

you've got this!

# COLOURS OF THE MIND



## PARENTS AND CHILDREN AGED 7-12 YEARS OLD

Through this parent workshop, participants will learn the knowledge and skills to better communicate with their children and take control of their personal wellbeing through interactive activities.

The workshop focuses on three domains;  
Positive Functioning, Emotional Intelligence,  
Social Intelligence.

**DURATION: 1-HOUR**  
**PLATFORM: ZOOM**  
**COST: FREE**

Scan the QR code to  
view dates and register:



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# HEALTHY EATING, ACTIVE LIVING (HEAL)

A WORKSHOP FOR PARENTS,  
GRANDPARENTS & CAREGIVERS OF  
CHILDREN FROM 7-12 YEARS OLD

Have you had the following concerns?

- My little picky eater: How do I get my child to try different foods?
- When eating out, how do I choose healthier options for my child?
- How do I make smart food choices with my child when meal planning?
- As a busy parent, how I be active with my child at home?

Get your questions answered in this workshop!

**DURATION: 60 MINUTES**

**PLATFORM: ZOOM**

**COST: FREE**

Scan the QR code to view and  
register:



Enquiries to: [hpb\\_spd@hpb.gov.sg](mailto:hpb_spd@hpb.gov.sg)



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## QR Code and Direct Link for Registration



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