you've got this!

CILIUMS OF THE MILES

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 interactives activities.

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

Scan the QR code to view dates and register:





DURATION: 1-HOUR PLATFORM: ZOOM COST: FREE



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Send enquiries to: hpb_spdahpb.gov.sq

you've g this!

HEALTHY EATING, ACTIVE LIVING (HEAL)

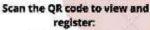
A WORKSHOP FOR PARENTS, GRANDPARENTS & CAREGIVERS OF CHILDREN FROM 7-12 YEARS OLD

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?

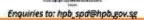
Get your questions answered in this workshop!

DURATION: 60 MINUTES
PLATFORM: ZOOM
COST: FREE











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QR Code and Direct Link for Registration



https://go.gov.sg/cotmprisch1



https://go.gov.sg/healworkshopspsg