



FAMILY LIFE EDUCATION PROGRAMS IN CHINESE (January – March 2012)

This is the English translation of the attached Family Life Education pamphlet (in summary format) for your easy reference. If you have any questions, please feel free to contact our intake worker at 604.408.7266.

PROGRAMS IN CHINESE

PARENT GROUPS

NOBODY’S PERFECT PARENTING PROGRAM

This is a series of 6 sessions intended for parents with children below 5 years old. This program aims at discussing about parenting to ensure healthy development of children in all aspects.

Date: Jan 17 – Feb 28, 2012 (Every Tuesday, 6 sessions, no class on Jan 24)

Venue: Burnaby - Maywood Community School (4567 Imperial Street, Burnaby, BC)
 Time: 12:30 pm – 2:30 pm
 Language: **Mandarin**
 Fees: Free (with Free Child-minding)
 Enquiry/registration: Maywood Community School (**NEED TO REGISTER IN PERSON**)

Date : Please enquire about the next group start date

Venue: Vancouver (Exact Date and Time to be arranged)
 Language: **Cantonese**
 Fees: Free
 Enquiry/registration: Intake (604.408.7266)

Venue: Tri-Cities(Exact Date and Time to be arranged)
 Language: **Mandarin**
 Fees: Free
 Enquiry/registration: Teresa Hsieh (604.468.6024)

Venue: Tri-Cities(Exact Date and Time to be arranged)
 Language: **Cantonese**
 Fees: Free
 Enquiry/registration: Ada Sin (604.468.6002)

PARENT-CHILD MOTHER-GOOSE PROGRAM in Burnaby

(This program is for Chinese Families, parents with children aged one and a half to five)

Target population: Parents with **3-5** years old child and their child
Language: Mandarin
Fees: Free
Location: **Metrotown Branch, Burnaby Public Library**
Date: January 13 – March 9, 2012 (Friday)
Time: 11:00 am – 12:30 pm
Enquiry: 604.408.7274 ext 2087
Registration: Register with the **Metrotown Branch, Burnaby Public Library IN PERSON**
Starting from November 24, 2011

Target population: Parents with **1.5-5** years old child and their child
Language: Mandarin
Fees: Free
Location: **Inman Elementary School**, Burnaby (3963 Brandon Street, Burnaby)
Date: January 9 – March 19, 2012 (Monday, no class on Jan 23rd and 30th, 2012)
Time: 11:00 am – 12:30 pm
Enquiry: 604.664.8719
Registration: Register with the **Inman Elementary School**

*** Limit to 12 families (first priority for those families who haven't attended the program this year; others will be put in the waiting list)

SUPPORT GROUPS

SUPPORT GROUP for PARENTS of CHILDREN from BIRTH to AGE 6

This is a bi-weekly group for discussion on parenting issues, learning about the early childhood services in Tri-Cities area and building your social and support network.

Date: Alternate Tuesday
 Time: 9:30 am - 11:30 am
 Venue: S.U.C.C.E.S.S. Tri-Cities Office
 #2058 – 1163 Pinetree Way, Coquitlam
 Language: **Cantonese**
 Fees: Free
 Enquiry/registration: Ada Sin (604.468.6002)

Date: Alternate Tuesday
 Time: 10:30 am - 12:30 pm
 Venue: S.U.C.C.E.S.S. Tri-Cities Office
 #2058 – 1163 Pinetree Way, Coquitlam
 Language: **Mandarin**
 Fees: Free
 Enquiry/registration: Teresa Hsieh (604.468.6024)

SUPPORT GROUP for PARENTS of TEENS

This is a group for parents with children age 12 or above. This group provides a safe environment for parents to share and discuss on parenting challenges with the facilitation of a professional counsellor.

Date: The 1st and 3rd Tuesday of the Month
 Time: 10:00 am – 12:30 pm
 Venue: S.U.C.C.E.S.S. Pender Office (Room 215)
 28 West Pender Street, Vancouver
 Language: **Cantonese**
 Fees: \$5 for half a year
 Enquiry/registration: 604.408.7266

PARENT SUPPORT CIRCLE

(Program Operated by Parent Support Services Society of B.C. and sponsored by S.U.C.C.E.S.S.)

This parent support group is for parents with children 12 years old and under. Parents can share and learn under a safe and caring environment. With the mutual support from other parents, members can learn about the developmental stages of children, appropriate parenting techniques, east meets west parenting and community resources.

Parents can attend groups either held in Vancouver or Burnaby. They can also choose between Cantonese support group and Mandarin support group. Parents need to register before attending the group.

