

St. Francis Xavier's College
One-off Grant for Mental Health of Parents and Students
School Budget Plan for 2024/2025

	Areas	Related Activities	Time Frame	Target	Budget
i.	Organizing parent-child or parent activities relating to promotion of the mental health of students and parents	Psychological Projection Texture Painting Workshop	11/2024	Parents	\$17,000
		Stress Relief Workshop: Home Organization Workshop	1/2025	Parents	
		Stress Relief Workshop: Singing Bowl Healing	3/2025	Parents	
		LOVE MYSELF: Alcohol Ink Art Basic Workshop	5/2025	Parents	
ii	Providing training programmes or activities to equip parents with the knowledge and skills related to mental health	Parents' Seminar: How to Walk Alongside Children of the Digital Generation	11 to 12/ 2024	Parents	\$5,000
			Estimated expenditure:		\$20,000