

you've g♥t this!

# COLOURS OF THE MIND



## Parents of Children aged 13-17 years old

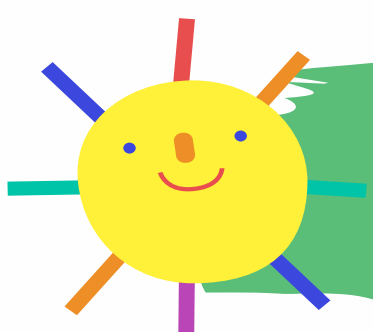
Through this parent workshop, participants will learn the knowledge and skills to better communicate with their children and take control of their personal wellbeing through interactive activities.

The workshop focuses on three domains:  
Positive Functioning, Emotional Intelligence  
and Social Intelligence.



Download the "Healthy 365" App to register for the following dates:

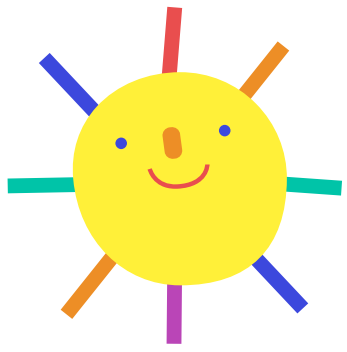
| DATES             | TIME             |
|-------------------|------------------|
| Wed, 1 March 2023 | 12:00pm – 1:00pm |
| Tue, 7 March 2023 | 12:00pm – 1:00pm |



Duration: 60 minutes | Platform: Zoom | Cost: Free

*\*You will only be able view the event and book these sessions on the Healthy 365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May).*

Send enquiries to: [schoolshpb.gov.sg](mailto:schoolshpb.gov.sg)



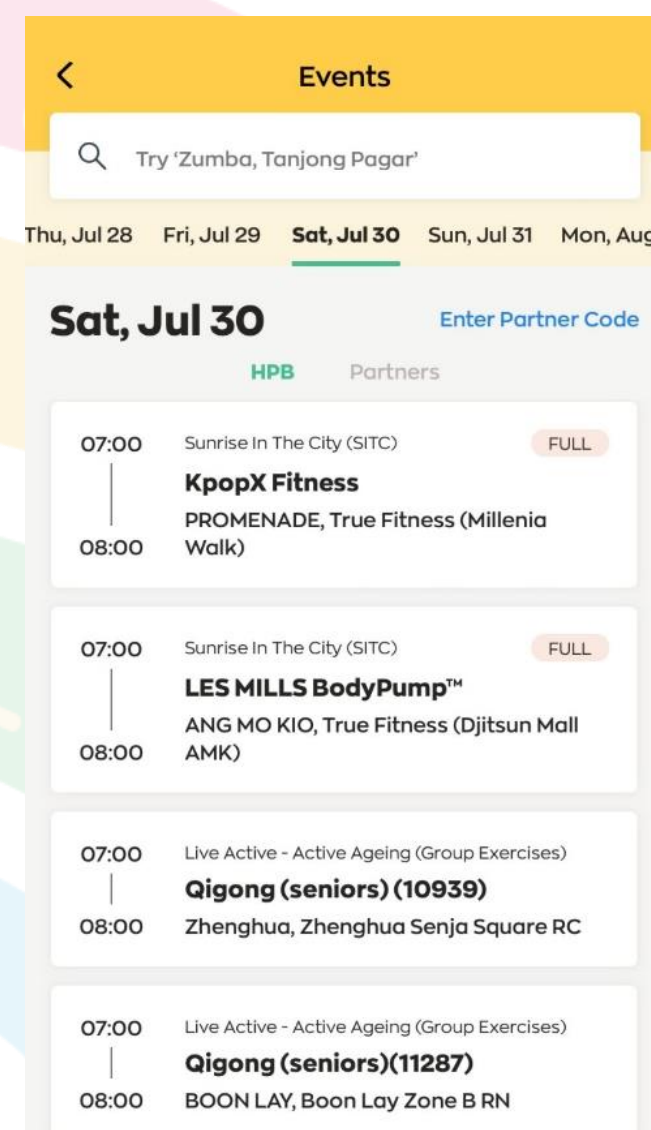
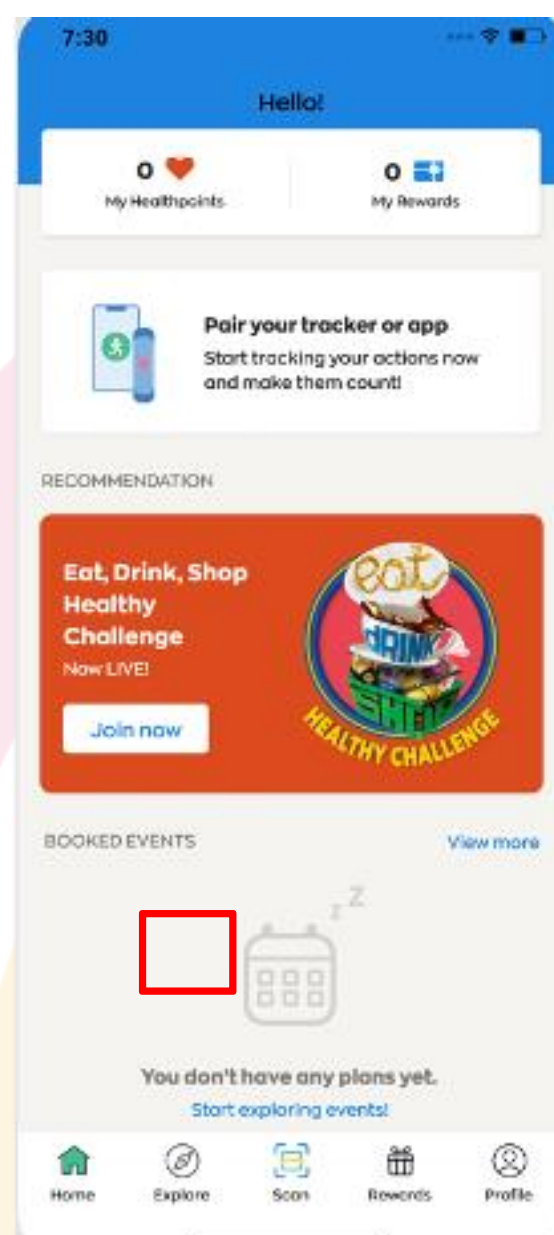
you've g♥t this!

