



Parent Support Group:

# Psychological and Emotional Support for Facing Unexpected Circumstances (I) to (VI)

Dr LAU Kai Cheung Richard

Clinical Psychologist, Hong Kong Academy for Gifted Education



## Intended Learning Outcomes

Upon completion of the programme, parents should be able to:

1. acquire skills for facing unexpected circumstances;
2. be supported with counselling or consultation services provided by HKAGE's professional psychologist, practising skills for facing unexpected circumstances;
3. build a positive relationship with their children using appropriate methods; and
4. build a network with parents with gifted children and support each other.



## ◆ Introduction

Hong Kong people have been facing the turmoil of the COVID-19 epidemic since 2019. During this period, parents might have to adjust their work patterns when working from home and at the same time they might need to spend more time looking after their children's living or checking the progress of their children's studies. Due to the 5<sup>th</sup> wave of the pandemic, parents and students are facing even more unexpected circumstances right now. Therefore, this series of support group is designed to provide timely psychological and emotional support for parents during this summer vacation so that parents who participate in this support group know how to face these circumstances with adequate skills and healthy psychological well-being. **Although the theme of each session is the same, based on the principle of group dynamics, the interaction effect will be different, and the questions to be raised, discussed, and answered by participants and instructor in each session will also be different.** Therefore, applicants may register for one or more sessions at their own discretion.

## ◆ Schedule

Session	Dates (Thurs)	Time	Mode*	Application Links for Each Session	Deadline of Application
1	10 Mar		Zoom Meeting	<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=102">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=102</a>	7 Mar
2	17 Mar			<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=103">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=103</a>	14 Mar
3	24 Mar	2:00 p.m.		<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=104">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=104</a>	21 Mar
4	31 Mar	3:30 p.m.		<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=105">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=105</a>	28 Mar
5	07 Apr			<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=106">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=106</a>	4 Apr
6	14 Apr			<a href="https://hkage.org.hk/b5/academy/Registration/selector.php?pid=107">https://hkage.org.hk/b5/academy/Registration/selector.php?pid=107</a>	11 Apr

\*The Zoom meeting ID and password will be sent via email two days before the activity.

### ◆ Target Participants

- Parents (Priority will be given to parents of HKAGE student members)
- Class size: 60
- \* First-come-first-served.

### ◆ Pre-requisite

- No special prerequisites are needed

### ◆ Medium of Instruction

- Cantonese

### ◆ Administration Fee

- Free of charge

### ◆ Certificate

- Nil