

# Parents/Caregivers Online Workshops

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	<p>6</p> <p><b>Cantonese Chat Room (55+ Parents/Caregivers) 2:00pm-3:00pm</b></p> <p><b>Join Zoom Meeting:</b> <a href="https://bit.ly/3HrMnKq">https://bit.ly/3HrMnKq</a> Meeting ID: 851 7085 3865 +14388097799</p> <p><b>No pre-registration required</b></p>	7
10	<p>11</p> <p><b>Family Network Meeting 7:00pm-8:00pm</b></p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3s5vgSP">https://bit.ly/3s5vgSP</a> Meeting ID: 822 3946 1829 +16473744685</p> <p><b>No pre-registration required</b></p>	12	13	14

17	18	19	20	<p><b>21</b></p> <p><b>Understand Stress and How it Affects our Children and Parents (Mandarin)</b>  <b>7:30pm-9:00pm</b>  <b>Guest speaker : Lillian Li</b></p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3m7rVW5M">https://bit.ly/3m7rVW5M</a>  Meeting ID: 865 6406 1687  +16473744685</p> <p><i>No pre-registration required</i></p>
24	<p><b>25</b></p> <p><b>Ministry Funding for Children (Open to all parents/caregivers)</b>  <b>6:30pm-8:00pm</b></p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3IS11oI">https://bit.ly/3IS11oI</a>  Meeting ID: 812 0955 1593  +16473744685</p> <p><i>No pre-registration required</i></p>	26	<p><b>27</b></p> <p><b>Transition Resources (Parents/Caregivers Supporting Ages 16+)</b>  <b>6:30pm-7:30pm</b></p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3dSy8tU">https://bit.ly/3dSy8tU</a>  Meeting ID: 834 7038 4176  +12042727920</p> <p><i>No pre-registration required</i></p>	28
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### **Family Network Meeting**

An opportunity for parents/caregivers to connect with each other and build a strong sense of community during these challenging times. A safe space to share resources, chat, and interact with each other.

### **Cantonese Chat Room (55+ Parents/Caregivers)**

The group provides a platform for 55+ Cantonese-speaking caregivers to build networks and embrace aging.

### **Transition Resources (Parents/Caregivers Supporting Ages 16+)**

Join us for an information session on various pathways, funding and opportunities available post high school.

### **Ministry Funding for Children (Special Services at Home, ACSD)**

Cynthia Tuck from Ministry of Children, Community and Social Services (MCCSS) to talk about the application and guideline of Assistance for Children with Severe Disabilities (ACSD) and Special Services at Home (SSAH).

### **Understand Stress and How it Affects our Children and Parents (Mandarin)**

From the workshop we will learn how stress affects us physically and emotionally. We will also discuss various coping methods.