



Empowering Families Through Family Matters!



FAMILY matters!

# Positive Parenting Seminar Series

## The Power of Positive Parenting

6 July 2019, Saturday  
9.00 – 11.00 a.m.

Learn about reasonable expectations, assertive discipline, positive learning environments and looking after yourself as a parent

## Raising Confident, Competent Children

20 July 2019, Saturday  
9.00 – 11.00 a.m.

Learn how to help your child express his/her feelings appropriately, how to make friends, have healthy self-esteem and more

## Raising Resilient Children

3 August 2019, Saturday  
9.00 – 11.00 a.m.

Learn about emotional resilience in children and important life skills that help children deal effectively with life's challenges and thrive

**Speaker – Mdm Evelyn Khong** is a Principal Consultant in Family Life Education. She holds a Bachelor's degree in Psychology from the University of Southern Queensland, is ACTA certified and an accredited trainer for PREP (Prevention and Relationship Enhancement program for couples), Triple P Positive Parenting Program, Stephen Covey's 7 Habits, Parenting with Confidence, DISC (Personality and Behavioral Assessment), etc. In September 2018, she completed her Masters in Gerontology with Singapore University of Social Sciences. Evelyn has been conducting family life education and life skills for over a decade with private entities, ministries, schools, libraries, prison, community clubs, religious organization have been well received. Evelyn was also featured in magazines, newsletters, television and radio programs.

**All seminars are complimentary and will be held at HPPS PAL Rooms (Level 2).**

**Please register by 3 July 2019 at <https://forms.gle/VXpBC5RNxVnLkvqi8>**