



賽馬會家伴毅行計劃

Jockey Club Family Emotional Resilience Project

情緒抗逆公開講座系列

與「知」親同行更遠路

照顧認知障礙症患者的技巧及個人情緒舒緩

30/10

星期六上午10-11:30

ONLINE



免費參與

照顧認知障礙症患者，家人除了付出體力外，還需要更多心力，尤其面對患者不同的情緒和行為，往往為照顧者帶來情緒和心理的壓力。本講座的主要目的是讓照顧者了解認知障礙症患者日常生活的特徵，學習如何提昇應對能力和懂得好好善待自己，提升情緒免疫力，繼續有力量去陪伴「知」親走這漫長的照顧路途。

賽馬會家伴毅行計劃

由香港大學社會工作及社會行政學系主辦，並獲香港賽馬會慈善信託基金捐助，與綜合家庭服務中心合作，透過三階段的預防模式及專業培訓，為香港的家庭提供預防及早期介入服務，提升家庭情緒抗逆力，促進精神健康。



講者：李雅儀女士

香港認知障礙症協會總幹事

李雅儀女士為註冊職業治療師，從事長者及認知障礙症服務近二十年。同時為香港理工大學職業治療學系臨床導師及食物及衛生局九龍及新界南地區康健中心管治委員會成員。多年來積極透過醫社合作的概念發展不同的認知障礙症社區服務，以支援患者及家屬能繼續於熟悉的社區與家人繼續生活。



登記
活動



更多資訊
FACEBOOK

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🌐 jcfer.socialwork.hku.hk

主辦機構



HKU
SWSA

Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系

捐助機構



香港賽馬會慈善信託基金

「培養同理心·活用心理學與子女同行抗逆減壓」家長講座

活動簡介：	<p>同理心對學生的個人成長及社交發展都非常重要，家校合作將有助培養學生的同理心和促進他們的心理健康。透過家校合作，家長和教師能一同協助學生提升他們的減壓能力及抗逆力，讓他們將壓力轉化為動力，遇挫不折。</p> <p>此講座的目的是讓家長了解五個主題，包括（一）「培養同理心，提升親子溝通」、（二）「跨代溝通」、（三）「面對生命中的逆境與壓力」、（四）「處理壓力的心理策略」及（五）「提升抗逆力，珍惜生命」，希望藉此促進家校合作，讓子女健康地成長。</p> <p>所有出席人士將獲贈多媒體生命教育教材套乙份。</p>
合辦機構：	<p>家庭與學校合作事宜委員會（家校會）</p> <p>華人永遠墳場管理委員會（華永會）</p>
活動類型：	講座
活動日期：	27.11.2021（星期六）
活動時間：	下午 2 時 30 分至 4 時 15 分
活動地點：	<p>九龍九龍塘沙福道 19 號</p> <p>教育局九龍塘教育服務中心西座 3 樓 W301 室</p>
講者：	<p>陳頌恩博士</p> <p>陳博士是心理學家、作家及傳媒人。曾獲邀到多間學校及機構舉辦心理學講座，已出版超過 26 本著作，並多次主持與心理學有關的電視及電台節目，致力推廣心理學，讓大家活得更健康快樂。</p>
活動對象：	各幼稚園、小學、中學及特殊學校的家長、家教會委員、校長、教師及學校社工
語言：	主要以粵語進行
備註：	<p>敬請家長避免帶同子女出席講座。</p> <p>為自己和他人的健康着想，家長須在講座進行期間戴上自備口罩。若身體不適，請避免參與講座。</p> <p>此外，假如講座受疫情影響而延期或取消，有關後續安排將以電郵通知各參加者。</p> <p>如有查詢，請致電 3698 4376 與家校會秘書處聯絡。</p>
報名方法：	<p>請於 25.11.2021（星期四）或以前，透過本會網頁於網上報名或以傳真報名。我們將為成功報名的申請人預留座位。名額有限，額滿即止。</p>

惡劣天氣的特別安排

如講座舉行當日上午 10 時 30 分或以後發出黑色暴雨/八號或以上熱帶氣旋警告信號，有關講座將會取消，恕不另行通知。

**Parent Education Programmes for
Non-Chinese Speaking Parents
in the 2021/22 School Year
(Event Calendar)**

Details of the activities below are subject to change, please refer to the EDB website for the most updated information.

(website path: <https://www.edb.gov.hk> > Main Page > Students and Parents Related > Non-Chinese Speaking (NCS) Students > Education Services for Non-Chinese Speaking (NCS) Students > Provision and Support > For Parents and Students > Parent Education Programmes for Non-Chinese Speaking Parents)



For enrolment methods, programme details and other information, please refer to the following:

Talks cum Exhibitions

Service Provider: HKU School of Professional and Continuing Education

Contact Person: Ms CHAN

Tel: 9840 9525



Community Activities (1)

Service Provider: Caritas Hong Kong

Contact Person: Ms CHAN

Tel: 2339 3713



Community Activities (2)

