parent and child can attend together
December 2022	<p>1. Leave No Trace – Green Challenge (Parent-Child Bonding)</p> <p>Calling out to parents who want to bond with your child and learn</p>	Parent and children aged 9 and above

	<p>environmental conversation through meaningful and exciting outdoor activities! Join our workshop to challenge yourself to leave no trace, learn how you can contribute to save the earth in making a small difference while spending quality time bonding with your child.</p> <p>Date: 10 Dec 2022 Time: 4pm - 6pm Trainer: Mr Michael Chua (Family Life Educator) Venue: Ficus Room, Active Garden at Gardens by the Bay (TBC) Fee: \$12 per Parent-Child pair (Capped at 35 Parent-Child pairs)</p>	
	<p>2. Celebrate Christmas with Double Fun – Bake & Bond + Christmas Craft</p> <p>Get into the seasonal spirit this Christmas with our specially curated double fun family bonding programme. Bake a yummy Christmas cake and create a Christmas craft to remember the precious memories and bonding with your loved ones in a cosy cooking studio!</p> <p>Date: 17 Dec 2022 Time: 4pm - 6pm Trainer: The Little Things and Clara Ang Venue: The Little Things, 244N Upper Thomson Road Fee: \$35 per pair (incl. of materials. The workshop is capped at 12 pairs.)</p>	<p>Parent and children, siblings, couples</p>

The registration for the above programmes will close 1 week before the programme date and confirmation details will be sent to parents who sign up for the programmes.

Should you have further queries, please feel free to contact me at helenetan@fycs.org or 97914100.

We look forward to working closely with you in strengthening family life!

Warm Regards,
Helene Tan

Like and Follow us at Family Central Family Life Education – www.family-central.sg
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