# HOW TO REGISTER



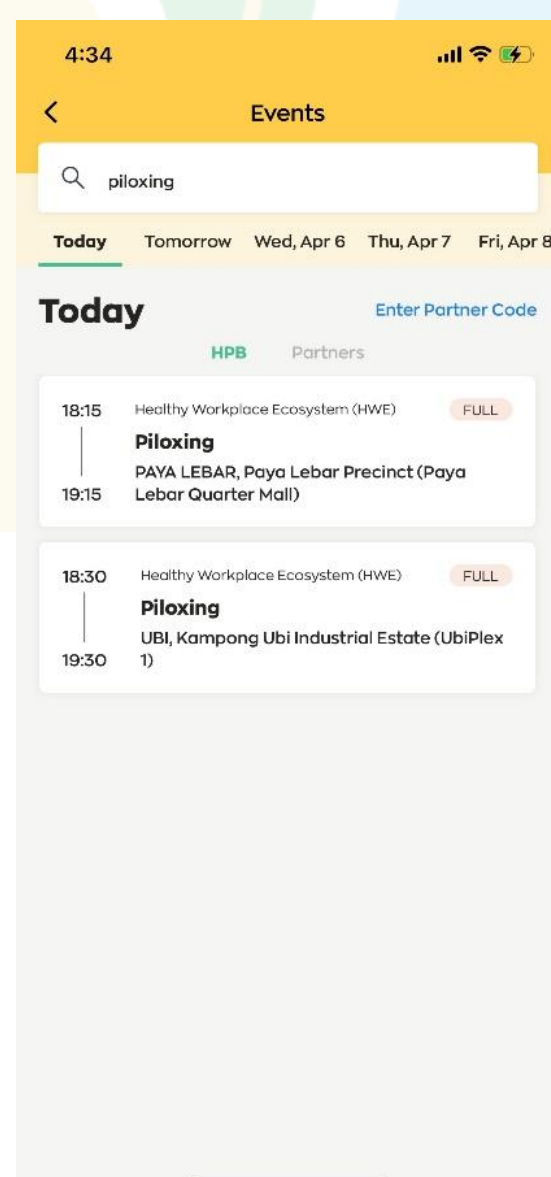
Step 1: Open the Healthy 365 App and click explore

Step 2: Select the date and search for the workshop name



Step 3: Tap on the event that you would like to book

Step 4: Tap on "Book now" to register for event



**NOTE: You will only be able to view and book sessions on the Healthy 365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May)**



# FREQUENTLY ASKED QUESTIONS (FAQS)

**Q1: Why can't I find the sessions in the following months?**

**A1: You will only be able to view the event and book these sessions on the Healthy 365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May).**

**Q2 - Where can I find the sessions I have booked?**

**A2: Upon successful booking of a session, you will be able to find details of your booked events in your Healthy 365 App, under "Home" -> "Booked Events".**

**Q3 - How do I log in to the sessions?**

**A3: A reminder with the Zoom meeting link will be sent to your email address 1 day before the session date. If you did not receive the email, you can log in to Healthy 365 App, select the session under "Home" -> "Booked Events" and click "Join Session" 10 minutes before the session starts.**

**Q4: I need to cancel my booking. How do I do that?**

**A4: If you are unable to attend a booked session, you may cancel your booking in the Healthy 365 App.**