

## BUILDING BRIDGES WITH YOUR TEEN

(parenting through grade 8... & beyond)

Come and join us for a relaxed and interactive evening for parents. We'll discuss the changes of adolescence (much more than changing bodies), and explore new roles for parents and youth. We'll try out practical strategies to improve communication and reduce tension at home, and consider:

- Adolescent development: What's typical, what's not
- Why communication matters and strategies to use
- Give support, Get support

**Date: Wednesday February 1 2016**

**Place: Prince of Wales Library**

**Arrive: 6:45 (refreshments and resources)**

**Workshop: 7:00 – 9:00pm**

**Mandarin-interpreted session on Feb 28 2017**

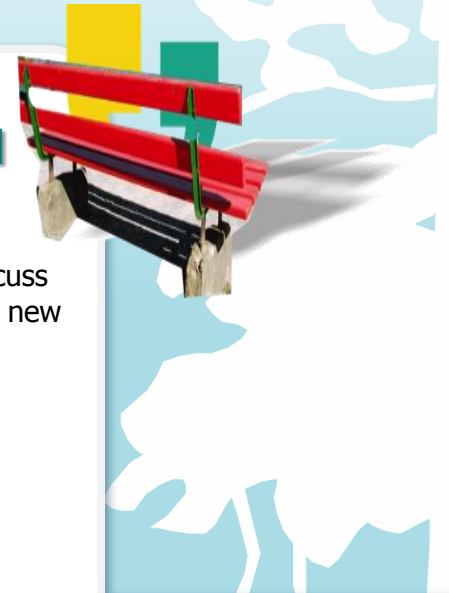
## 中文講座：如何與你的子女建立溝通的橋樑

我們將採用互動的教學法去理解青春期的身心變化，並探討父母和孩子的新角色。導師會分享有策略性的溝通方法，鞏固家庭關係！

- 讓你的子女樂意與你交談的傾聽方式
- 如何支持子女，以達到雙贏局面
- 辨別青春期典型和非典型的行為

**2月28日 (星期二) 7:00 pm 在 Prince of Wales 中學圖書館**

**\*\*請提前15分鐘到達 - 備有茶點招待 (9pm 完)**



**Limited Seating!**

**Please register in advance.**

**Send an email with your name and contact information to:**  
[ajwilson@vsb.bc.ca](mailto:ajwilson@vsb.bc.ca)

**Chinese registration:**  
PW移民安頓華語項目

Audrie 梁小姐  
[aaleung@vsb.bc.ca](mailto:aaleung@vsb.bc.ca)

**名額有限，報名從速！**

