

Dear Parent/Guardian,

Health Promotion Board (HPB) is proud to present a parents' workshop titled 'Colours of the Mind' on 11 and 13 May via Zoom.

Through this workshop, participants will learn the knowledge and skills to better communicate with their children and take personal control of their wellbeing through various interactive activities. The workshop focuses on three domains – Positive Functioning, Emotional Intelligence and Social Intelligence.

Do refer to the attached files for registration for the workshop via the Healthy 365 app.

Thank you.

File attachments

[COTM \(1hr\) 13-17 yrs.pdf \(575.48 KB\)](#)

[How-to Register Guide H365 \(Private Events\).pdf \(1.28 MB\)](#)