



Caring for Your Children and Family with Stress from COVID-19

疫情可防可控，但随着病毒在肆虐，放宽群体活动,学校重开，我们的心弦也在不停地被重重敲击。那么我们又该如何防控我们心理上的“疫情”呢？许多家长与子女面对不同的挑战，表现了不同程度的情绪困扰，以及精神上的焦虑、恐惧和憂鬱。这些变化正常吗？我们该如何应对？

- 了解疫情对家庭成员和小孩的影响
- 如何保持正向思维，照顾自己和小孩的心理健康
- 分享如何处理受疫情影响的压力的策略

讲者：Ginny Wong, 家庭辅导员

查询及报名:

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Highlights

- Learn about COVID-19 and it's impact on family and children
- Mental health and wellness for family and children during COVID-19.
- Strategies to support your family and children to manage stress

华语讲座

提供给持枫叶卡的北岸居民

Location

Online via Zoom
Details provided upon registration.

Date & Time

Thursday September 17
9:30 - 11:30 am

Tel: 604.988.2931
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For more information and to register contact:

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Financé par :



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