

The following programs are free of charge & childcare is provided.

以下課程完全免費，並附設托兒服務：

ESL & COOKING 烹飪學英語

特為五歲以下兒童及移民母親而設的免費課程，透過烹飪學習英語，互相交換烹飪心得，學習烹飪技巧；同時認識社區資源及不同文化，結識不同族裔新朋友。

This is a **FREE program** for immigrant women with children under 5 years old who want to practice basic English, have fun cooking together, make new friends, and learn about the community.

Date 日期: **Sept. 27 - Nov. 29** (逢星期二)

Time 時間: **10:00 a.m. - 12:00 p.m.**

Location 地點: East Richmond Community Hall
12360 Cambie Road, Richmond
(No. 5 & Cambie Road)

Offered in partnership with East Richmond Community Association

完美難求家長課程

NOBODY'S PERFECT PARENTING PROGRAM

為五歲以下兒童及家長而設

如你感到為人父母者的生活壓力或孤獨，歡迎參加這個免費家長小組。透過導師的帶領，利用參考書和活動，互相分享及領略照顧子女的方法。每週聚會一次，共六次。參加者可獲贈“父母錦囊”。

A **FREE parenting program**
for parents of preschoolers (0 to 5)

If you feel overwhelmed and isolated by the demands of being a parent of preschoolers, come and share parenting experiences and ideas. A small group of 8 to 12 parents will meet with a trained facilitator once a week for 6 weeks. All participants will receive the Parents Kit free of charge.

Mandarin 國語 Sep. 16 - Oct. 21 (逢星期五)

Cantonese 粵語 Oct. 28 - Dec. 9 (逢星期五)

Time 時間: **10:00 a.m. - 12:00 noon**

Location 地點: 295 - 7000 Minoru Blvd.

Facilitator 導師: Lancy Chan - 大溫哥華家庭服務會

EQ 加油站 THE EQ STATION

孩子有自信，人際關係良好，是每個為人父母所期盼的。家庭生活是我們學習情緒的第一所學校，而父母就是當然的老師，孩子如何處理情緒，大部分是從與父母相處中學習到的。

成長對子女及父母均是一段真實艱苦的時期。有什麼方法可提高孩子的情緒智商呢？

內容包括：

- 如何幫助子女疏導/發洩他們的情緒？
- 如何幫助他們克服困難及適應環境？
- 如何提高孩子的情緒智商呢？

Date 日期: **Sep. 29** (星期四)

Time 時間: **7:00 - 9:00 p.m.**

Language 語言: **Mandarin 國語**

Location 地點: 295 - 7000 Minoru Blvd.

Facilitator 導師: Lancy Chan - 大溫哥華家庭服務會

Fee 費用: \$ 3

幫助孩子邁向成功

PREPARING OUR CHILDREN FOR SUCCESS

每個孩子就像他的指紋一樣獨一無二、像鑽石一樣閃爍著獨特的光芒。有些智能出眾、有些善於為人處事，更多的是擁有與生俱來的創造才能和靈巧。孩子們需要我們的引導，聰明的父母總是會不斷地學習、瞭解並調整對自己孩子的指導，順應他的成長。

內容包括: 有助未來成功的重要性格、兒童成長過程中的主要挑戰及怎樣與子女進行有效的交流。

Date 日期: **Oct. 26** (星期三)

Time 時間: **9:30 - 11:30 a.m.**

Language 語言: **Mandarin 國語**

Location 地點: 345 - 7000 Minoru Blvd.

Facilitator 導師: Lancy Chan - 大溫哥華家庭服務會

Free of Charge 費用全免

Offered in partnership with Richmond School District. No. 38

家居急救常識 RESIDENTIAL FIRST AID

家居生活是有潛在受傷的機會，包括割傷、燒傷、跌傷、意外受傷、中毒或突發病症等。

BC省居民每年因這些原因導致損傷數以千計。須知受傷並非“意外”，是可以防止的。

怎樣才可以保障兒童與家人安全呢？如果孩子受傷時，應如何面對呢？何時致電要求緊急醫療服務，在醫護人員到場前該怎樣做呢？

Date 日期: **Nov. 21** (星期四)

Time 時間: **7:00 - 9:00 p.m.**

Language 語言: **Mandarin 國語**

Location 地點: 294 - 7000 Minoru Blvd.

