



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：

P25105

Mental Health Support for Youth – Parent Workshop II

家長支援青少年精神健康工作坊 (二)

To enhance parents' understanding of mental health and equip them with effective emotional support skills, following the “Mental Health Support for Youth – Parent Workshop I” in November 2025, our school's Guidance Department is collaborating with MindHK to offer a Mental Health Support for Youth – Parent Workshop II.

The workshop aims to assist parents in establishing a support network for teenagers, enabling them to gain a deeper understanding of teenager mental health, mastering emotional support techniques through hands-on practice. 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，繼十一月的家長支援青少年精神健康工作坊(一)，本校輔導處與香港心聆 MindHK 將合辦家長支援青少年精神健康工作坊(二)。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，同時透過即場練習，掌握情緒支援技巧。

活動詳情如下：

Date /日期：	24 th January 2026 (Saturday) 2026年1月24日(星期六)
Time/時間：	10:00 am – 12:00 pm 上午10時00分至12時00分
Place/地點：	Hall 學校禮堂

敬請 貴家長於一月十四日(星期三)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 14th January 2026 (Wednesday). 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
7th January 2026 二零二六年一月七日

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 II” .

本人獲悉 貴校來函有關「家長支援青少年精神健康工作坊(二)」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。