



香港家庭福利會
小荳芽駐園社工服務



小荳芽駐園社工服務
Nurturing Seeds KSWs

「再遇壓力無煩惱」家長減壓工作坊 通告

敬啟者：

在日常生活中，照顧者會遇到不同的煩惱和挑戰，難免會因此感到壓力。壓力過大不但會影響個人的情緒健康，更會影響家長採用的管教方法。為此，本校駐園社工張姑娘誠邀家長參加工作坊，透過一同製作藝術作品和互相分享，抒解日常的生活壓力。

家長工作坊詳情如下：

內容	透過乾花創作屬於自己的作品，實踐自我關懷，減輕日常照顧家庭的壓力。
日期	2025 年 3 月 15 日（星期六）
時間	上午 10 時至 11 時 30 分（1.5 小時）
地點	本校禮堂
對象	本校家長（名額：15 名）
負責社工	張穎慧姑娘
截止報名日期	2025 年 2 月 25 日（星期二）
報名連結	 https://forms.office.com/r/Ai3hMt82VY
查詢方法	請致電 3101 3037（社工機構辦公室）與張穎慧姑娘聯絡
備註	<ol style="list-style-type: none">有興趣參加活動的家長，請透過上面連結報名。如報名人數過多，將會以抽籤決定。2025 年 2 月 27 日（四）將會確定參加者名單，屆時會在學校 eClass 公佈結果。如家長欲帶本校幼童一同回校參加活動，請在報名表上填寫相關資料，以便校方安排老師提供照顧。 （註：只提供服務予就讀本校之學生，不便之處，敬請見諒。）為確保參加者安全，如在活動前兩小時，天文台仍懸掛 <u>3 號或以上</u> 風球或發出 <u>紅色或以上</u> 暴雨警告訊號，或教育局宣佈停課時，本活動將會延期至另行通知。

此致
貴家長

順德聯誼總會屯門梁李秀娛幼稚園
學校社工謹啟

2025 年 2 月 14 日





Hong Kong Family Welfare Society



小荳芽駐園社工服務
Nurturing Seeds KSWS

Nurturing Seeds Kindergarten Social Work Service


Parents Stress Reduction Workshop Notice

14th February, 2025

Dear Parents/ Guardians,

As a caregiver, it is inevitable to encounter different challenges and feel stressful. Excessive pressure not only affects our mental health, but also affect the parenting methods adopted. Therefore, we would like to invite you to join the Parents Stress Reduction Workshop to relieve stress by creating art and sharing together.

Details of the parents' group are as follows :

Content	Practice self-care and reduce pressure by creating your own art works of dried flowers.
Dates	15 th March, 2025 (Saturday)
Time	10:00-11:30 a.m. (1.5hours)
Venue	School auditorium
Target	Our School's Parents (Quota: 15 participants)
Responsible Social Worker	Ms. Cheung
Deadline of application	25 th February, 2025 (Tuesday)
Application link	 https://forms.office.com/r/dU5SfFhQVp
Enquiry	Please contact Ms. Cheung at 3101 3037 (Social worker's office)
Remarks	<ol style="list-style-type: none">Parents who are interested in joining the program, please sign up through the link above.If there are too many applicants, the list of participants will be determined by drawing lots. The list of participants will be announced on 27th February, 2025 (Thursday) via school's eClass.If childcare service is needed when parents attending the program, please fill in the above application form for school's arrangement. (Note: Childcare service is only provided to students attending our school. Thank you for your understanding.)To ensure the safety of participants, the parents' talk will be postponed until further notice if a signal for Typhoon No. 3 or higher or a Red Rainstorm Warning or higher is in effect or Education Bureau announces the suspension of classes.

Thank you for your kind attention.



Yours sincerely,
School Social Worker of Shun Tak Fraternal Association
Tuen Mun Leung Lee Sau Yu Kindergarten