



HKAGE Parent Peer Support Group Sharing Session (for Parents of Primary Student Members) December 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 on nurturing gifted children in a respectful environment. The facilitator will also help parents develop positive solutions to solve problems they encounter.

Normally a 2-hour sharing session is held in each quarter (except during the summer holiday). In the sharing session, there is a presentation/sharing on a specific topic that stimulates parents' subsequent sharing and exchange.

Objectives

This group aims at creating a learning community amongst parents of gifted children for mutual support.

Upon completion of the group, parents will be able to:

1. Voice their concern(s) about nurturing gifted children 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

Date : 5 December 2019 (Thursday)

Time : 6:00 – 8:00 p.m.

Venue : Room 303, HKAGE
Sha Kok Estate, Shatin, New Territories, Hong Kong
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Target Group : Parents of Primary Student Members of the HKAGE

Quota : 30
Due to the limited capacity, acceptance is on a first-come-first-served basis

Contents :

1. Welcoming	6:00 – 6:10 p.m.
2. Introduction to Mindfulness	6:10 – 6:45 p.m.
3. Experiencing Mindfulness Exercises for Children & Parents	6:45 – 8:00 p.m.

During the session, parents will experience some simple mindfulness exercises aiming at enhancing body-mind awareness and staying present. The exercises should cover observing body poses, breaths and sensations. Online and free reference materials and resources will be shared.

Facilitator : **Ms. Janet Lam**
Student Development Officer (Advanced Learning Experiences Division, HKAGE)

Language : Cantonese

Course Fee : Free of Charge (*Funded by the HKAGE*)



Registration	:	Parents should apply through the online registration system on the HKAGE website. https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=427
Deadline for	:	28 November 2019 (Thursday)
Registration	:	# Registrants will be notified of the outcome by 2 December 2019 (Monday) through email.
Enquiries	:	Tel.: 3940 0101 (After language selection, please press "4") or Email: ae@hkage.org.hk
Remarks	:	<ol style="list-style-type: none">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: As there are no parking spaces at our premises. Please park your car in the car parks nearby.