Service Provider: Chinese YMCA of Hong Kong

Contact Person: Mr CHAN

Tel: 2617 7233



Date	Topic	Mode of activity	District	School level
14/11/2021 (Sunday)	Understanding Multiple Pathways	Community Activity (1)	Wong Tai Sin	• Secondary school
20/11/2021 (Saturday)	Uncovering the Hong Kong Education System and Learning Support for NCS Students	Talk cum Exhibition	Yuen Long	• Pre-school and kindergarten
21/11/2021 (Sunday)	Understanding Chinese Learning and Education System in Hong Kong	Community Activity (1)	Central & Western	• Kindergarten
27/11/2021 (Saturday)	Uncovering the Hong Kong Education System and Learning Support for NCS Students	Talk cum Exhibition	Islands	• Pre-school and kindergarten
11/12/2021 (Saturday)	Uncovering the Hong Kong Education System and Learning Support for NCS Students	Talk cum Exhibition	Sham Shui Po	• Pre-school and kindergarten
18/12/2021 (Saturday)	Chinese Learning for Fun	Community Activity (1)	Kowloon City	• Primary school
18/12/2021 (Saturday)	Career and Life Planning for NCS Secondary School Students – Further Studies and Future Development	Community Activity (2)	Tuen Mun	• Secondary school
8/1/2022 (Saturday)	Support Your Child in Chinese Learning: Use of Learning Activities and Tools (Part 1)	Talk cum Exhibition	Yau Tsim Mong	• Primary school
15/1/2022 (Saturday)	Healthy and Happy Development of Children	Community Activity (1)	Kwun Tong	• Primary school
22/1/2022 (Saturday)	Healthy and Happy Development of Children	Community Activity (1)	Southern	• Primary school

Date	Topic	Mode of activity	District	School level
22/1/2022 (Saturday)	Support Your Child in Chinese Learning: Use of Learning Activities and Tools (Part 2)	Talk cum Exhibition	Yau Tsim Mong	<ul style="list-style-type: none"> • Primary school
29/1/2022 (Saturday)	NCS Students' Chinese Learning – Sharing Session from an Outstanding Student	Community Activity (2)	Tsuen Wan	<ul style="list-style-type: none"> • Primary school • Secondary school
19/2/2022 (Saturday)	Support Your Child in Chinese Learning: Use of Learning Activities and Tools (Part 1)	Talk cum Exhibition	Wan Chai	<ul style="list-style-type: none"> • Primary school
19/2/2022 (Saturday)	How to Assist Children in Learning Chinese and the Importance of Learning Chinese – Let's Try	Community Activity (2)	Yuen Long	<ul style="list-style-type: none"> • Pre-school and kindergarten • Primary school
26/2/2022 (Saturday)	Understanding the Hong Kong Education System and Preparing the Future for Your Children	Community Activity (1)	Yau Tsim Mong	<ul style="list-style-type: none"> • Kindergarten
5/3/2022 (Saturday)	Support Your Child in Chinese Learning: Use of Learning Activities and Tools (Part 2)	Talk cum Exhibition	Wan Chai	<ul style="list-style-type: none"> • Primary school
12/3/2022 (Saturday)	Practical Ways in Supporting Your Children Learning Chinese at Home	Talk cum Exhibition	Wong Tai Sin	<ul style="list-style-type: none"> • Pre-school and kindergarten
19/3/2022 (Saturday)	Maintaining Positive Parent-child Relationship: Making Friend with My Child	Talk cum Exhibition	Yuen Long	<ul style="list-style-type: none"> • Primary school
19/3/2022 (Saturday)	Understanding Your Community and Education System in Hong Kong	Community Activity (1)	Sham Shui Po	<ul style="list-style-type: none"> • Primary school

Date	Topic	Mode of activity	District	School level
19/3/2022 (Saturday)	Career and Life Planning for NCS Secondary School Students – Further Studies and Future Development	Community Activity (2)	Tai Po	• Secondary school
26/3/2022 (Saturday)	Planning the future with Your Children	Community Activity (1)	Eastern	• Secondary school
2/4/2022 (Saturday)	Maintaining Positive Parent-child Relationship: Making Friend with My Child	Talk cum Exhibition	Kwun Tong	• Primary school
9/4/2022 (Saturday)	Effective Strategies for Communication: Helping My Child When They Encounter Difficulties in Learning	Talk cum Exhibition	Central & Western	• Secondary school
16/4/2022 (Saturday)	Understanding the Hong Kong Education System and Preparing the Future for Your Children	Community Activity (1)	Sham Shui Po	• Kindergarten
16/4/2022 (Saturday)	Effective Strategies for Communication: Helping My Child When They Encounter Difficulties in Learning	Talk cum Exhibition	Yau Tsim Mong	• Secondary school
30/4/2022 (Saturday)	Parental Involvement: Enhancing a Smooth Transition from Primary to Secondary Level	Talk cum Exhibition	Eastern	• Primary school
7/5/2022 (Saturday)	Parental Involvement: Enhancing a Smooth Transition from Primary to Secondary Level	Talk cum Exhibition	Kwun Tong	• Primary school

Date	Topic	Mode of activity	District	School level
14/5/2022 (Saturday)	Positive Parenting and Talent Show	Community Activity (1)	Sham Shui Po	• Secondary school
14/5/2022 (Saturday)	Tips for Helping Your Child Make a Study and Career Plan	Talk cum Exhibition	Tuen Mun	• Secondary school
21/5/2022 (Saturday)	Inclusive Cultural Activities – Multicultural Exchange Gathering	Community Activity (2)	Shatin	• Pre-school and kindergarten • Primary school
28/5/2022 (Saturday)	Parental Involvement: Enhancing a Smooth Transition from Primary to Secondary Level	Talk cum Exhibition	Yuen Long	• Primary school
11/6/2022 (Saturday)	Tips for Helping Your Child Make a Study and Career Plan	Talk cum Exhibition	Sham Shui Po	• Secondary school
11/6/2022 (Saturday)	NCS Students' Chinese Learning – Sharing Session from an Outstanding Student	Community Activity (2)	Yuen Long	• Primary school
18/6/2022 (Saturday)	Understanding How to Support Your Children's Learning	Community Activity (1)	Islands	• Kindergarten
18/6/2022 (Saturday)	Tips for Helping Your Child Make a Study and Career Plan	Talk cum Exhibition	Eastern	• Secondary school
25/6/2022 (Saturday)	Healthy and Happy Development of Children	Community Activity (1)	Kowloon City	• Kindergarten