



粵語主講 CANTONESE

Harris Park  
Group 15  
第十五組

# 嗨，媽！

# Hey, Mum!

一個專為母親而設以強化家庭關係的教養子女課程！

A parenting program for mothers to promote stronger family relationships.

- 了解孩子的成長路  
Understanding Child Development
- 處理兒女的情緒  
Dealing with Strong Emotion
- 建立孩子的好自尊  
Building up Self-esteem
- 與孩子建立有效的溝通  
Effective Communication
- 有效的管教  
Disciplining Children

講員 Speakers:

黃進源先生 Mr. William Wong  
劉蕭敏兒女士 Mrs. Iris Lau

DATES: 20/7, 27/7, 3/8, 10/8,  
17/8, 24/8/2010 (Tuesdays)

TIME: 10:00am - 12:30pm

VENUE: First Light Care  
Sydney West Counselling  
and Education Centre  
7 Crown Street, Harris Park  
NSW 2150 (near Parramatta)

COST: \$70 per person (GST incl.)

Ph: 9211 9988



晨光關懷協會  
first light care  
ASSOCIATION INC.

丈夫曾參加「嗨，爹！」優先取錄 Priority will be given to the wives of previous "Hey, Dad!" participants.

## 嗨，媽！ Hey, Mum! — 報名表 Registration Form (Group 15)

姓名 Name : 中文

English

年齡 Age

電話 Tel

地址 Address

Post Code

婚姻狀況 Marital Status

出生地點 Country of Birth

母語 Language

教育程度 Educational Level

職業 Occupation

子女年齡 Age of children

所屬教會 Church Affiliation

丈夫姓名 Husband's name

曾參加「嗨，爹！」 Attended Hey Dad? Yes / No

報名表連同支票 (抬頭: First Light Care Association Inc.) 寄到: 晨光關懷協會.

Please return your completed form and payment to: First Light Care Association,  
P.O. Box, K1012, Haymarket, NSW 1240. Please make cheques to: First Light Care Association Inc.