





## A PARENTING TEENS CONFERENCE

# HELPING YOUR TEEN LIVE A FULL LIFE

The FIRST conference for Parents with Teens

Helping parents understand their teenagers and provide the supports for these challenges:

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PURPOSE OF LIFE What teens want in life



STORM & STRESS Tales of teenage years



TEENAGE IDENTITY CRISIS Teens struggling with self-esteem and identity



LET'S TALK SEXUALITY

Teens' sexual feelings, attractions & orientation Date: 28 Sept 2024 (Saturday) Time: 9:00am - 12:30pm

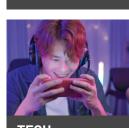
#### **Venue:** HELP University, Subang Bestari Campus

1, Persiaran Cakerawala, Subang Bestari, Seksyen U4, 40150, Shah Alam, Selangor

SCAN TO RSVP BEFORE 23 SEPTEMBER 2024



TEENS & MENTAL HEALTH Depression, suicide, eating disorders and wellbeing



TECH ADDICTION Teens' addiction to technology and gadgets



BULLY-FREE ZONE Teens being bullied and getting out of it

### **PROGRAMME SPEAKERS**

Dr Goh Chee Leong Group Co-CEO (Tertiary) of HELP Education Group, Educator, Psychologist and Coach



Dr Justine Thong Jian Ai Lecturer of Psychology Department, HELP University, Senior Clinical Psychologist and Trainer



Dr Gerard J. Louis Group Co-CEO (HELP Education Services) of HELP Education Group, Educator, Counseling Psychologist and Coach



Ms Lee Phei Wei Counsellor and Lecturer of CAREERsense (HELP University's Career Development Centre)



Dr Victor Goh Head of Psychology Department, HELP University, Senior Lecturer and HRDC Certified Trainer and Consultant



Ms Rozy Khalid Counsellor and Family Therapist, The Mind Psychological Services & Training



**Mr Eric Bryan Amaladas** Director of CAREERsense (HELP University's Career Development Centre), Counsellor and Coach



**Ms Nicole Tan** Clinical Psychologist, The Mind Psychological Services & Training



## PROGRAMME TIMETABLE

9:00am - 9:30am	OPENING SESSION Helping your teen live a full and healthy life Speaker: Dr Goh Chee Leong				
<b>Workshop 1</b> 9:45am - 10:45am	Pick a workshop topic. Workshop rooms will be advised later.				
	Managing Teenage Identity Crisis Speaker: Dr Gerard J. Louis	Helping your teen build resilience Speaker: Mr Eric Bryan Amaladas	<b>Understanding</b> <b>Teenage Sexuality</b> Speaker: Dr Victor Goh	<b>Tech</b> Addiction Speaker: Ms Lee Phei Wei	Improving Academic Performance Speaker: Dr Goh Chee Leong
<b>Workshop 2</b> 11:00am - 12:00pm	Pick a workshop topic. Workshop rooms will be advised later.				
	<b>Tech</b> Addiction Speaker: Ms Nicole Tan	Helping your teen deal with bullying Speaker: Ms Rozy Khalid	<b>Teenage Mental</b> <b>Health Issues</b> Speaker: Dr Justine Thong Jian Ai	Improving Academic Performance Speaker: Dr Goh Chee Leong	Managing Teenage Tantrums Speaker: Dr Gerard J. Louis
12:15pm - 12:30pm	CLOSING SESSION Helping your teen find their purpose and career path Speaker: Mr Eric Bryan Amaladas				