Vancouver Mandarin Group

Date: Every Friday
Time: 7:00 pm – 9:00 pm
Venue: Evergreen Community Health Centre

Vancouver Cantonese Group

Date: Every Friday
Time: 7:00 pm – 9:00 pm
Venue: South Vancouver Neighbourhood House

Burnaby Cantonese Group

Date: Every Friday
Time: 7:00 pm – 9:00 pm
Venue: Family Gathering of Burnaby Association for Community Inclusion

Child care is provided.

Fee: Free
Enquiry: 604.669.1616 (English)
604.408.7266 (Chinese)

FAMILY LIFE EDUCATION WORKSHOPS

“CHANGEWAYS” PROGRAM

Objectives:

- To have a positive attitude to face difference life events
- To assist you in learning ways to deal with depression and anxiety as well as to reduce stress in life
- To teach you how to face challenges and crisis in life

Target Population:

Mandarin-speaking (can understand Mandarin) **Richmond** residents who experience symptoms of depression, adjustment difficulties and/or other major life stressors

Format:

- 7-week Community Program: Can self-refer or agency-refer

Registrants will be arranged for a phone interview before accepting into the program. Participants also have to commit to attend the group of 7 sessions.

Date: Jan 14 – Feb 25, 2012 (Every Saturday)
Time: 9:30 am – 12:30 pm
Place: Room 294, 7000 Caring Place, Minoru Blvd., **Richmond**
Language: Mandarin
Fee: Free
Enquiry : 604.408.7274 ext 2086 (Mrs. Veronica Yu)

PARENT-YOUTH ART THERAPY WORKSHOP

Theme : The source for Parent-Child relationship during puberty

This course is for parents with teens who may encounter their teens' intense change or cultural conflicts. Many immigrants today find it difficult to raise their children in a new country. This workshop focuses on understanding teenagers' internal world and learning effective strategies to deal with difficulties. In a safe and supportive environment, parents will be introduced to art therapy as a means to improve their relationship and communication with their children.

Limited to 15 Participants

Date: January 27th, February 3rd, 10th, 17th, 2012 (Fridays)
Time: 1:00 pm – 3:00 pm
Venue: Room 110, S.U.C.C.E.S.S. Social Service Building (28 West Pender Street, Vancouver)
Language: Mandarin

Content:

Jan 27th- My Culture and My Family

Parents are able to know themselves better, have a better awareness of cultural differences and are able to feel that they are being understood and attended to

Feb 3rd - Adolescent Development and Social Relationship

Parents learned about the developmental stages of 10 to 18 years old teens, both physically and emotionally, and parents will have a better idea of how to talk to their teens about sexuality

Feb 10th – How to deal with Parent-Child Conflicts

Parents will have an opportunity to gain self-awareness on their own emotions, how to manage their stress and understand the importance of parenting boundary and children's independence

Feb 17th – Effective Communication Strategy and Risk Prevention

Parents learn about positive thinking, better communication style and how these can help create harmony at home

Facilitators: Roxanne Chou (Canadian professional art therapist)

Fees: \$135.00 per person (Adult)
plus \$10.00 material fee
(Fee has to be paid on the 1st session)

Enquiry/Registration: 604.408.7266

Registrants will be arranged for a phone interview before accepting into the program

NO PREVIOUS ART-MAKING EXPERIENCE IS REQUIRED

OTHER PROGRAMS

S.U.C.C.E.S.S. CHINESE HELP LINES

S.U.C.C.E.S.S. Chinese Help Lines provide sincere emotional support to the Chinese Community in Mandarin and Cantonese services. We also provide information referral on community resources. The service is free of charge.

Date:	Monday to Sunday (7 days a week)
Time:	10:00 am – 10:00 pm
Language:	Cantonese and Mandarin
Fees:	Free
Chinese Help Lines phone no.:	604.270.8222 (Mandarin) 604.270.8233 (Cantonese)
Volunteer Recruitment Line:	604.270.8611

CHINESE PROBLEM GAMBLING WEBSITE

<http://problemgambling.successbc.ca>

Comprehensive information and resources in Chinese for problem gamblers and affected family members are provided in the website. The web-site was recently launched in October 2010.

Referral to Chinese speaking problem gambling counselors:

Vancouver/Burnaby - Irene Tang:	604.726.7693
Richmond - Clarence Chan:	604.279.7180

Language and Fee: Cantonese and Mandarin (FREE)

The Problem Gambling Counselling Program is operated in collaboration with Family Services of Greater Vancouver and Richmond Addiction Services.

Some of the programs are funded by:

