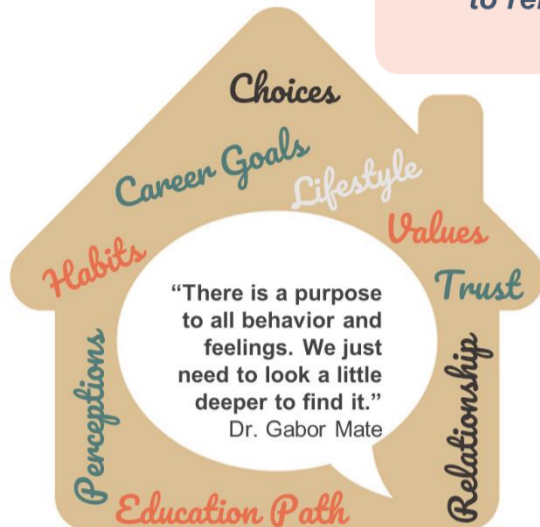


# Parent-Youth Wellness Conference

March 13-15, 2023 (10 am to 3 pm)

A 3-day conference that will engage both youth and parents to reflect, develop, nurture and embrace well-being in their personal and educational journeys.



The **Parent-Youth Wellness Conference** is customized to meet the needs of our 21st century youth who are facing uncertainties and new realities every day of their life, as well as providing knowledge and support to their parents. Understanding how much parents have impact on their children, it is essential to have both parents and youth walking parallel in their stage of development to grow and be successful in their life.

Parents and Youth will attend separate group sessions but with parallel topics for mutual support.

This conference will be of most beneficial for both parent and youth to attend.

## Benefits for Youth (Grade 8-12) and Parents

- ✓ Improve communication, relationships, and connections,
- ✓ Explore lifestyle choices,
- ✓ Raise awareness on choices and consequences,
- ✓ Collaborative activities
- ✓ Receive Certificate of Attendance and Volunteer Hours

### FACILITATOR - PARENT GROUP

**MS. MARY KAM, MSc.**

Mary Kam is a Registered Clinical Counsellor for more than 30 years and has a master's degree in clinical psychology. Over the years of her clinical practice, she has the privilege to work with individuals and families from all walks of life. She has delivered more than 100 workshops and groups, presented numerous times in national and international conferences, and often been invited as a guest speaker on TV and Radio Programs.

Mary has co-written 'CBT – Does it work well with the Chinese population in Vancouver?' and published in Visions: BC's Mental Health and Addictions Journal.

Mary is honoured to be the recipient of the Queen Elizabeth II Diamond Jubilee and Canada 150 Community Leadership Awards.

### FACILITATOR - YOUTH GROUP

**MS. SANDRA ALMEIDA (she/her), MPPA**

Through a holistic community well-being approach, Sandra Almeida has connected with families, individuals, and youth from all over the globe to fulfill their potential in society, respecting their dignity, dreams and needs in life. Sandra has a bachelor's degree in Social Communication, Master of Public Policy: Social Change Leadership and over 25 years of frontline experience. She has extensive training in compassion communication, meditation, mindfulness, wellness counselling, trauma-informed care, and Morita Therapy, to name a few. As a co-author, Sandra has published 2 books exploring community identity and engagement through arts and communication. She has attended in various international conferences and presented at national conferences, and believes that planting the seeds of love, kindness, justice and gratitude through communication and daily actions is one of the most powerful tools for inner and social change.

### LOCATION

#310 – 5050 Kingsway, Burnaby

**FEE (1 PARENT & 1 YOUTH)  
(TOTAL 24 HOURS)**

**EARLY BIRD (simple lunch included)  
(Before February 28):**

\$1,990 (GST included) if 2-3 families registered  
\$1,500 (GST included) if 4 families and above registered

**REGULAR (simple lunch included):  
\$2,090 (GST included)**

**DEADLINE FOR REGISTRATION:**

March 8, 2023 (Wed)

### LANGUAGE

**YOUTH GROUP: ENGLISH  
PARENT GROUP: MANDARIN**

To register, please click the link below:

