

the *H.E.A.R.T* program

Happiness . Empowerment . Accountability . Respect . True love

Saturday, 27 March 2010
Singapore Management University
Lee Kong Chian School of Business Level 2
50 Stamford Road Singapore 178899

Registration Begins at 1.30 pm
Cost: \$40 per person,
materials and tea included
Enquiries: Susie 9618 5189



Workshop I (2 - 3.30 pm)

Strengthening our children's will
– the foundation of self control

Workshop II (4 - 5.30 pm)

Analyzing media and its impact
on teens

Are you confident enough with your knowledge about the changes your child will face during the teenage years?

What is the foundation of self-control in the adolescent?

How do you help your teen develop strength of will?

What are the influences of media on teens and their attitudes?

How much sexual content is there?

How do you teach your child to develop
and apply critical awareness to media?



WORKSHOP I: Strengthening our children's will – the foundation of self-control

By Sonia Kaba Pardo (Masters in Marriage & Family, University of Navarre;
Family & Marriage advisor)

In this workshop, you will be working through the importance of training your child's will as the foundation of self control in the future, as well as exploring the fundamental role self-control plays in achieving one's full potential and life goals. We will look at the will and the natural conflict that exists between it and emotions, and the means you can apply at home to develop in your child, a strong and determined will.

WORKSHOP II: Analyzing media and its impact on teens

By Dr Gamaliel Tan (MBBS, MMed, FRCS, FAMS)

Our children are of the *i*Generation, where the pervasiveness and bewildering range of media today has altered attitudes, cultural mindsets and ways of communication to an unprecedented degree. In this workshop we will take a look at the wide range of media young people are using today, including new media (Facebook, twitter, chat), and look at how you as parents can help your child develop a critical understanding of the content and influence of the various forms of media, and most importantly how to help your child develop an inner filter.

Upcoming parenting workshops for 2010:

WORKSHOPS III and IV

(Saturday, 22 May 2010)

- Pressures of Adolescence I:
Who influences our children
- Pressures of Adolescence II:
What you can do as parents

WORKSHOP V AND VI:

(Saturday, 28 August 2010)

- Permissions and Going Out
- Pornography

The **H.E.A.R.T.** Program is a sexuality educational program based on character development of the young person. It has 23 adolescent and 12 parenting modules in its programme which is affiliated with its successful parent programme, ***Protégé Tu Corazon.***

Another quality program brought to you by...



To register:

Fill and mail form to 101A Toa Payoh, Lorong 2 #02-07, S (310101)

with crossed cheque made to "Family Enrichment Society"

or email heart_workshop@familyes.org.sg

Closing date is **13 March 2010.**

Name: _____

Address: _____

E-mail: _____ Contact No.: _____

No. of tickets: _____