



**HAI SING CATHOLIC SCHOOL**  
AD VERITATEM PER CARITATEM 忠诚仁爱  
established in 1959

9 Pasir Ris Drive 6, Singapore 519421  
Tel: 6582 7864 | Fax: 6582 2543  
www.haisingcatholic.moe.edu.sg



**FAMILY**matters!

**FamilyMatters@School Parenting Workshop**  
**Helping My Teenagers Master Stress – Turning Water into Wine**  
**Date: Saturday 20 January 2018**  
**Venue: Hai Sing Catholic School (SDC Room)**  
**Time: 9 am – 12 noon**

**Synopsis: Helping Your Teenagers Master Stress**

“Turning water into wine” is a stress management workshop that seeks to aid parents help their teenagers to turn pressure & stressors, which are commonly viewed to be negative factors, into something positive. How can we help our teenagers be a master of their stressors rather than allow the stressors to master them? Most students are capable of dealing with the stress of school & life if they know how to, & if it is recognized as such. However, if no one guides them & they don’t manage the stress well, they may get into unhealthy relationships or habits that can be detrimental to their emotional, social, mental & physical well-being. These healthy or unhealthy stress management habits will most likely shape their adult lifestyle. As a parent, you can’t protect your teens from stress but you can help them develop healthy ways to cope with stress & solve everyday problems. Surveys reveal that while teens may not initiate a conversation about what’s bothering them, they do want their parents to reach out & help them cope with their troubles. However, it’s not always easy for parents to know what to do for a teen who is feeling stressed. This talk aims to give parents some tips on how they can help their teen manage stress through the college years & beyond. In the process, the parent will receive some tips on how to improve their relationship with their teens during these “drifter” years. The following will be covered:

- ♣ Understanding Stress – The good, the bad & the ugly. ♣ How to know if your teen is experiencing stress – Signs of Stress
- ♣ What are the Root & Surface Causes of Stress? ♣ What teens need most ♣ How to counsel your teen when they are feeling stressed? ♣ Practical strategies to help teens manage stress

**Speaker Profile: Mr James Satchy**

James Satchy is a Family Life Educator serving in various schools & organizations. He has been counselling, training, & working with adults & youths for more than 20 years, locally and internationally. James is the principal consultant of Built 2 Last Training, a service provider for MSF for Family Education, and also the Executive Director of PCN Training. James has conducted hundreds of talks, trainings & workshops on a wide range of topics such as relationship management, character education, maximizing of children’s potential, social & emotional learning, and computer addiction, to name a few. His experience in counselling families paves the way for him to be relevant in his talks, educating & bringing practical application to the issues that parents & students face today. James has a Masters in Social Science, & is certified as an EQ (Emotional Intelligence) coach, Triple P (Positive Parenting Program) coach & to conduct multiple psychometric assessments such as DISC, MBTI, FIRO & STRONG’s.

-----Reply Slip-----

**FamilyMatters@School Parenting Workshop @ Helping My Teenagers Master Stress – Turning Water into Wine**

Please tick   Able to attend  Attending with Spouse  Unable to attend

Name of Child: \_\_\_\_\_ Class: \_\_\_\_\_

Name of Parent: \_\_\_\_\_ Contact: \_\_\_\_\_

Parent’s Signature: \_\_\_\_\_ Email: \_\_\_\_\_

Please reply via email or return this reply slip to the Form Teacher through your child latest by Monday 8 January 2018. For further information please contact *FamilyMatters@School* Coordinator Ms Hanita at [hanita\\_kammo@moe.edu.sg](mailto:hanita_kammo@moe.edu.sg). You may also contact the School Counsellor, Ms Ambika at [ambika\\_janardanan@moe.edu.sg](mailto:ambika_janardanan@moe.edu.sg). Registration starts at 8.45 am.

