



Parent Support Group series

Coping with academic pressure
Supporting youth mental health and
physical development

About the group

This free support group offers one-off talks and/or parenting courses on youth well-being and emotion support skills. The aim is to help parents of teens facing academic and emotional challenges. Parents living in or with kids (12 - 18 years old) studying in Hornsby and Ku-ring-gai area are welcome!

WHEN & WHERE

Wednesday, 01/10/2025, 1 - 3 PM
Fusion Sydney North
5 Jersey Street, Hornsby, NSW

Topics



Identifying stress
Recognise the sources
of stress and pressure



Coping strategies
Learning effective
coping methods to
promote mental well-
being.

To register:

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家长支持小组

系列

帮助家长了解孩子成长过程中的压力
支持孩子身心健康发展

关于支持小组

父母支持小组开展系列讲座或六周亲子课程，旨在为养育健康孩子，帮助孩子更好面对学业挑战和情绪压力。

欢迎居住或有子女在Hornsby和Ku-ring-gai就学的家长参与。

时间和地点

星期三下午1到3点

2025年10月01日

Fusion Sydney North

5 Jersey Street, Hornsby NSW

主题：



识别压力

协助家长了解学业压力。

免费



应对方法

学习情绪应对方法，促进心理健康。

The flyer is in Simplified Chinese

查询及报名：

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