Parent Workshop

Mindfulness: Stress Management for Parents of Gifted Children

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<th>Date and Time</th>
<th>Target Group</th>
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<td>15 September 2017 (Friday) 7:30 – 9:00 p.m.</td>
<td>Parents of Gifted Children</td>
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Venue: Room 303, The Hong Kong Academy for Gifted Education Sha Kok Estate, Shatin, New Territories, Hong Kong (Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Instructor: Ms Woo Mei Sum Doris, Registered Clinical Psychologist

Workshop Objectives: Mindfulness is an effective physical and psychological therapy, enabling us to reduce stress through enhancing awareness on the physical and psychological factors that affect our well-being. The aim of this workshop is to teach parents to utilise inner strengths and resources through mindfulness practices to handle stress and emotions, as well as improving parent-child communication and relationship.

Workshop Outline:
1. Understand the concept of “Mindfulness”
2. Skills on mindfulness practices and self-awareness enhancement
3. Real life applications: self-care skills, parenting strategies & techniques

Language: Cantonese

Fee: HK$100

Quota: 20

Registration Information: Parents should apply through the online registration system on our website: http://hkage.org.hk/b5/academy/Registration(selector.php?pid=PW011718

Deadline for Registration: 8 September 2017 (Friday) 6:00 p.m.

Notes:
1. Due to limited seating, registrations will only be confirmed upon receipt of full payment. Seats will be offered on a first-come-first-served basis;
2. Registrants will be notified of the outcome on or before 13 September 2017 (Wednesday) through email.

Enquiries: Tel.: 3940 0104 or Email: ae@hkage.org.hk
Remarks:

1. The organiser (the HKAGE) will take photos and / or videos during the workshop. The photos and / or videos may be reproduced in electronic forms and / or printed publications for educational, research and marketing purposes upon the participants’ consensus in registration;

2. Parking arrangements: There are no visitor parking spaces at our premises. Please park your car in the car parks nearby.

3. Participants should wear casual clothing (dresses not appropriate) and socks. Please bring along warm-keeping clothes such as a cape or windbreaker.
About the Instructor:

Ms Woo Mei Sum Doris,
Registered Clinical Psychologist

Ms Doris Woo had worked at diversified non-profit making organisations after obtaining a master’s degree in Clinical Psychology. She has more than ten years of clinical experience and is highly experienced in working with children, adolescents, adults and families, particularly on youth emotional, learning, attention or behavioural problems.

She was the trainer of the "Mindfulness-Based Stress Reduction Program" and "Attentive Smart Kids Program", targeting the youth, parents, the working class and social workers. Ms Woo is also the author of a set of booklets on Child Enuresis. She has provided training and consultation services for employees of many large organisations such as Hong Kong Yacht Club, Hong Kong Young Women’s Christian Association, Environmental Protection Department, Labor Department, Civil Service Bureau, Macau Social Work Bureau on parenting, adolescent emotion management, crisis management, mindfulness-based stress reduction and positive psychology.