



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：

P25058

Mental Health Support for Youth – Parent Workshop

家長支援青少年精神健康工作坊 (一)

To enhance parents' awareness of mental health and equip them with effective emotional support skills, our school's Guidance Department is collaborating with MindHK to offer a Mental Health Support for Youth – Parent Workshop.

The workshop aims to help parents build a supportive network for teenagers, providing a deeper understanding of adolescent mental health. It will also teach various techniques through everyday examples and classroom exercises, enabling parents to connect and communicate with young people with greater empathy and confidence. The details are as follows:

為提升家長對精神健康的認知及掌握有效的情緒支援技巧，本校輔導處與香港心聆 MindHK 合辦 - 家長支援青少年精神健康工作坊。工作坊旨在協助家長建立支援青少年網絡，讓家長更深入了解青少年的精神健康，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：	1 st Nov 2025 (Saturday) 11 月 1 日 (星期六)
Time/時間：	10:30 am – 12:30 pm 上午 10 時 30 分至下午 12 時 30 分
Place:地點：	Lecture Room 演講室

敬請 貴家長於十月二十六日(星期六)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 26th October 2025 (Saturday). 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
20th October 2025 二零二五年十月二十日

E-class Reply Slip

電子通告回條

I acknowledge the receipt of the above captioned circular concerning “Mental Health Support for Youth – Parent Workshop”.

本人獲悉 貴校來函有關「家長支援青少年精神健康工作坊」事宜。

*I acknowledge the above captioned circular and

☐ 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。