

对象：7-12年级青少年家长
For grade 7-12 parents

Becoming An Emotionally Healthy Parent



• How does my emotional health impact my relationship with my teens?
情绪健康如何影响我和年青子女的关系?

• How to deal with stress, fear and frustration as a parent?
作为家长，如何处理压力，惧怕和挫败感?

• Am I moving towards my goal or God's goal on raising my children?
教养孩子朝向我的目标还是神的目标?

成为情绪健康的家长

国语
2024年3月12日
星期二晚7:30-9:30

English
March 14, 2024
Thursday 7:30-9:30pm

Rev. Sophia Chan 陈静文牧师

As the Director of Youth Services at 105 Gibson Centre and years in youth ministry, Sophia believes that God has given young people a reservoir of talents and dreams. Her goal is to journey with them and witness their growth. She hopes to serve youth in a holistic manner where they can explore their vocation and experience love, faith, and hope.

担任105 Gibson中心的青年服务主任和从事青年事工多年，她相信上帝赋予了年轻人丰富的才能和梦想。她的目标是与他们一起经历并见证他们的成长。她希望以身心社灵的方式服侍年轻人，让他们探索自己的方向并体验爱、信仰和希望。

实体
In-person

Richmond Hill Christian Community Church Basement,
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线上
Online

Zoom ID:
946 495 1842
Passcode:
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