



## **New School Term, New Challenges** **How to relieve stress for kids and teenagers?**

The new school term is starting soon. How can parents help their children relieve their stress?

There are many challenges that come when students are transitioning into primary school or secondary school. We have 2 speakers who will be discussing these topics to help parents and their children to face the new school year at ease and to reduce stress during the new school term.

**Speaker: Dr. May Lam – Specialist in Psychiatry**

**Speaker: Ms. Sarah Fung – Clinical Psychologist**

### **Seminar 1: 28/8/2019**

**New school term, new challenges:  
How to relieve stress for primary school students**

### **Seminar 2: 11/9/2019**

**New school term, new challenges:  
How to relieve stress for secondary school students**

Time: 9:00am-12:00noon

Venue: The Alpha Wellbeing Centre, Unit 605, 6th Floor, Printing House, 6 Duddell Street,  
Central, Hong Kong

Charge: HK\$400 per seminar

If you are interested in these seminars, please contact  
our centre at 21518009 or email to [info@alphawellbeing.com.hk](mailto:info@alphawellbeing.com.hk) .

Centre website: <http://alphawellbeing.com.hk/>