



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,
各位家長：

P24142

Tuning into teens – Parent Group
家長小組 – 成為孩子的情緒教練

To enhance parents' awareness of their own emotions and to cultivate their children's emotional intelligence, thereby improving emotional communication within families and strengthening parent-child relationships, our school's Guidance Department is collaborating with the Boys' & Girls' Clubs Association of Hong Kong to offer a "Tuning into Teens®" parent group.

The goal of this group is to support parents in becoming "emotional coaches" for their teenagers, to help parents gain a deeper understanding of their teenagers' emotional experiences while teaching various techniques. Through everyday life examples and classroom exercises, it will assist parents in developing greater empathy and confidence in connecting and communicating with young people. The details are as follows:

為加強家長對自身情緒的覺察，以及培養子女「情緒智商」的能力，以改善青少年家庭的情感溝通，增進親子關係，有效處理衝突。本校輔導處與香港小童群益會 Tuning in to Teens®合辦「成為孩子的情緒教練家長小組」。小組旨在協助家長成為青少年的「情緒教練」，計劃讓家長更深入了解青少年的情感體驗，同時教授不同技巧，透過日常生活的例子和課堂練習，協助家長更具同理心和信心與年輕人聯繫溝通。活動詳情如下：

Date: 日期：	3 rd May 2025, 10 th May 2025, 24 th May 2025 and 7 th June 2025 (Saturday) 2025年5月3日、2025年5月10日、 2025年5月24日及2025年6月7日(星期六) 4 Sessions (共4節)
Time: 時間：	10:00am – 12:00nn 上午10時至12時
Place:地點：	Room 101, 學校班房 101 室
Quota 名額：	6-8 persons (6 - 8 人)
Coach 導師：	School Social Worker – Mr. Li Chun Wai Parent Child LINK Specialised Co-parenting Support Centre – Ms Man Ka Yu 香港小童群益會 - 駐校社工李晉緯先生 「家兒牽」共享親職支援中心 - 文嘉愉姑娘
Remarks: 備註：	Parents who meet the following criteria are welcome to participate (both fathers and mothers are encouraged to join): (1) Interested in learning how to interact with teenagers and help them cope with emotional challenges. (2) Able to commit time to attend all classes. *Spaces are limited and will be allocated on a first-come, first-served basis. *Parents who successfully register will receive a phone notification one week before the group begins. 符合以下條件之家長（父親或母親均歡迎參加） (1) 有意學習與青少年相處之道，助他們應對情緒挑戰 (2) 能預留時間出席全部課堂 *名額有限，先到先得 *成功報名的家長，將會在小組開始前一星期收到電話通知

敬請 貴家長於四月十八日(星期五)前填妥網上回條。如有疑問，可與麥月娥老師查詢，聯絡電話為 2497 7110。

Please sign the online reply slip on or before 18th April 2025 (Friday). Should you have any enquiries, please contact Ms Mak Yuet Ngor at 2497 7110.

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學

Law Wing Chung, Principal 羅穎忠校長
24th March 2025 二零二五年三月二十四日



E-class Reply Slip

電子通告回條

I acknowledge the receipt of the above captioned circular concerning “Tuning into teens – Parenting Workshop”. and
本人獲悉 貴校來函有關「家長小組 – 成為孩子的情緒教練」事宜及

- I will take part in the activity.
本人會參加此活動。
- I will not take part in the activity.
本人不會參加此活動。

* Please put a tick √ in the appropriate box. 請於適當處加上 √ 號。