

目標 Objectives

家庭服務的目標是透過不同程度的專業介入，賦予個人及其家庭力量和韌性，維護和加強家庭成員之間的關係，以改善家庭生活的質素，從而展現明愛3L「愛與被愛」、「學習與承傳」及「領導才能」的三個服務主題。

The objectives of the Family Service are to preserve and strengthen the relationships among members of the family and to improve the quality of family life through promoting the Caritas's 3L themes of "Loving", "Learning" and "Leading". This is achieved by empowering individuals and their families with strength and resilience through different levels of professional intervention.

全年摘要 Highlights of the Year

以愛服務3L Serving 3L with Love

- Bad Day Fest – 學習與壞日子共處

於2023年8月至2023年12月期間，明愛向晴軒及向晴軒危機專線及教育中心舉辦了第一屆「Bad Day Fest」，旨在向大眾重新演繹「Bad Day」的嶄新形象，並提倡照顧自身情緒的重要性。透過與誠品書店共同策劃Bad Day Talk、Bad Day Café及Bad Day慶祝活動，讓公眾能夠了解到在面對家庭危機時該如何自處。

- Bad Day Fest – Learning to be with Bad Day

Family Crisis Support Centre and Family Crisis Line and Education Centre launched the 1st "Bad Day Fest" between August 2023 and December 2023, with an aim of re-interpreting the new image of "Bad Day" to the public and promoting the importance of emotional self-care. By co-organizing the Bad Day Talk, Bad Day Café and Bad Day Celebration with Eslite Bookstore, the public would be able to understand how to stand on their own feet when encountering those bad days in family crisis.

- 由零到二十的戒賭輔導服務 – 承傳實踐經驗

明愛展晴中心於2023年12月7日舉辦了「香港戒賭輔導服務二十載『回顧與展望』研討會」，由業界專業人士以澳門博彩業於疫情後的發展為例，分享他們在戒賭輔導的臨床和實踐經驗，以及輔導模式的轉型。



Bad Day又如何？一同來為我們的Bad Day乾杯！
Bad Day? It's totally OK! Cheers to our Bad Day!



在Bad Day Fest設置Bad Day Café，
為參加者提供體驗活動
The Bad Day Café was set up to provide experiential
activities for participants of Bad Day Fest

- Gamblers Counselling Service from Zero to Twenty – Learning from Experiences

Caritas Addicted Gamblers Counselling Centre held its 20th Anniversary Symposium: "Reflecting on the Past and Shaping the Future of Gamblers Counselling Service" on 7 December 2023. Industry professionals use the example of the development of gambling industry in Macau after the pandemic to share their clinical and practical experience as well as the transformation of counseling models.

- 「自家添」自我關懷體驗活動 – 愛自己為重

明愛樂協會於2023年12月9日舉行55周年慶祝活動，推廣戒毒者及其家人的精神健康和加強情緒調節，從而改善家庭關係，以更有效處理吸毒問題。

- "Reconnecting Ourselves to Promote Family Mental Wellness for Better Drug Rehabilitation" – Loving yourself is of top priority

On 9 December 2023, Caritas Lok Heep Club organized its 55th Anniversary celebration programme to promote mental wellness and strengthen emotion regulation of drug abusers and their families in order to improve family relationship and to deal with drug taking issue more effectively.

- 25周年STAND FIRM音樂會 – 堅守信念自我領導

明愛黃耀南中心於2024年3月2日舉辦了25周年音樂會，並以「STAND FIRM企硬不吸毒」為主題。當日多位謹守戒毒操守的學員獲頒發戒毒操守證書。此外，學員透過音樂表演分享其戒毒康復路上的苦與甜，希望大眾能夠多了解他們的心聲並給予支持。

- 25th Anniversary "STAND FIRM" Music Show – Show your lead

Caritas Wong Yiu Nam Centre held its 25th Anniversary Music Show with a theme of "stand firm, no more drugs" on 2 March 2024. Rehabilitees were awarded with Drug Free Certificates for their compliance with the drug treatment ethics. Besides, they shared the sweet and bitter experienced during their drug treatment and rehabilitation process through musical performance in the hope of gaining understanding and support from the public.



