

FUHSD Mandarin Parenting Workshop

Date: 10/6, 10/13, 10/20, 10/27, 11/3 (Thursdays), 2022
Time: 7:00 - 8:30 pm
Fee: Free
Location: Zoom
Register: <https://2022parentingFUHSD.eventbrite.com>

Facilitators:
YaHuei Chi, M.A., LMFT
Melody Yi, Ph.D. School Psychologist

If you have questions, please email:
YaHuei: Encounterhere@gmail.com
Melody: Melody_yi@fuhsd.org

Topics explored

- (1) Overview of parenting styles and challenges of parenting teens
- (2) Learning how to listen and communicate effectively with teens
- (3) Setting boundaries and allowing consequences to build responsibility
- (4) Understanding teens' technology use given the new "digital generation"
- (5) Exploring teens' mental health and counseling resources

This workshop is 5 weeks long and is conducted in Mandarin Chinese. It is focused on supporting parents and strengthening the parent-teen relationship. Being a teenager's parent is not easy. You might find parenting even more challenging when faced with raising your child in a different culture from your own. Through group discussion and experiential exercises, we will learn together and support each other to make parenting an exciting and enjoyable experience!