

Wellbeing talks series for parents 2019-2020

We are pleased to be offering a series of talks for parents/carers this year, which address a range of wellbeing issues.

We have varied the format slightly from last year. The main changes are:

- Events will have more of a social element to them. They will start with an informal 'drinks and chat' (wine/cheese/tea/biscuits) session to give parents a chance to informally network, share experiences and socialise (from 6pm)
- The talks themselves will start slightly later (6.30pm).
- The talks will be shorter (45mins) to allow for Q&A time after and further group discussion (flexible end time, approx. 7.30)
- Talks will be held on the 4th Tuesday of every month (when possible) for consistency.
- The talks will no longer be on the same day as Learning reviews.

All talks except the 'parenting course' are Free of cost to our parents.

Please sign up [here](#).

Term 1 - 2019		
Date	Talk topic	Speaker & Details
24 September	Dealing with Bullying	Rachel Chan Mazariegos Behavioural Therapist & Psychometrician The bullying experiences of young children and adolescents today has vastly changed from the experiences of their parents. This can be attributed to changes and developments in technology, communication tools and groups constructs. These differences can lead to difficulties for a child to express their experiences to their parents. Recent research has explored the experiences of bullying for school aged children and their parents. This talk hopes to shed light on this research to provide parents with an understanding into the various forms of bullying facing children today, its effects on children and how best to deal with these situations. Topics Covered • Relational Bullying • Cyber Bullying • Gender differences in Bullying • Psychological Effects of Bullying • Parental approaches to Bullying
22 October	Depression and Anxiety in teens	Dr Frances Cheng Specialist in Psychiatry Stress and anxiety affect many students in Hong Kong but why do some people seem to cope better than others? Learn more about what causes stress and how to manage the stressful periods in your child's life, and also how to tell if what they are experiencing may be more than just stress, like an anxiety disorder or depression

12 November	Resilience - 'The Art of bouncing back!'	Holly Yuen - KGV Councillor Due to the positive feedback we received from this emotionally engaging presentation last year, "Resilience – the art of bouncing back!" is returning. Holly Yuen, KGV head counsellor will conduct an evening where she will share a message on resilience strategies. Holly will look at and identify factors that will enhance resilience in adolescents and will draw on personal experience and case sharing to take parents on a journey that will be as much for them as it is for their children.
19 November TBC	Financial Literacy for Teens	HSBC Expat Personal financial education is vital for the modern teen. The importance of money and how to handle it from being a student to adulthood. This talk will guide parents on the following: Teaching children about money and its importance • Saving & Budgeting • Banking for Teens • Payment types • Planning for the future- offshore accounts, tax, loans
Term 2 - 2020		
22 January	Creating An Environment for Your Child To Thrive (NB. The Eating Disorders Talk has been rescheduled to Feb)	Hiren Khemlani , performance psychologist, will hold a workshop training parents to create a climate that fosters the development of their child's personal qualities including motivation, confidence and concentration. Parents will be taken through some of the evidence for effective communication and parenting practices, and will be encouraged to reflect on their own parenting styles. They will also engage in activities to practice role-modelling positive behaviours and responses for their children to learn from, and will be guided in the use of different exercises to help their children manage adversity and develop resilience.
25 February	Eating Disorders	Hayley Thomas Child, Adolescent and Family Therapist (Specializes in eating disorders) This talk will cover the importance of social health and relationships as it relates to eating disorders and emotional health as in expressing emotions and meeting their own needs. Spiritual health in that life has meaning and purpose. • Eating disorders- Obesity, anorexia, binge eating disorder, activity disorder (exercise compulsivity) and bulimia. What are they and how do they transpire? • Preventative measures for parents. • Signs your child may have or may be developing an eating disorder. • The real issues- cultural messages, family issues, trauma, body image, self-esteem, media awareness, stress, depression and anxiety. • How to approach food and body issues with children. Overeating and under eating
February	Parenting course	To be hosted on a Saturday morning & afternoon
	Parenting course	There will be a charge to parents
	Parenting course	TBC
	Parenting course	

	Parenting course	
	Parenting course	
24 March	Addictions - Substance abuse	Mehek Gidwani - Addiction Recovery Coach Learn about addiction from an ESF alumni who went to rehab at 19 after using ketamine, marijuana and drinking heavily in her teens. Today she is an Addiction Recovery Coach and Certified Yoga Alliance Teacher focused on Addiction. Mehek will share: • Why drugs were a solution and not the core problem. • How the Frequency of Addiction manifests with many behaviours. • How Connection, Emotional Intelligence and Spirituality created lasting Recovery from Addiction for Mehek and many others?
Term 3		
21 April	Digital Citizenship: Addiction to social media & gaming	Han Son - Education Specialist With the growth of Bring Your Own Device (BYOD) and 1:1 initiatives in schools, there is an increasing need to understand the mindset of our youth and to help guide them as they begin to navigate the world of technology and the Internet. This talk shares some of the tools and initiatives done by Koding Kingdom to help students think critically, behave safely, and participate responsibly in our digital world. We will also share some of the applications that parents themselves could consider using for their children at home.
12 May	Changing Family Dynamics	Allison Heiliczer Counsellor and Psychotherapist (Individuals and Couples) Join Allison, to discuss how families have changed in recent years. In the talk, Allison will discuss how separation, divorce, and bereavement impact both parents and children. She will speak about the challenges families face and how parents can best support themselves and their children during transitional times. This talk will be interactive and will include time for parents to ask Allison questions along with her hearing about her years of working with individuals and couples facing challenges that affect many families today.
26 May	Movie before graduation	TBC
23 June	How to talk to your teen about sex	Valentina Tudose Certified Dating Coach and Relationship Expert This talk aims to provide the framework and language we can use to talk about this topic with our children. What will you learn about in this discussion: •What role does sex play in healthy relationships •When is the right time to speak to children and teens about sex and what is the age-appropriate language •What do teens need to know about Consent and Boundaries •How to handle the discovery your teen has been sexting and how to make it a learning opportunity and keep them safe •What are teens actually doing to explore their sexuality in the modern world •What do children make of porn