



香港家庭福利會
小荳芽駐園社工服務



「Chill - Chill」家長小組通告

敬啟者：

育兒的路上常常充滿挑戰，壓力時常讓人感到疲憊。本校駐園社工張姑娘誠摯邀請父母加入小組，和其他家長互相交流和支持，我們一起學習、分享正面的管教方法。我們在小組中亦會一同放鬆，關懷自己，一起更輕鬆地面對育兒的挑戰，享受更親密的親子關係！

家長工作坊詳情如下：

內容	學習實用的管教技巧；透過活動和分享，實踐自我關懷。
日期	2025年10月10、17、24和31日(星期五)
時間	上午9:30-11:00 或 下午4:00-5:30 (1.5小時)
地點	家福會屯門(東)服務中心(上午組)；本校3號課室(下午組)
對象	本校家長(每組8-10人)
負責社工	張穎慧姑娘
截止報名日期	2025年9月29日(星期一)
報名連結	 https://forms.office.com/r/ze6YXS98Hf
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">為鼓勵家長持續學習，出席率達75%以上的家長將頒發嘉許狀以茲鼓勵。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9月30日(二)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小組，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：托管服務只提供予就讀本校之學生，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3號或以上風球或發出紅色或以上暴雨警告訊號，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9月16日





Hong Kong Family Welfare Society
Nurturing Seeds Kindergarten Social Work Service



小荳芽駐園社工服務
Nurturing Seeds KSWS

Chill Out Parents' Group Notice

16th September, 2025

Dear Parents/ Guardians,

The journey of parenting is often filled with challenges, and the pressure can leave us feeling exhausted. We sincerely invite parents to join our parents' group, where you can connect and support with other parents. Together, we will learn and share positive parenting methods. We will also take time to care for ourselves, making it easier to face parenting challenges and enjoy a closer parent-child relationship!

Details of the parents' talk are as follows :

Content	Learning practical and positive parenting techniques; practicing self-care through activities and sharing
Dates	10 th , 17 th , 24 th and 31 st October, 2025 (Friday)
Time	9:30-11:00 a.m. OR 4:00-5:30 p.m. (1.5 hours)
Venue	HKFWS Tuen Mun (East) Service Centre (am session) and Classroom 3 at school (pm session)
Target	Our School's Parents (Quota: 8-10 participants each group)
Responsible Social Worker	Ms. Cheung
Deadline of application	29 th September, 2025 (Monday)
Application link	 https://forms.office.com/r/ze6YXS98Hf
Enquiry	Please contact Ms. Cheung at 3101 3037 (Social worker's office)
Remarks	<ol style="list-style-type: none"> To encourage parents to continue learning, parents with an attendance rate of 75% or above will receive a certificate of appreciation. Parents who are interested in joining the group, 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 30th September, 2025 (Tuesday) 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 services are provided only for 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