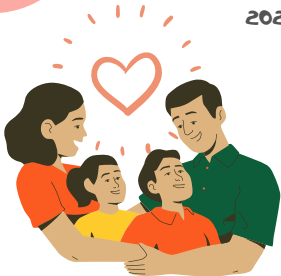


親子桌遊情緒叩對碰--- 自我覺察練習曲(下)

2022.09.18 Sun 09:00-11:50 與您同樂




課外教養資訊



心快活心理健康
學習平台



滿意度問卷

An illustration of four children playing with pillows. One child is lying on their back with a blue pillow on their head, another is sitting up with a red pillow, and two others are jumping or running with pillows. In the center, there is a large orange heart with radiating lines above it. The background is white with a large red arc in the top left corner.

ALL GROWN-UPS WERE ONCE
CHILDREN... BUT ONLY FEW
OF THEM REMEMBER IT. ---
《THE LITTLE PRINCE》

每個大人都曾經是小孩，但只有少數人記得。 ---
小王子

自我覺察成為你自己最好的朋友；
覺察親子關係成為你的孩子最好的朋友。