

Caritas Wu Cheng-chung College (2024-2025)
Implementation Plan of “One-off Grant for Mental Health of Parents and Students”

Academic Year	Project Scope	Objectives	Implementation Period	Target Group	Budget Expenditure (\$)
2024-2025	Publication of Parent-Teacher Association Newsletter	Include information related to parental mental health to raise awareness among parents.	2023 - 2024	All staff and students	2,000
	Local Deep Dive for Mental Well-being	Help parents rediscover good habits for cultivating a stable mind through local experiences and discoveries, enhancing mental positivity.	2024 - 2025	30 attendees	12,000
	Art Stress Relief Workshop	Use focused art activities to forget life’s worries, relax the mind, and alleviate stress.	2024 - 2025	20 attendees	6,000

In total: \$ 20,000