



通告 Notice

No. 22056 : Personal Growth Group: Stress Management

7th December, 2022

Dear Parents,

Our school is organizing a 4-session Personal Growth Group: Stress Management. Your child has been selected to join this group. Through different group activities, students can understand more about their emotions and sources of stress. They will also learn constructive ways to handle both positive and challenging emotions. Details are as follows:

Date:	3/1, 5/1, 10/1, 12/1/2023 (Post-exam period)
Time:	9:15 a.m. - 10:35 a.m. (During school hours)
Venue:	School
Organization:	Baptist Oi Kwan Social Service
Remarks:	In order to prevent a waste of resources, please make sure your child will be able to join all the sessions.

Please scan the QR code and complete the google form <https://forms.gle/Aq6tM1Gt32X3PqKL9> on or before 13th December, 2022. For enquiries please contact Ms. Lam Ka Yan by GRWTH or on 2577-5188.



Li Sing Tai Hang School



Ms. Shirley Yip, the Principal