

Dear Parent/Guardian,

Health Promotion Board (HPB) is proud to present the next series of parents' workshop titled 'Colours of the Mind' on 13 and 15 July 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 13-17 yrs.pdf \(901.47 KB\)](#)

[H365 Registration FAQs.pdf \(296.26 KB\)](#)

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