

陳瑞祺(喇沙)書院
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CHAN SUI KI (LA SALLE) COLLEGE
4 SHEUNG WO STREET, HOMANTIN,
KOWLOON, HONG KONG.
TEL : 27118175
FAX : 27621550

通告編號：24054

敬啟者：

「焦慮與壓力管理親子工作坊」通告

是次活動，我們特意邀請了香港動物輔助遊戲治療，為本校家長及學生透過與動物的活動來幫助參加者理解和管理他們的壓力與焦慮。這個工作坊結合了情緒教育和實際的動物互動，提供一個獨特而有效的方式來減輕心理和情緒壓力，幫助家庭學習運用正向技巧和壓力管理的策略。歡迎家長踴躍報名參加！

「焦慮與壓力管理親子工作坊」詳情如下：

日期：2025年3月28日（星期五）

時間：3:30 p.m. - 5:00 p.m. (1.5 小時)

地點：學校禮堂

活動對象：家長及學生

名額：10 對親子

費用：全免

註：如報名人數眾多，將會以抽籤形式決定。參加者將會再收到個別通知。

參加者須知：

1. 活動將與動物有直接接觸在活動過程中感到任何身體或情緒上的不適，請立即告知工作人員，他們會提供協助。
2. 建議穿着輕便舒適的衣服，盡量別穿裙子。
3. 活動期間請盡量放下手機，以幫助你專注投入活動體驗。
4. 請按時抵達活動場地。

有意參加的家長請於 E-class 內回覆，截止報名日期為 3 月 14 日。如有問題，請致電學校 27118175 向黃愷琪主任查詢。

此致
各家長／監護人



陳瑞祺(喇沙)書院校長
李寶珠 謹啟

二〇二五年三月七日

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7th March 2025

Circular No: 24054

Dear Parents/Guardians,

Notice on the Anxiety and Stress Management Parent-Child Workshop

In this event, our school has invited Hong Kong Animal-Assisted Play Therapy & Activity to conduct this workshop through utilizing interactions with animals to help participants understand and manage their stress and anxiety. Combining emotional education with practical animal interactions, this workshop offers a unique and effective way to alleviate psychological and emotional stress, helping families learn to use positive skills and stress management strategies. All parents are welcome to register for the workshop.

Details of the Anxiety and Stress Management Parent-Child Workshop are as follows:

Date: 28th March 2025 (Friday)

Time: 3:30 p.m. – 5:00 p.m. (1.5 hours)

Venue: School Hall

Target: Parents and Students

Quota: 10 pairs

Fee: Free of charge

Note: If there are too many applicants, the participating list will be decided by a draw. Selected participants will receive further notice.

Reminders for Participants:

1. Direct interaction with animals will occur during the event. If you experience any physical or emotional discomfort during the activity, please immediately inform the staff for assistance.
2. It is recommended to wear light and comfortable clothing, and avoid wearing skirts.
3. Please minimize the use of mobile phones during the event to enhance your engagement and experience.
4. Please arrive at the venue on time.

Parents should reply to this circular via e-class by 14th March 2025. If you have any inquiries, please contact Ms H.K. Wong at 27118175. Thank you for your attention.

Yours faithfully,



Lee Po Chu, Fiona
Principal