[https://docs.google.com/forms/d/e/1FAIpQLScXGS\\_TgG7TAjmG7LIFX7Xf6BOTNXOglpS3JfBAGYGMgFNmcNg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScXGS_TgG7TAjmG7LIFX7Xf6BOTNXOglpS3JfBAGYGMgFNmcNg/viewform?usp=pp_url)

Or scan this QR code



Dogwood Counselling

# Parent-Youth Wellness Conference

## 春假研討會 - 親子關係中的理解與陪伴

March 13-15, 2023 (10 am to 3 pm)

為期 3 天親子共同參加的春假研討會，重點在促進子女和家長在他們個人和教育旅程中反思、成長、滋養和擁抱幸福



「父母-青年健康研討會」是為滿足 21 世紀青年的需求和他們的父母而定制。我們了解 Z 世代的青年每天都面臨著不確定性和新的現實，同時也為他們的父母提供相對應的知識和支持。因為父母對孩子的成長影響深遠，讓父母和青少年在他們的發展階段平行成長並參與他們的實際生活，是為子女取得成功的至關重要。

家長和青少年將參加單獨的小組會議，同時有平行的主題以相互支持。

如果家長和青少年一同參加，將會是最大效益。

研討會中您將獲得：一位子女（8-12 年級）和一位家長共同參加

- ✓ 提升溝通、人際/親子關係和連結。
- ✓ 探索生活方式的選擇
- ✓ 提高做決定和其相關後果的意識
- ✓ 透過活動體驗親子合作
- ✓ 義工時間和研討會證書

**FACILITATOR (導師) - PARENT GROUP (家長小組):**

**MS. MARY KAM, MSc.**

Mary 獲頒伊麗莎白二世女王鑽禧紀念獎章殊榮，同時也是加拿大 150 社區領導人獎的得獎人。

她擁有臨床心理學碩士學位，目前已有超過 25 年的註冊臨床顧問經驗。在她多年的臨床實踐中，她有著為各行各業的個人和家庭提供心理諮詢的經驗。她已經舉辦超過 100 場的研討會和小組，在國際會議和加拿大全國性會議上多次發表演講，並經常被邀請作為電視和廣播節目的特邀專家嘉賓。

Mary 並在 Visions: BC 的心理健康和成癮雜誌中合作發表“認知行為療法是否適合溫哥華的華人？”的文章。

### 地點

#310 – 5050 Kingsway, Burnaby

**費用 (一位父母和一位子女, 共 24 小時)**

**早鳥優惠價 (包括簡單的午餐)**

**(2 月 28 日前報名):**

**\$1,990 (含 GST) 如果 2-3 個家庭報名**

**\$1,500 (含 GST) 如果 4 或以上家庭報名**

**原價 (包括簡單的午餐):**

**\$2,090 (含 GST)**

**報名截止日期:**

**2023 年 3 月 8 日 (周三)**

### 語言

青年：英語

家長：普通話

**FACILITATOR (導師) - YOUTH GROUP (青年小組):**

**MS. SANDRA ALMEIDA (she/her), MPPA**

Sandra Almeida 擁有社會傳播學士學位和公共政策：社會變革領導力碩士學位，並擁有超過 25 年的前線助人經驗。她在同理共情溝通、冥想、正念、健康諮詢、創傷知情照顧和『森田療法』等方面接受過專業廣泛的培訓。通過全面的社區福祉方法，Sandra 與來自全球世界各地的家庭、個人和青年建立聯繫，幫助他們在社會中發揮自我的潛能，並尊重他們的尊嚴、夢想和生活需求。在她合作出版的兩本書中，Sandra 運用藝術和溝通來探索社區的特性和連結。她相信透過溝通和日常行動播下愛、善良、正義和感恩的種子是實現內心和社會進步的最有力工具之一。

Sandra 亦參加國際會議和在加拿大全國會議上發表演講。

報名登記請點選以下鏈接

[https://docs.google.com/forms/d/e/1FAIpQLScXGStgG7TAjmG7LlFX7xf6BOTNXOglpS3JfBAGYGMgFNmcNg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScXGStgG7TAjmG7LlFX7xf6BOTNXOglpS3JfBAGYGMgFNmcNg/viewform?usp=pp_url)

或掃描 QR code



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