



# Family Matters @ Chung Cheng High School (Main)

## Parenting Talk: “Helping Your Teens to Manage Stress”



**Date:** Saturday, 25 July 2015

**Venue:** Chung Cheng High School (Main)  
D & T Gallery Room, Level 2

**Time:** 9.30 am – 12.30pm



To the adults, teens seem to enjoy a carefree life. But, we know that school and social life can create pressure which may overwhelm the teens. Some teens become stressed when they cannot meet the demands of the school and their studies. Lack of self-esteem, problems with friends at school, separation or divorce of parents, love failures, etc are some other reasons. For some students, high expectations of parents and teachers may also result in stress. Taking part in too many activities and financial problems can affect teens too. Unsafe living environment or death of a loved one may also stress the young persons.

While the teenagers are learning to cope with their growing up issues, they may also worry about academic matters and feel uncertain of their future. These pressures may not be easily managed by a growing teenager. However, they can help themselves if they develop healthy ways to cope with stress and learn techniques to solve their daily problems. In this workshop, parents will learn more about the sources of stress that secondary school students face; techniques to help the teens cope with stress and in particular, techniques to cope with examination stress.

### **Profile of Speaker ( Ms Irene Lim-Ong)**

Irene is a dynamic ACTA (Advanced Certificate in Training and Assessment) certified trainer and a mother of three children. A supporter of life-long learning, Irene is currently pursuing her Master of Arts in Counselling. With rich passion for strong family relationship, she intends to specialize in marital and family therapy to further support married couples and parents to establish a sturdy family life. Irene is especially enthusiastic to train in the field of enhancing family relationships, reaching out to touch the hearts of many parents whom she empathizes and connects naturally. She has been actively involved in speaking engagements with schools and public on parenting talks, students talk as well as youth workshops.

Her forte is on building relationships related workshops namely: Understanding and communicating with your teen, anger management, exam stress management, how to talk to your teen on BGR, Peer Pressure, Transition to Secondary School, Money Management, Integrity, Building Resilience, Balancing Love and Control, Making Wise Decisions, Parenting your 7-12 years old child with confidence, Parenting your 13-19 years old with confidence and It's Uncomplicated with Focus on the Family.

**To sign up for this parenting talk, please call or send a text message to our School Coordinator for FamilyMatters@School, Mrs Lim Whee Nai at HP: 8799 1175.**