

**“Caring for Their Heart and Soul, Growing along with Your Children”
Parent Education Talk Series
(2025/26 School Year)**

Details and Enrolment Method:

Mode of delivery: face-to-face and online
 No. of face-to face participants: 60 (no limit for the number of online participants)
 Medium of instruction: Cantonese
 Deadline for Enrolment: 7 days prior to the talk
 Enrolment Method: Please enrol via the link or by scanning the QR Code below



<https://cys.org.hk/parentstalks/>

Parent Education Talk Series for Parents of Primary Students:

Date and Time	Topic	Venue
6 March 2026 (Fri) 7:00 p.m. – 9:00 p.m.	Handling Children’s Anxiety Starting with Healthy Lifestyle	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin
13 March 2026 (Fri) 7:00 p.m. – 9:00 p.m.	“Empathy and Friendship” Supporting Children in Developing Healthy Peer Relationship	
21 March 2026 (Sat) 10:00 a.m. – 12:00 noon	Journey of Mindfulness: Unlocking the Secret to Healthy Emotions	S.K.H. All Saints’ Middle School 11 Pak Po Street, Mong Kok, Kowloon
27 March 2026 (Fri) 7:00 p.m. – 9:00 p.m.	Understanding Children’s Stress Building Resilience	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin
18 April 2026 (Sat) 10:00 a.m. – 12:00 noon	Addressing Children’s Internet Addiction in Changing Circumstances	S.K.H. All Saints’ Middle School 11 Pak Po Street, Mong Kok, Kowloon

Parent Education Talk Series for Parents of Secondary Students:

Date and Time	Topic	Venue
24 April 2026 (Fri) 7:00 p.m. – 9:00 p.m.	Having Fun on “Net” Fostering Parent-child Interaction	Jockey Club Heng On Integrated Children & Youth Services Centre 4/F, Heng On Estate Community Centre, Heng On Estate, Ma On Shan, New Territories
9 May 2026 (Sat) 10:00 a.m. – 12:00 noon	Supporting Adolescents in Developing Resilience	S.K.H. All Saints’ Middle School 11 Pak Po Street, Mong Kok, Kowloon
15 May 2026 (Fri) 7:00 p.m. – 9:00 p.m.	Identifying and Supporting the Mental Health Needs of Children	Jockey Club Heng On Integrated Children & Youth Services Centre 4/F, Heng On Estate Community Centre, Heng On Estate, Ma On Shan, New Territories
22 May 2026 (Fri) 7:00 p.m. – 9:00 p.m.	“Empathy and Friendship” Supporting Children in Developing Healthy Peer Relationship	
29 May 2026 (Fri) 7:00 p.m. – 9:00 p.m.	Mindful Parenting Managing the Turbulence in Adolescence	

For enquiries on enrolment matters, please contact Ms CHOI of the Hong Kong Children & Youth Services on 2606 7644.

Remarks:

- (1) Applicants should ensure that the email address provided is accurate for receiving the confirmation notification, information of the talks and login details for online participation.
- (2) Enrolment will be processed on a first-come-first-served basis. Successful applicants will receive an email notification. If the face-to-face delivery is full, participants will be arranged to attend the talks online.
- (3) No parking space will be provided for participants at the venue.
- (4) In the event that the talks are cancelled due to inclement weather or other special circumstances, notification of the make-up talks will be made in due course.