

## 賽馬會「知情達意育優才」計劃

### HKAGE Parent Peer Support Group (Primary & Secondary)

May 2019

#### Introduction

This group aims at creating a learning community amongst parents of gifted children for mutual support. Parents are welcome to share their experiences and obtain feedback from others without being judged or criticised. The group can also help parents develop positive solutions in a respectful environment.

The group meets once a month for 2 hours (except summer holiday). The meeting is semi-structured. In the meeting, there is a presentation/sharing on a specific topic that stimulates parents' subsequent sharing and exchange.

#### Objectives

1. Voice their concern(s) in a stress-free environment;
2. Share, learn and network amongst parents to support each other;
3. Reinforce positive values and attitude of nurturing the gifted;
4. Share information, ideas and resources.

#### Programme Details

<b>Date</b>	: 9 May 2019 (Thursday)									
<b>Time</b>	: 7:30 p.m. – 9:30 p.m.									
<b>Venue</b>	: Room 303, HKAGE Sha Kok Estate, Shatin, New Territories, Hong Kong (Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)									
<b>Target Group</b>	: Parents of Full and Preliminary Primary & Secondary Student Members of the HKAGE									
<b>Quota</b>	: 30 # Due to the limited capacity, acceptance is on a first-come-first-served basis									
<b>Contents</b>	: <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 85%;">Welcoming &amp; Introduction</td> <td style="width: 10%; text-align: right;">7:30 p.m. – 7:40 p.m.</td> </tr> <tr> <td>2.</td> <td>Stress Management</td> <td style="text-align: right;">7:40 p.m. – 8:15 p.m.</td> </tr> <tr> <td>3.</td> <td>Alumni Sharing – How do Gifted Students Manage their Stress and What Support do they Expect from Parents under Stressful Situations?</td> <td style="text-align: right;">8:15 p.m. – 9:30 p.m.</td> </tr> </table>	1.	Welcoming & Introduction	7:30 p.m. – 7:40 p.m.	2.	Stress Management	7:40 p.m. – 8:15 p.m.	3.	Alumni Sharing – How do Gifted Students Manage their Stress and What Support do they Expect from Parents under Stressful Situations?	8:15 p.m. – 9:30 p.m.
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<b>Facilitator</b>	: <b>Ms Tracy Kwok Ching Man</b> <i>Guidance Counsellor,</i> <i>Jockey Club “Gifted in Bloom – Harmony in Heart &amp; Mind” Programme, HKAGE</i>									
<b>Language</b>	: Cantonese									
<b>Course Fee</b>	: Free of Charge (Funded by The Hong Kong Jockey Club Charities Trust)									
<b>Registration</b>	: Parents should apply through the online registration system on our website. <a href="https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=405">https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=405</a>									
<b>Deadline for Registration</b>	: 2 May 2019 (Thursday) 12:00 n.n. # Registrants will be notified of the outcome by 6 May 2019 (Monday) through email.									

## 賽馬會「知情達意育優才」計劃 Jockey Club Gifted in Bloom--Harmony in Heart & Mind Programme

**Enquiries** : Tel.: 3940 0514 or Email: [jc@hkage.org.hk](mailto:jc@hkage.org.hk)

**Remarks** : 1. The course organiser (the HKAGE) will take photos and / or videos during the programme. 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: No visitor parking spaces are available at HKAGE. You may park your car in the car parks nearby.