

# “单人行, 伴你行” 单亲妈妈小组

母兼父职? 难免有压力! 我们伴你同行!

结识同路人, 舒缓在照顾孩子上所带来的压力及一些在管教子女时产生的负面情绪

小组希望通过 5 星期的分享讨论, 小组游戏及练习等活动去:

- 学习如何舒缓亲职压力
- 学习建立正面的情绪
- 结识同伴, 互相扶持

语言: 普通话

对象: 华人单亲妈妈

小组活动时间:

7月17日至8月14日(连续5个星期五早上10时至12时半)

小组活动地点:

华人社区服务中心博士山办事处

Suite 9A, Box Hill Central, 17 Market Street, Box Hill VIC 3128

工作人员会与有兴趣参加者安排一次电话访问以了解参加者的情况。

名额有限, 有意者请于7月15日前致电杜姑娘或董姑娘 (03) 9898 1965。



# **“We’re with You” Single Mothers Group**



**Being a single mother is not an easy task.**

**“We’re With You” group hopes to improve coping of stress from parenting through support and meeting other likeminded mothers.**

**Through sharing and different activities for 5 weeks in a row, the group learns:**

**Stress Management • Improving cognitive coping skills • Social Support**

**Language : Mandarin      Target: Chinese single mothers**

**Time:      July 17, 2015 to Aug 14, 2015**

**Every Friday at 10:00 a.m. to 12:30 p.m.**

**Venue:      Chinese Community Social Services Centre Inc.**

**Suite 9A, Box Hill Central, 17 Market Street, Box Hill, VIC 3128**

**A telephone intake will be conducted prior to the sessions to understand the needs of participants.**

**RSVP by July 15, 2015. For more information, please contact Karen or Yoyo at (03) 9898 1965 ◦**