Facilitator 導師: 紅十字會急救導師

Fee 費用: \$ 3

Offered in partnership with the Canadian Red Cross

兒童護理急救證書課程

EMERGENCY CHILD CARE FIRST AID

本課程特為照顧兒童之人士而設。

內容包括: 認識家居之危險、安全教育；頭及脊椎受傷、休克、內科急症中毒、出血、兒童之氣道、呼吸及血液循環緊急處理。當孩子受傷時應如何處理？何時應致電家長或監護人？

完成課程及考試合格者，可獲加拿大紅十字會發出有效期三年之證書，證書為 **Child Care Facilities Licensing Board** 認可。

Date 日期: **Dec. 3** (星期六)

Time 時間: **8:30 a.m. - 4:30 p.m.**

Language 語言: **Mandarin 國語**

Location 地點: 340 - 7000 Minoru Blvd.

Facilitator 導師: Kenny Leung-紅十字會急救導師

Fee 費用: \$ 90

Offered in partnership with the Canadian Red Cross

家長互助小組 (國/粵語)
SUPPORT GROUP FOR PARENTS

(CANTONESE / MANDARIN)

特為**五至十三歲**兒童的父母而設，透過導師帶領，家長可以在關懷氣氛下抒發情緒，透過分享和學習，互相支持，了解子女的發展、需要和本地教養子女的文化。每月聚會一次。

This support group, for Chinese parents of school age children (aged 5 to 13), meets with a trained facilitator once a month.

The purpose of the program is to help parents have a better understanding of child development and local culture, as well as to share their concerns of parenting and parent-child relationships.

日間 Daytime: 10:00 - 11:30 a.m.

每月**第一個星期四**

Every **First Thursday** of each month

晚間 Evening: 7:15 - 8:45 p.m.

每月**第二個星期五**

Every **Second Friday** of each month

Fee 費用: \$5

Location 地點: 295 - 7000 Minoru Blvd.

列治文移民家庭好友計劃

RICHMOND FAMILY FRIEND PROGRAM

For **Immigrant Families** with Children under 5 years old & **Volunteer Mentors**

- Matches a volunteer with an immigrant family who is feeling isolated and experiencing stress related to raising a young child.
- Allows each volunteer to act as a companion and support person for the parent, and provide friendship, practical and emotional support and mentorship.
- The family friend volunteer will have some regular social contact with you for a period of about 6 months.

為有五歲以下兒童的**移民家庭及義工**而設

- 為那些感到人地生疏的移民父母配合一位義工，這位義工將會成為你們的好友，並在六個月的時間內定期與移民家庭接觸，加以協助。



Family Services
of Greater Vancouver

OUR AGENCY 本機構

大溫哥華家庭服務會是非牟利的志願團體。自1928年本會已開始為大溫地區提供服務協助家庭。本會經加拿大家庭服務會審核及認可。

Family Services of Greater Vancouver is an accredited, private, non-profit (non-governmental) agency. We have been assisting families in the Lower Mainland since 1928.

REGISTRATION 報名

所有小組及研習班，必須預先報名

Pre-registration is essential for all Programs

For suggestion and enquiries contact: 查詢及建議

Family Services of Greater Vancouver

Richmond office:

250-7000 Minoru Blvd., Richmond, BC, V6Y 3Z5

Tel: **604.279.7100**

Fax: **604.279.7108**

email: **lchan@fsgv.ca**

Refund Policy

Requests for refunds must be received 3 full working days before the class starts. 20% of the fee will be charged for refund processing. All refunds are made by cheque (except in the case of a credit card transaction). Please allow 3 weeks for processing.

列治文以外小組及研習班，請瀏覽本會網頁或致電查詢：

If our Richmond program is not offering the course you want on a day which is convenient to you, you may find it at a time that works for you in Vancouver and New Westminster.

For further information, visit our website at **www.fsgv.ca** or call:

Vancouver East Office: **604.638.3390**

New Westminster Office: **604.525.9144**



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Family Services
of Greater Vancouver

大溫哥華家庭服務會

FALL 2011

WORKSHOPS

**Parenting
&
Personal Growth**
中文家長小組及研習班

in
Richmond

TO REGISTER CALL:

查詢及報名請電

604.279.7100

www.fsgv.ca



United Way of the
Lower Mainland