



## CHIJ Our Lady of the Nativity

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Dear Parents,

### **Glow and Grow with your Child #2 Session**

We will be having our Glow and Grow #2 session on 29 April 2022,  
4.15 p.m. - 6.00 p.m.

Our distinguished speakers are Dr Jared Ng, Senior Consultant at IMH  
and Mrs Matthews Shu Quo, an experienced School Counsellor.

Do join us to learn from their wealth of experience. Find out more  
about how you can help your pre-teen manage her emotional and  
mental well-being and how to build a closer bond with her!

Click on URL to join:

<https://for.edu.sg/glowandgrow>

Or enter Zoom Code: 819 9762 5580

Passcode: CHIJ1

There is no registration needed. We look forward to having you join us  
online!

Regards  
CHIJ OLN

*This is a computer-generated letter. No signature is required.*