平和基金主禮嘉賓及來自不同戒賭輔導服務的持份者參與研討會，並討論戒賭服務的發展
Officiating guest from Ping Wo Fund and stakeholders from different gamblers counselling service participating in the forum and discussing the service development



嘉賓分享在日常生活中改善自我關懷的方式及提升家庭的心理韌力
Sharing by the guest speaker on how to improve self-compassion in daily life and enhance family psychological resilience



「耀男聲」樂隊的表演讓觀眾感動萬分
"Glorious Male Voice Band"

與服務使用者在愛與希望同行 Walking along with Our Users in Love and Hope



透過創意藝術活動加強父親和子女關係
Strengthen Father-daughter
relationship through creative art work



母親們從自我療愈小組得到情緒舒緩和互相支持
Mothers felt relief and support in Mother Me Time group

• 支援有特殊學習需要的學童及其家人

承蒙萊德集團(中國)有限公司及香港城北扶輪社贊助,「Arts守同行家庭支援計劃」得以在2022年6月至2024年4月期間推行。計劃目的以藝術為介入手法,鼓勵父親和子女進行溝通,並推廣母親自我照顧的意識,從而支援有特殊學習需要學童的家庭。

• Supporting Students with Special Educational Needs (SEN) and Their Families

Sponsored by Ryder Industries Limited and the Rotary Club of Hong Kong City North, "The Walk hand-in-hand with Arts: SEN children and the Parents Support Project" was launched from June 2022 to April 2024. It aimed at utilizing arts-assisted intervention to support the family of SEN children by encouraging communications between father and son/daughter and foster mother's self-care.



藝術工作坊反應熱烈
The art workshops received enthusiastic responses



天使爸媽獲邀分享失胎的經歷及對中心服務作出回饋
Angel parents were invited to shared their journey of
miscarriage and feedback on centre's service

• 支援失胎家庭

恩遇 – 明愛失胎支援中心於2024年3月16至 2024年3月17日期間,在南豐紗廠舉辦了「感恩·遇上您」公眾展覽及藝術工作坊,讓大眾透過藝術裝置了解天使爸媽的故事和流產的知識。此外,為了提供更專業的服務和了解天使爸媽的需要,中心於2024年1月24日為同事舉辦了「失落·同行 – 失胎夫婦的支援」的專業培訓。

• Boosting "Graceful Moment" for Miscarriage Families

Grace Port – Caritas Miscarriage Support Centre held a public exhibition "Graceful Moment" and art workshops at The Mills between 16 March 2024 and 17 March 2024. The public could learn the stories of angel parents and knowledge of miscarriage through the installation art. In addition, a professional training on "Lost and Companion - Support for Bereaved Couples" was organized for our colleagues on 24 January 2024 so as to equip them to provide more professional service and understand the needs of the angel parents.



其中一位參加者在台上與觀眾分享個人感受和想法
One of the participants shared his personal feelings and
thoughts on stage



以樂傳情, 自白音樂會演出大成功!
A resounding success in the Confession Concert!

• 鼓勵男士表達個人情感

「聽說男聲」計劃以音樂工作坊和敘事治療小組的方式,鼓勵男士表達個人情感,從而打破社會對男士的刻板印象,重新書寫屬於自己的故事。於2024年1月6日更舉行「聽說男聲」自白音樂會,讓參加者藉著音樂會這個平台向親人、朋友甚至大眾,去坦白自己的內在的情感。

• Encouraging Men to Express Their Emotions

The "HEarSay" Project encouraged men to express their emotions through music workshops and narrative therapy groups in order to break the stereotypes imposed on them by the society and rewrite their own stories. On 6 January 2024, a "HEarSay" Confession Concert was held for the Project participants which was also served as a platform for them to confess their inner feelings to relatives, friends and even the public.

