

Learn new ways to nurture and love your child
Find understanding, support and encouragement to

Be the parent you want to be



Burnaby
Mandarin
Circle starts
soon. Call us
to register!!!

Cantonese & Mandarin Parent Support Circles

- Free • Weekly • Confidential • Open to all parents with children & teens
- Each self-help parent-support Circle is led by two trained facilitators

Here's what Circle members say

"A nice supportive group where you can learn new ideas and put things into perspective"

"Get support, feedback and new ideas"

"Hear from other parents and know ... you're not alone"

*"An opportunity to be a better parent by learning from others,
as well as sharing one's experiences."*

To join the Circles, call:

English 604.669.1616

Cantonese 604.408.7266 ; 604.412.3705

Mandarin 604.412.3705 ; 604.408.7266

Brought to you by:

In collaboration with:



學習撫養/愛護孩子的方法
獲得理解,支持和鼓勵
做個你心目中理想的父母

本拿比普通話小組即將
開始,請致電報名!!!



廣東話 與 普通話
親子有方家長互助小組

- 免費 • 每週一次 • 承諾保密 • 歡迎有兒童和青少年的家長參加
- 每組由兩位經過培訓的帶組員負責

小組成員評語

“通過參加互助小組的討論,你可以獲得更深的體會與更寬廣的視野”

“獲得支持,回應和新見解”

“聆聽來自其他父母的心聲,知道自己不孤單”

“透過相互間經驗的分享,讓自己成為更好的家長。”

有意參加者 請致電登記

英語小組 604.669.1616

粵語小組 604.408.7266 ; 604.412.3705

國語小組 604.412.3705 ; 604.408.7266

主辦單位:

協辦機構:

