

you've got this!

Colours of the Mind



Parents and Children aged 7-12 years old

Through this parent workshop, participants will learn the knowledge and skills to better communicate with their children and take control of their personal wellbeing through interactive activities.

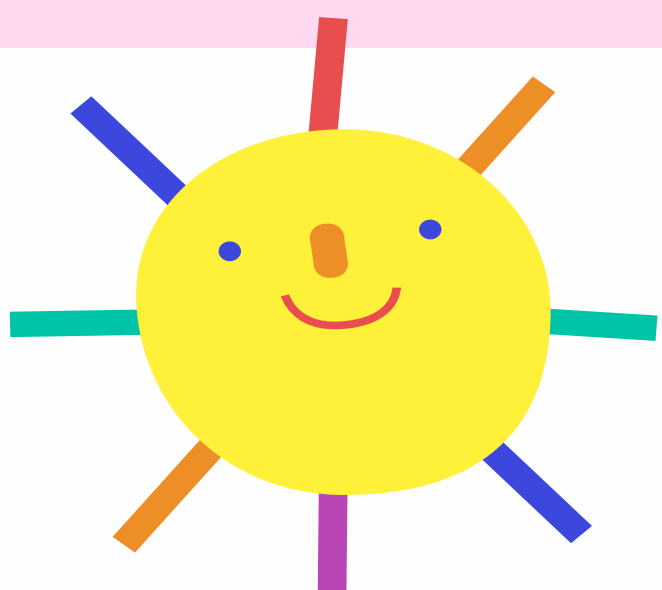
The workshop focuses on three domains;
Positive Functioning, Emotional Intelligence,
Social Intelligence.



Download the H365 App to register for the following dates with these partner codes:

DATES	Time	PARTNER CODE
Monday, 9 May 2022 (10-12yrs old)	12pm – 1pm	MI023
Tuesday, 10 May 2022 (7-9 yrs old)	12pm – 1pm	f1264
Wednesday, 11 May 2022 (10-12 yrs old)	12pm – 1pm	y4233
Thursday, 12 May 2022 (7-9 yrs old)	12pm – 1pm	e1075

You will only be able to view and book these sessions on the H365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May)



Duration: 60 minutes

Platform: Zoom

Cost: Free

Send enquiries to: schools@hpb.gov.sg

Brought to you by:

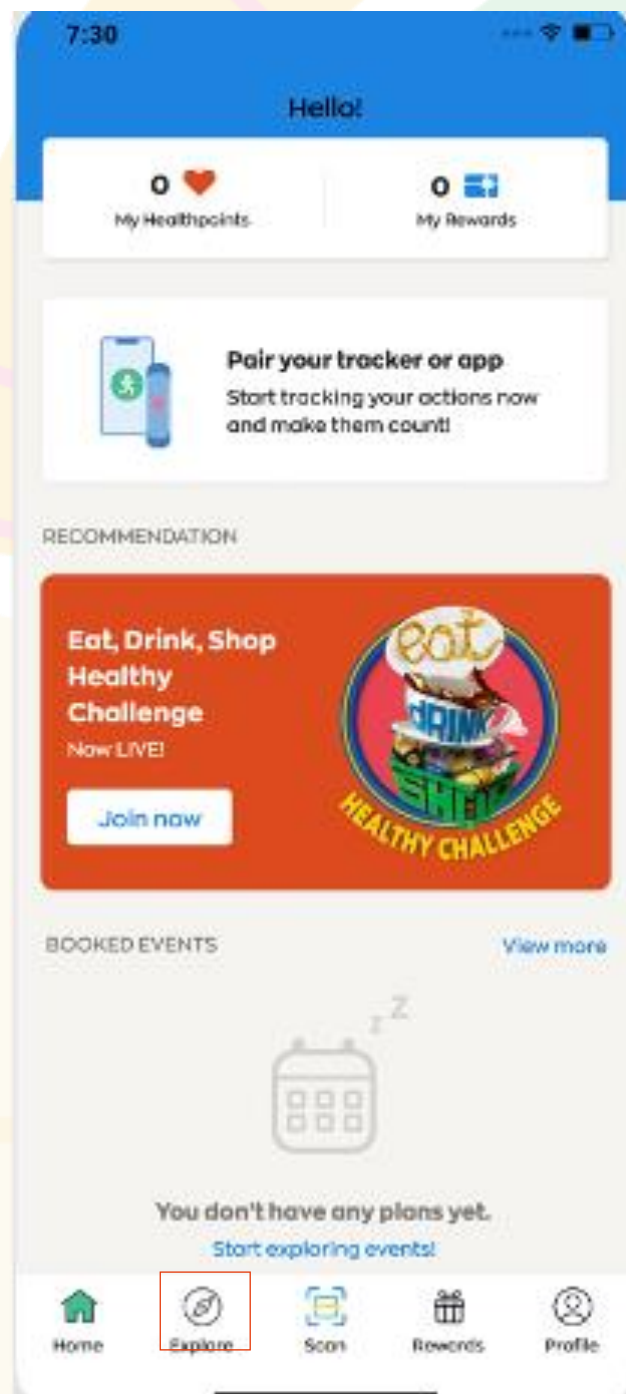


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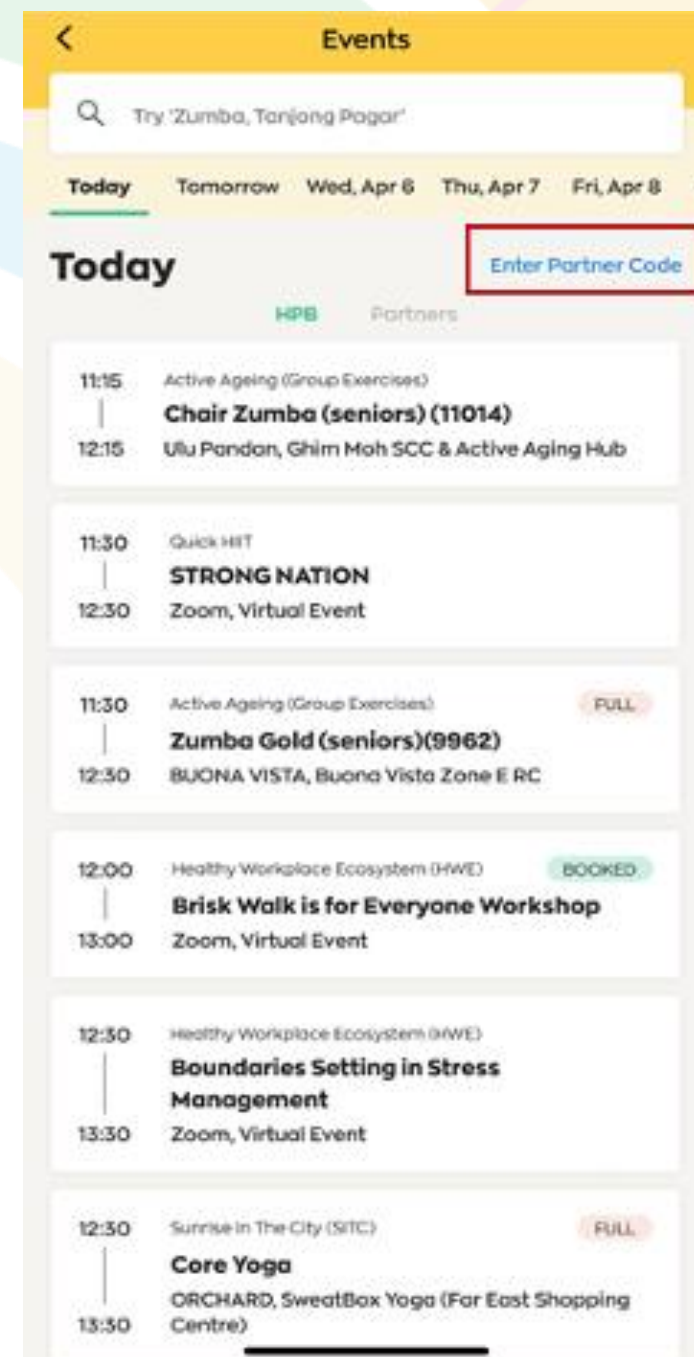


HOW TO REGISTER

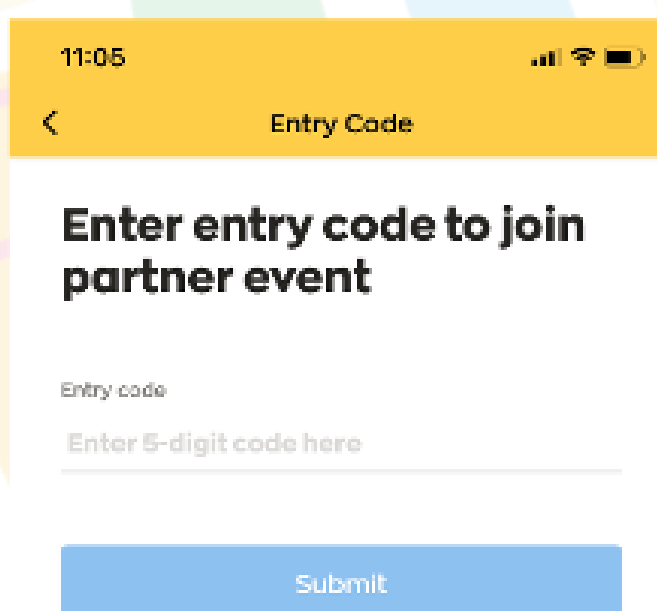
Step 1: Open the H365 App and click explore



Step 2: Click on Events and then "Enter Partner Code"



Step 3: Enter Partner Code to join partner events



Step 4: Tap on "Book now" to register for event



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