運用資訊科技推廣家庭服務 Information and Communications Technology and Family Service

• 「至家港Family Port」 – 開發自家網上平台

明愛家庭服務於2023年11月4日舉行「至家港Family Port」啟動禮,推廣家庭服務數碼化的應用,讓大眾更容易獲取有關綜合家庭服務中心的服務資訊。「至家港Family Port」平台設有趣味遊戲、照相館、主題短片,以及重點功能「隨心移動」,鼓勵平台用家製作愛心電子訊息,向社區的長者和照顧者傳達關愛。



大人及小朋友在啟動禮當天興奮地投入
「至家港Family Port」的互動遊戲
Both adults and kids attending the kick-off ceremony
were excited in our build-in games of the "Family Port"

• “Family Port” – Innovative Self-developed Portal

To promote the application of Information and Communications Technology so as to facilitate the public to easily access the service information of Integrated Family Service Centre, Caritas Family Service held a kick-off ceremony for “Family Port” on 4 November 2023. The platform of “Family Port” includes games, photo galleries, short videos, and a highlighted feature called “Move Your Heart”. Portal users are encouraged to send their love and care to the elderly and carers in the community by making their DIY e-messages.

• 建立「情感大學」網站及社交平台

於2023年11月4日，八間明愛綜合家庭服務中心聯合推出一項新服務品牌名為「情感大學」，其願景為向大眾推廣「愛可以學」的理念。透過日常簡單的方法，聽眾可以意識到自己內在的情感，並學會人與人的相處技巧，這有助培養更健康 and 穩定的關係。

• “Relationship University” – Website and Social Platform

On 4 November 2023, eight Caritas Integrated Family Service Centres have jointly launched a new service brand called “Relationship University”, with an aim of promoting the concept of “Love needs practice” to the public. Audience can realize their inner emotions and develop their interpersonal skills through simple methods in daily life, which help to cultivate a more healthy and stable relationship.

想知多啲



邀請卓亦謙導演作為情感大學的第一位嘉賓
Our first guest, Director Nick Cheuk, to our video shooting for Relationship University

新服務

New Services

• 明愛粉嶺綜合家庭服務中心 – 皇后山分處啟動禮

2023年6月10日為明愛粉嶺綜合家庭服務中心 – 皇后山分處的啟動禮，這是一個值得紀念的日子，並標誌著家庭服務踏入一個嶄新里程。有鑑於中心在北區涵蓋的服務範圍眾多，在同一個服務區分內設立分處，實有助照顧皇后山邨及附近村郊超過三萬人口的福利需要。

• Grand Opening of “Queen’s Hill Sub-base of IFSC-Fanling”

The grand opening of Queen’s Hill sub-base of IFSC-Fanling was held on 10 June 2023, which was a momentous day and symbolized a new milestone for Family Service. In view of the vast service coverage in the North District, the establishment of a sub-base within the same service boundary helps to further cater for the welfare needs of over 30,000 residents in Queen’s Hill area as well as the nearby villages in the vicinity.



愛和「里」邨「后」啟動禮
“Love and Harmony in Queen’s Hill” Opening Ceremony

• 成立「明愛學前單位社會工作服務 – 粉嶺」

明愛家庭服務自2023年8月1日起，按社會福利署分階段推行的地區為本計劃，在粉嶺區推行「學前單位社工服務」。這項服務的目標是為了加強兒童保護，培育幼兒品德，支援家校合作，藉此提升家庭福祉。

• Establishment of “Caritas Social Work Services for Pre-primary Institutions – Fanling”

Under the district-based scheme implemented by Social Welfare Department in stages, we have thereby launched social work services for pre-primary institutions in Fanling since 1 August 2023. The service objectives are to strengthen child protection, nurture children character and support parent-school collaboration for the betterment of family well-being.



