



Empowering Families Through Family Matters!



FAMILY matters!

Parenting Talk (September): Angry and Stressful Child

Are you in a situation where it seems like your child is not responding to you?

Is your child constantly erupting into spurts of anger without any reasons?

Do you know that anger and stress symptoms are very similar?

What is happening to that little obedient child??

In this talk, you will learn about:

- The emotional and physical symptoms of stress
- Toxic coping styles
- Ways dealing with a heated child
- Using “Choices Theory” to explain anger and stress
- Self care methods for care givers
- Time and Behavioural management techniques

Speaker – Mr Richard Cheong has been trained as a certified family life educator by Swinburne University (Australia) and Family Resource Training Centre. He specializes in marriage counselling, counselling children and teens, and in counselling young adults in the area of smoking cessation. Richard was invited on Radio FM 93.8 as a guest speaker and was on the recent teens programme in Channel U “Just Shoot”. Richard holds a degree in Counselling Psychology, Diploma in Counselling and Communication with Edith Cowan University and is now a certified Triple P Practitioner.

Date & Time: 2 September 2017 (Sat) , 9 to 11 am

Venue: Teaching Lab (Level 1), HPPS

For registration, please go to <https://goo.gl/forms/dwtTdcPr3rhTaywg2> or email: ong_shwu_fong@moe.edu.sg