

Parenting Journey 我的成長與我孩子的成長



Boston Chinatown
Neighborhood Center
波士頓華埠社區中心

Family Services



Date 日期: 9/18/2020 -12/11/2020 (共12課次), Fridays 逢周五

Time 時間: 10am—12pm, 早上10點至12點

Format 形式: Online Virtual Program 在綫課程

Language 語言: Mandarin or Cantonese 中文

Registration requirement 報名要求: South Shore residents have first priority, residents from other city/town are welcome to register. 南岸地區家長有優先權, 歡迎其他城市/鎮的家長報名參加。

Fee 費用: Free with in-home child care reimbursement, parent will receive \$15 Gift card for each participated session 免費, 並提供居家托兒費用報銷, 家長每參加一節課將獲得\$15禮品卡

*****\$20 Gift card for attending at least 10 sessions.**

*****參加至少10節課可獲得\$20禮品卡**



Description 課程簡介

Parenting is a journey that begins on the day you are born. This 12-week program provides parents an opportunity to develop themselves—through reflecting on their own journey growing up—as a nurtured and nurturing individual, and to improve their capability of making responsible and informed choices in raising their children.

育兒是從您出生的那一刻就已經開始的一趟漫長的路程, 過去的經歷足以影響您的家庭、您對感情的看法和態度、及您對待孩子的方式。這12周的小組將帶領家長回首自己成長的經歷, 幫助家長學會如何關注他人、學會接納他人的關懷。

In this group, you will.../在這個小組裡, 您將...

- Meet other parents in the community/認識新家長
- Reflect on one's own experience growing up & make connections to current parenting/回顧自己成長過程, 以及認識過往的經歷與育兒之間的關係
- Learn to care for self and others/學習照顧自己與他人
- Share mutual experiences and learn about techniques on parenting/互相分享與學習育兒經歷和技巧
- Learn about other community resources/了解其它社區資源信息

Contact and Registration/查詢及報名方式:

1. Fill out the online form 填寫網上登記表格 <https://forms.gle/XDKEUvnmXY88f8BB6> 或
2. Send email to Mandy 電郵聯絡司徒小姐: mandy.situ@bcnc.net, or 或
3. Send text message to 發短訊至 (617) 302-7828

We will contact you for registration intake after filling out online form.

登記信息後, 我們將聯繫您進行下一步報名程序。

Title of Session 課程名稱		日期	Activity	活動
1	Developing Trust 建立信任	9/18	Ritual Questions Introductions: Name Exercise & Button Exercise	每週問題 自我介紹：姓名練習和標籤練習
2	Honoring Yourself (Personal Project) 珍重自己 (珍視的物品)	9/25	Ritual Questions Remember special object	每週問題 記住您珍視的物品
3	Personal Inventory: Who Are We? 個人清單：我們是 誰？	10/2	Ritual Questions	每週問題
4	Picture My Past 描繪我們的過去	10/9	Ritual Questions Internal Weather: Are you stormy or clear or sunny?	每週問題 內心天氣預報：您是暴風，還是 晴天，還是晴朗？
5	Relating Parents and Children 家長和孩子的橋樑	10/16	Ritual Questions Preparing to write a letter to our parents	每週問題 準備給您的父母寫一封信
6	Letters to Our Par- ents 寫給我們父母的一 封信	10/23	Ritual Questions Processing our letters	每週問題 家書
7	Secrets and Fears 秘密和恐懼	10/30	Ritual Questions Facing the burden of secrets and fears	每週問題 面對秘密和恐懼帶來的壓力
8	Honoring Your Child's Identity 尊重您孩子的身份	11/6	Ritual Questions A positive message about "other" parent	每週問題 關於“另一個”家長的正面信息
9	Making Choices 作決定	11/13	Ritual Questions Everything in life is a choice	每週問題 生活中的所有事情都是一個選擇
10	Achieving Our Dream: Goals and Steps 實現我們的夢想： 目標和步驟	11/20	Ritual Questions Calendar goal List of steps, supports and barriers Tell potential graduation guests for graduation	每週問題 日程目標 步驟清單，支持和障礙 通知畢業典禮的嘉賓
11	Endings 結束	12/04	Ritual Questions Officially invite or remind guests for graduation Appreciations	每週問題 正式邀請嘉賓參加畢業典禮 答謝
12	Graduation 畢業典禮	12/11	Next Plan	您的下一步計劃