2023年10月19日社會福利署邀請明愛家庭服務與其他非牟利機構分享實施這項服務的實踐智慧
Social Welfare Department invited Caritas Family Service to share their practice wisdom in the service implementation with other NGOs on 19 October 2023

獲取獎項

Awards Achieved

• 「情緒取向治療」

為加強在個人、夫婦及家庭個案層面應用情緒取向治療，明愛家庭服務設立了一所「情緒取向治療」的訓練基地。在情緒取向治療追求卓越國際中心加拿大國際培訓師黃達瑩醫生的專業培訓下，兩位高級督導主任在2024年2月成功考獲情緒取向夫婦治療師的資格。

• “Emotionally Focused Therapy”

To provide professional counselling service to the service users, we have set up a training base on “Emotionally Focused Therapy”. Thanks to the professional training provided by International Centre for Excellence in Emotionally Focused Therapy Canada, Dr Tat Ying Wong, two senior social work supervisors have been successfully accredited as Certified Emotionally Focused Couples Therapists in February 2024.



新著作 New Publications



出版《小黑咪與星星》、《爸爸的艇仔粉》和《領航鳥》三本繪本，以宣揚「愛與被愛」、「學習與承傳」及「領導才能」的主題。

Three picture books titled "Meow Mi & the Star", "Father's Boat Noodles" and "The Guiding Bird" were published for promoting the themes of "Loving", "Learning" and "Leading"



《觸夢探索 — 與SEN孩子及家庭同行 — 親子藝術平衡小組服務使用者心聲及實務手冊》旨在推廣以藝術介入手法支援SEN學童及其家庭

"Chase your dream - walking with SEN children and their families - Users sharing and practice handbook" aimed to promote art intervention method to support SEN students and their families



「成長寶盒」品格優勢教育教材融合天主教教育核心價值和正向心理學，幫助老師認識並發展學生的優勢

"The Growth Treasure Box" Character Strengths Education Materials integrated the core values of Catholic education and positive psychology to help teachers recognize and develop students' strengths



賽馬會你想家長培力計劃出版了「+ - x 傳」及「載起風雲」兩套教材供社工使用。前者幫助家長反思原生家庭的管教，以至其影響與孩子的依附關係；後者幫助家長探索情緒需要及其對人際關係的影響

Jockey Club Project IDEAL distributed two sets of materials "+ - X Legacy" and "Portraying Connections" to social workers. The former helped reflect on parenting in their family of origin and its impact on attachment with their children. The latter helped explore emotional needs and their effects on interpersonal relationships

員工發展與培訓 Staff Development and Training



2023年5月16日明愛展晴中心舉行「港澳戒賭服務業界交流活動」，探訪澳門聖公會樂天倫賭博輔導暨健康家庭服務中心、澳門理工大學及澳門大學

"Exchange Event for the Gamblers Counselling Service in Hong Kong and Macau" was held by Caritas Addicted Gamblers Counselling Centre on 16 May 2023. Programmes included visiting Macau SKH Gamblers Counselling and Family Wellness Centre, Macao Polytechnic University and University of Macau



2023年7月10日第五屆「家庭系統綜合介入模式」專業講座
5th Public Seminar on Integrative and Family Systems Treatment (I-FAST) on 10 July 2023



2023年8月15日「守護同行 共迎挑戰 - 危機工作實務經驗交流會」，慶祝澳門明愛24小時緊急支援服務 - 求助專線十周誌慶

On 15 August 2023, "To work together, to meet the challenge - Crisis Work Practical Experience Exchange Conference" was organized to celebrate the 10th anniversary of 24-Hour Emergency Support Service - Helpline of Caritas - Macau



2023年9月23日第八屆兩岸暨港澳地區青少年性生殖健康論壇
The 8th Cross-Strait Hong Kong and Macau Conference on Adolescent Sexual and Reproductive Health was held on 23 September 2023