



父母親子教育課程

650-516-0347

如何給予您的孩子愛與紀律並存的教育結構



派瑞彌德輔導中心

致力於幫助平安和慈愛的家庭茁壯成長

時間, 地點, 和聯絡方式

- ★每月的第一, 第二, 和第三個星期五
- ★下午4點至5點30分
- ★1720 Amphlett Blvd., Suite 123, San Mateo, CA 94402
- ★課程將於2013年3月開始, 現正接受報名, 參加者可隨時加入本課程
- ★報名及參加課程全程免費, 意者請聯絡黃婷宜小姐 650-516-0347
- ★課程將以普通話進行

總部辦公室: 480 Manor Plaza, Pacifica, CA 94044
電話號碼: 650-355-8787 傳真號碼: 650-355-8750

派瑞彌德輔導中心

使命是提供一個在安全以及和睦的環境下進行, 以社區為基礎的心理諮詢教育服務。我們珍視每一位客戶的文化背景和情感需求。我們經過專業訓練的工作人員均致力於提供達到甚或超越最佳能力標準的專業服務。我們以一個輔助的角度出發, 協力於幫助我們的自己客戶找到希望, 看見自身的堅韌性, 以及發現肯定自我生命價值的改變。

我們提供一個安全的地方讓你可以放心的

尋求支持, 學習新的溝通技巧與方式, 分享您的個人經驗, 與他人建立互助的社交聯繫

專為華裔父母訂製的親子教育課程

面對親子溝通和教育的問題時, 您是否感到不知所措, 沮喪, 抑或壓力過大?
其實, 您並不是唯一一個擁有這樣感覺的父母!!!

參加者將有機會學習由科學研究為基礎的親職教育計劃, 同時建立

- ♥正面的父母身份價值 ♥您孩子正面的自我價值觀 ♥有效的傾聽和溝通技巧
- ♥正面管教和接觸 ♥離婚, 家庭暴力, 和藥物濫用對孩子的影響的認知

本課程的核心價值包括

- ★自我價值的肯定
- ★具有同理心的換位思考
- ★尊重個人的意願和權利
- ★具有建設性的紀律
- ★幽默與樂趣
- ★學習兒童的發展

本課程的要旨包括

- ♥促進華裔移民家庭親子關係課程
- ♥支持華裔父母們加強培育孩子的能力並有效地解決親子教養的問題



*太平洋城市總部 *帝利市 *南舊金山 *聖馬刁* 聖布魯諾*半月灣 *紅木城
*www.pyramidalternatives.org *成立於1973年



Pyramid mission is to provide community based counseling and education in a safe and healing environment. We embrace the cultural and emotional needs of every client. Our trained professionals provide services that meet or exceed the highest standards of care and competence. As a helping organization and as individuals, we are committed to helping our clients find hope, resiliency, and life-affirming change.
We Offer a Safe Place Where You Can
Reach for support | Learn new skills | Share your experiences | Connect with others

Parent Program

650-516-0347

How to give love and structure

Do you feel overwhelmed, frustrated, or stuck when it comes to parenting? You are not alone!



Pyramid Alternatives is committed to

Chinese Parenting Program

Participants will follow a Parenting Program based on evidence program where they will build:

- ♥ A positive parental identity
- ♥ Your child's self esteem
- ♥ Listening and communication skills
- ♥ Positive discipline and safe touch
- ♥ Impact of divorce, violence, and substance abuse on child

The core values of the Chinese Parenting Program include

- ★ Self worth
- ★ Empathy
- ★ Personal Power
- ★ Discipline
- ★ Humor and Fun
- ★ Learn Child Development

The foundation of the Chinese Parenting Program consists of

- ♥ A Parent Educational Group that focuses on Chinese immigrant families
- ♥ A Parent Support Group that will help them to strengthen their skills to be nurturing parents and where they can problem solve

Time, Location, and Contact

- ★ 1st, 2nd, and 3rd Friday of each month
- ★ 4:00-5:30 PM
- ★ 1720 Amphlett Blvd., Suite 123, San Mateo, CA 94402
- ★ Program will start in March 2013. Now accepting registration.
- ★ Participants can join the curriculum any time after March 2013.
- ★ All participants must call to register before attending the class.
- ★ Free registration and participation.
- ★ Please contact Ting-yi Huang at 650-516-0347 for interest or inquiry
- ★ Program will be facilitated in Mandarin



Main Office: 480 Manor Plaza, Pacifica, CA 94044 *Daly City *South San Francisco * San Mateo *San Bruno *Half Moon Bay *Redwood City

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