



15 December, 2017

Dear Parents,

Life Education Seminar on
'Better Emotional Quotient (EQ) - Living a Fulfilling and Successful Life'

A fulfilling and successful life hinges on a cheerful personality, a positive attitude, strong emotional control, and assertiveness. Let's learn and share together techniques to improve our competence when facing the incessant demands from the workplace and family.

Dr Liu Kwong Sun, an experienced psychiatrist, gave us a most inspiring talk on stress and adolescent mental health in May 2017. The St Stephen's College Parent-Teacher Association has the honour of inviting Dr Liu to share with us once again the importance of having a healthy state of mind.

'Start children off on the way they should go, and even when they are old they will not turn from it.' (Proverbs 22:6)

Details of the seminar:

Date: 13 January, 2018 (The seminar will be conducted in Cantonese)

Venue: Ng Wah Hall

Time: 2:30pm – 4:30pm (Registration begins at 2:15pm)

Speaker: Dr Liu Kwong Sun, Sunny

Details about the speaker:

Dr Liu graduated from the School of Medicine at the Chinese University of Hong Kong and holds professional qualifications from the Royal College of Psychiatrists and the Hong Kong College of Psychiatrists. Dr Liu is currently a specialist psychiatrist in private practice. At the same time, he is an honorary clinical associate professor for the Li Ka Shing Faculty of Medicine at the University of Hong Kong, Associate Director of the Centre for Suicide Research and Prevention at the University of Hong Kong, and an honorary advisor and lecturer with the Hong Kong Institute of Christian Counsellors. Dr Liu was previously the Quality and Safety Director and Consultant Psychiatrist for the Hospital Authority, Hong Kong East Cluster.

Dr Liu has delivered lectures and talks on mental health, stress and suicide prevention to local universities, government departments, schools, churches and numerous NGOs in the past 20 years. He also regularly promotes the importance of maintaining mental health on radio and in local publications

All parents are cordially invited to the seminar. It is always the goal of the SSCPTA to best equip our parents so that they may walk with their children with confidence, joy and peace. Interested parents, please reply to the PTA notice via eclass before 8 January, 2018. For further enquiries, please call Dr Sylvia Doo at 9300 0603 or Mrs Ng Wong Kit at 2813 0360. Thank you.



Yours sincerely,
St Stephen's College Parent-Teacher Association



ST. STEPHEN'S COLLEGE PARENT-TEACHER ASSOCIATION

聖士提反書院家長教師會

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親愛的家長：

生命教育講座—《成就情緒智能：達致「快樂健康、豐盛成功」的人生》

良好的情緒及人格發展是美滿愉快生活的重要原素和基礎，加上有正確和積極進取的態度及信念，便會達致豐盛成功的人生。盼望大家在工作、家庭生活及教養子女上一同認識及學習。

資深精神科廖廣申醫生五月曾給我們一場非常有啟發性的講座—《常見青少年情緒、行為及精神問題與壓力的關係，成因、預防及治療》，反應熱烈。聖士提反書院家長教師會今學年有幸再一次邀請到廖醫生為我們分享達致「快樂健康、豐盛成功」的人生。

「教養孩童使他走當行的道，就是到老也不會偏離。」(箴言 22:6)期盼家長們有一個快樂豐盛的人生與孩子相處。

講座安排詳情：

日期：2018年1月13日
地點：聖士提反書院伍華堂
時間：2:30 ~ 4:30 pm (2:15pm 開始登記)
講者：廖廣申醫生

廖廣申醫生簡介:

廖廣申醫生畢業於香港中文大學醫學院，及後獲得英國皇家精神科醫學院院士，香港精神科醫學院院士等資格。廖醫生現時為私人執業精神科專科醫生，同時擔任香港大學李嘉誠醫學院名譽臨床副教授，香港大學防止自殺及研究中心副總監，以及香港基督教輔導學院顧問及客席講師。廖醫生曾任醫院管理局顧問醫生，並兼任港島東醫院聯網質素及安全總監。廖醫生亦專責多項醫院質量改進及風險降低的計劃。專業於精神科聯絡—會診，並特別關注青少年、學童及成年人心理及自殺的問題。研究興趣包括自殺、焦慮、抑鬱、醫療管理等範疇。

廖醫生過去二十年不遺餘力，經常獲邀到本地大學、政府部門、中小學、教會及社福機構分享精神健康、學童壓力及防止自殺的題目。亦經常在電台及本地報章解答心理健康題目。

現誠意邀請各位家長報名參與是次講座，家長請於2018年1月8日前回覆本校電子通告。如有查詢，請致電 9300 0603 聯絡杜蘊瑜醫生或 2813 0360 聯絡吳黃潔老師。



聖士提反書院家長教師會謹啟

二零一七年十二月十五日

17/18-267/WKI