



S.U.C.C.E.S.S.

# 風雨同路華語家長互助小組

## CHINESE PARENTS SUPPORT GROUP



歡迎6-19歲青少年子女家長參加  
學習及交流養育子女的心得

Parents of children aged 6 to 19 are  
welcome to join  
ZOOM 10:00A.M. - 11:30A.M.

每月第2個及第4個星期三 (2025年9月 - 2026年6月)  
普通話 | 費用全免 (Mandarin | Free of Charge)

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**FAMILY AND COMMUNITY SERVICES – GROUP PROGRAM**  
**CHINESE PARENT SUPPORT GROUP 風雨同路家長互助小組**  
**2025 - 2026 GROUP ACTIVITIES SCHEDULE 活動計劃**

DATE	ACTIVITIES
September 10	孩子與青少年心理發展與自我認同發展：在兩種文化中長大 — 父母該知道的事 Child and Adolescent Development & Identity Formation — Growing Up Between Two Cultures: What Parents Need to Know
September 24	孩子及青少年心理發展與身份建構：跨越兩個世界 — 孩子的雙文化認同建構 Child and Adolescent Development and Identity Formation (Part 2) Bridging Two Worlds — Building Bicultural Identity in Children
October 8	探索青少年面對的世界：網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年面對的世界：校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年面對的世界：電子遊戲／社群媒體成癮問題 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	孩童及青少年心理健康：抑鬱症 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	孩童及青少年心理健康：社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	孩童及青少年心理健康：注意力不足過動症（ADHD） Child and Adolescent Mental Health: Attention-Deficit/Hyperactivity Disorder
January 28	孩童及青少年心理健康：認識「完美主義」 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識代際情緒傳遞、建立情緒安全的家庭 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧：憤怒和情緒管理（上）認識憤怒與衝突 Parental Self-Care: Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧：憤怒和情緒管理（下）學習表達與調節 Parental Self-Care: Anger Management (Part 2) - Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧：覺察焦慮情緒、學習自我關懷 Parental Self-Care: Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理：從「聽話」到「對話」——華人家庭教養觀的轉化 Parent-Child Conflict Management: From Obedience to Dialogue — Rethinking Parenting in Chinese Families
April 22	親子衝突管理：如何面對孩子青春期的挑戰與對抗行為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理：如何結束一場親子爭吵？ Parent-Child Conflict Management:



	How to End a Fight and Repair the Relationship
May 27	溝通技巧和教養策略：用孩子能懂的方式去愛——中西式親子情感對話 Communication and Parenting Strategies: Loving Your Child in a Way They Can Understand — Emotional Dialogue in Eastern and Western Cultures
June 10	溝通技巧和教養策略：培養情緒安穩的下一代——成為孩子的「情緒教練」 Communication and Parenting Strategies: Raising Emotionally Resilient Children — Becoming Your Child’s “Emotion Coach”
June 24	溝通技巧和教養策略：激發內在動機——提升孩子的學習動力與生活責任感 Communication and Parenting Strategies: Fostering Inner Motivation — Helping Children Develop Responsibility and a Love for Learning

