

# PARENTING TALK 2012

## **“Staying Cool, Staying Calm – Stressbusters for Busy Parents”**

[For Parents of Primary and Secondary Pupils]

Date: 17<sup>th</sup> Feb 2011 [Friday]

Time: 7.00 pm – 9.30pm

Venue: Singapore Chinese Girls' School, Lecture Theatre

### **Synopsis:**

*Modern Day living is filled with many stresses and demands: Career demands challenge us – pressing datelines, back to back meetings and projects, horrible bosses, incorrigible peers. Family duties press in on us: kids' exams, teenage behaviour issues, ailing parents. How can we cope with work and family and find time for ourselves as well?*

*This workshop will help you gauge your own work-life balance and give tips on how to manage the differing demands in your life, including tips for stress management.*

*Be refreshed and inspired with new perspectives and insights to bring balance to your life!*

### **Speaker Profile:**

#### **Profile of Dr. Foo Fung Fong**

*Dr. Foo is a qualified medical doctor who left medical practice to follow her passion to serve disadvantaged children, youth and families in the community. She currently serves as Executive Director at Filos Community Services.*

*Dr. Foo is a qualified Family Life Educator and Trainer and a certified trainer of the PEAKS and DISC Personality Profiling System. She also holds a Licentiate in Speech and Drama with Trinity College of the University of London.*

*Dr. Foo has worked with students from Primary School right through to Junior College and the Polytechnics, giving talks and running Lifeskills, Leadership and Public Speaking workshops. She gives talks on Parenting Skills and Issues as well as conducts Teacher Training Workshops. Her areas of interest and passion include Adolescent Health Issues, Sexuality Education, and Mental Health Issues especially in Children and Youth. She believes in building resilience in children and youth and has pioneered Resiliency Clubs in various schools. Dr. Foo and her husband are parents to 2 teenagers and 1 young adult.*

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## Reply Slip

**Attention: SCGS**

**Mrs Yvonne Lim, Dean of Organisation Development (Sec Div.) /  
Ms Susan Yeow, School Counsellor (Pri Div.)**

\*Dr/Mr/Mrs/Mdm: \_\_\_\_\_

Name of school: \_\_\_\_\_

Name of child: \_\_\_\_\_ (Class: \*Pri / Sec \_\_\_\_\_)

Contact Nos: \_\_\_\_\_ (HP) \_\_\_\_\_ (H) \_\_\_\_\_ (O)

Email: \_\_\_\_\_

*\* Please delete accordingly*

**Please fill in the following box:**

<b>Parenting Talk</b>	<b>Date</b>	<b>Time</b>	<b>Cost of Talk</b>	<b>No. of pax Attending</b>	<b>Bank &amp; Cheque No.</b>	<b>Deadline for submission of Reply Slip &amp; cheque</b>
<b>"Staying Cool, Staying Calm – Stressbusters for Busy Parents"</b>	17/2/12 (Fri)	7pm-9.30pm	<i>\$20/pax</i>			<b>1/2/2012 Wednesday</b>
			<i>\$35/couple</i>			

**Please make cheque payable to "Singapore Chinese Girls' School", indicating your child's/ward's name, school, class and programme clearly on the reverse side of the cheque. Return both Reply Slip and cheque to the SCGS school office or by post.**