



The Parent Education in Pre-schools (PEPS) Programme aims to enhance the quality of family life for parents and their pre-school children. Parents learn practical tips on guiding and managing children's behaviour, how to enrich and strengthen their marriages, as well as how to build a strong and happy family. The children in the PEPS schools are taught positive values such as building self-esteem and being money wise.

Benefits for parents

- Equip parents with effective parenting skills to nurture their children, and to promote better parent-child understanding and relationship
- Encourage parents to integrate participation of parenting programmes into their lifestyles before their children reach formal schooling

Benefits for children

- Facilitate a safe and stimulating environment for children to develop
- Encourage children's natural love of learning and to instill in them positive values to prepare them for a resilient and strong family life.

Trinity Methodist Church Kindergarten is proud to be a PEPS centre, working in partnership with TOUCH Family Services to bring you quality programmes to enrich your family.

For more information on PEPS,
visit <http://fcd.ecitizen.gov.sg/ParenteducationinPreschool>

For information about TOUCH Family Services,
visit www.tcs.org.sg or call 6317 9988

Balancing Work And Family



3 February 2012 (Friday) 7.00pm to 9.00pm
Trinity Methodist Church Kindergarten
34 Serangoon Garden Way Singapore 555940
visit www.tmc.org.sg/kindergarten.html

\$6/- per parent, \$10/- per couple
Closing Date: 30 January 2012 (Monday)
Childcare service is not available and children are not allowed to attend the talk.

Organised by



In partnership with



Supported by



Outline

All parents have multiple roles to fulfil. Each of these roles puts different demands upon our time and attention and makes it seemingly impossible for us to spend enough time with our loved ones.

Discover how you can strike a better balance by recognising how important your family is to you. Learn the art of prioritising and compounding the demands that you face in order to have more time for those who matters to you.

When you have grasped the act of balancing work and family, you can also enjoy a more positive outlook in life while finding the energy to achieve more.

Event Presenter – Simon Sim

Simon Sim is passionate about helping others build stronger relationships with their families. A popular Family Life Coach, he has enthralled thousands with his humorous yet honest insights about life, love, marriage and parenting.

Married for more than 30 years, Simon and his wife – Bee Chin – still address each other with terms of endearment, take time to date and be each other's best friend. Both also volunteer as instructors for TOUCH Family Services marriage preparation course – providing young couples with insights to building a lifelong partnership.

Simon and Bee Chin have 3 grown up children. Through their strong marriage, they have been able to provide their children with a loving and supportive home environment as well as a legacy to pass on to their own families.

Simon is the author of *The Family CEO: Building A Happy and Successful Family*. He is also licensed to solemnise civil marriages in Singapore.

Programme

- 06:45pm – Registration
- 07:00pm – Session 1
- 08:00pm – Dinner
- 08:20pm – Session 2
- 09:00pm – End

Things to Note

- Places are available on a first-come-first-served basis.
- Registration is necessary to secure a place.
- No refund will be given after registration is confirmed.
- Refreshments will be served during the tea-break.
- As children are not allowed to attend the talk, parents have to make their own arrangement for child care.

Enquiries

Please contact Trinity Methodist Church Kindergarten at 62840894 or visit www.tmc.org.sg/kindergarten.html

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REGISTRATION FORM

- Please fill up this form clearly and completely
- Please delete accordingly where indicated with *
- Please submit together with payment to Trinity Methodist Church Kindergarten
- Registration closes 30 January 2012 (Monday)

Particulars of Child(s) in Trinity Methodist Church Kindergarten (if any)

Child (1):	Class:
Child (2):	Class:
Child (3):	Class:

Particulars of Adult(s) attending workshop

Adult (1):
Marital Status: Single / Married / Widowed / Separated / Divorced*
Relationship to child(s)
Daytime contact
Email
Adult (2):
Marital Status: Single / Married / Widowed / Separated / Divorced*
Relationship to child(s)
Daytime contact
Email

For Official Use

Received on:
Received by:
Amount received:
Payment mode: Cash / Cheque no. –
Registration confirmed with participant(s): Yes / No*

Please submit this portion only