



# 兒童及家庭服務

Children & Family Services

## 服務方向 Service Orientation

兒童及家庭服務以社會上的基層家庭為主要對象，透過綜合家庭服務中心、婦女庇護中心、臨床心理服務及幼稚園，運用社工專業和幼兒教育，結合多元化手法和社區協作，在過去一年的服務方向包括：1) 及早介入鞏固家庭的核心價值；2) 支援家長協助有較大成長需要的兒童及3) 回應家庭暴力問題。

Grass root families are the main service target of the Children & Family Services. Through operating integrated family service, refuge centre for women, clinical psychological service and kindergartens, as well as making use of social work intervention, early childhood education, and integration of diverse approaches and community collaboration, our service direction last year included: 1) making early intervention to consolidate family core values of our service users, 2) supporting parents of children with special learning needs, and 3) responding to the problem of domestic violence.

愛家

## 服務摘要 Service Highlights

### 關注受虐婦女：

#### 《心寧觸織》藝術治療計劃

家庭暴力受害人對自身的創傷往往難於啟齒，藝術作為意象演繹的手法，相信有助受虐婦女釋放情緒，治療傷痛。恬寧居一婦女庇護中心去年獲得香港東區崇德社資助，舉辦了為期半年的《心寧觸織》藝術治療計劃，透過治療小組、藝術分享會及作品展覽等手法，協助受家暴困擾的婦女及兒童找回內心平和及安全感。計劃既能讓婦女透過藝術創作，重拾自我價值，亦能讓小朋友在藝術小組中輕鬆自在地表達情感，獲取支持的力量。計劃最後以「一針一線的力量」主題展覽提升大眾對家庭暴力的警覺性，以及對兒童目睹家暴的關注，宣揚零暴力的訊息。本計劃於2017年上旬圓滿結束，參與及受惠人數達400人次。



東區崇德社委員出席《心寧觸織》作品分享展，一同宣傳家庭零暴力訊息。

The message of 'Zero Violence' is publicised in our expressive art project 'Art Together' sponsored by Zonta Club of Hong Kong East.

### 'Art Together' – Support Disadvantaged Families and Women against Domestic Violence

It is not easy for victims of domestic violence to verbalise their suffering. Art intervention is believed to be an effective way to help victims release their emotions and recovery from the trauma. Funded by the 'Zonta Club of Hong Kong East', the Serene Court – Refuge Centre for Woman launched a half-year project named 'Art Together' last year aiming at helping female victims and children exposed to domestic violence to stabilise their emotions and regain a sense of security by means of therapeutic groups, art activities and exhibition. The project not only helped women to regain their self-worth through artistic creation, but also allowed children to express their emotions freely and gain support in the art group. The 'Art Together' concluded with an exhibition named 'The Power of Sewing' in early 2017 to raise public awareness of domestic violence and promote a message of 'zero violence', with a total of 400 beneficiaries were reached.



親子一同體驗一針一線的縫紉藝術，促進親子關係。

The Parent-child section lets mother and their children try sewing art, to enhance parent-child relationship.

### 關注親子關係：「親子經典識多D」計劃

在現今資訊科技發達的社會，父母要搜尋管教子女的知識十分方便。然而，良好家庭關係的建立除依靠知識外，正確的核心價值亦十分重要。有見及此，活力家庭坊（綜合家庭服務）去年與香港理工大學中國文化學系協作，推行「親子經典識多D」計劃，運用親子話劇、卡通及小組討論等形式，讓親子有機會學習《論語》、《圍爐夜話》、《二十四孝》及《弟子規》等中國文學經典，從而掌握「孝」、「悌」、「信」、「和」等家庭觀念，分析其現代意義並加以應用。在為期兩個月的計劃，家長、孩子與大學生

### Enhancing parent-child relationship through learning Chinese Literary Masterpiece

In this information era, searching parenting skills via internet is very common. Still, we believe that in addition to parenting knowledge, upholding righteous family core values are fundamental for the establishment of good family relationships. Hence, coordinated with the Department of Chinese Culture of the Hong Kong Polytechnic University, we organised a social service learning project named 'Learning more Chinese literary masterpieces' last year, which guided parents and children to adopt and to transform current meanings of those Chinese virtues liked 'filial piety', 'fraternity', 'credibility' and 'harmony' rooted in Chinese literary masterpieces through parent-child drama, cartoon and group discussion. During the 2 months' project, parents, children and students have experienced an interactive process of cultural inheritance learning. While parents can understand children's state of mind more so that



香港理工大學中國文化系師生為家長舉辦「親子經典識多D」工作坊。  
Department of Chinese Culture of The Hong Kong Polytechnic University conducted parenting workshop to parents through learning from classical Chinese literatures.

互動，一同走過「老師—學生—家長—孩子」這文化傳承的學習歷程，讓家長代入子女的心境，增進親子關係。計劃反應理想，參與的家長都十分認同向兒童灌輸家庭的核心價值，他們相信給孩子培育這內在品德定能讓孩子一生受用。

### 關注新來港人士：「共賞生活學堂」

觀塘區的新來港人士數目為各區之冠，中心的服務除了協助他們融入社區，關顧他們的精神健康亦同樣重要。我們去年獲觀塘區議會贊助推行「共賞生活學堂」計劃，協助新來港家庭紓緩生活壓力，擴闊眼界，促進社區共融。計劃包括「園藝治療」及「生死教育」兩部分。前者藉著如培育草頭娃娃、組合盆栽及品嚐香草美食等活動，讓他們從照顧植物進一步關注自己的心理健康，參加者從中亦得到鬆弛和減壓的機會。而「生死教育系列」結合藝術創作、體驗活動和茶聚，讓參加者認識自己對死亡的觀念，聆聽不同人的生命故事，藉此反思生命的價值，並學習活在當下，珍惜生命。



「愛•園美」園藝靜觀家長及兒童組製成品—「組合盆栽」。  
Masterpieces of parent and children in horticultural and mindfulness groups.

the relationships between parents and children have also been enhanced. The project has good feedback and those parents recognised the teaching of family core values and inner qualities that are beneficial to their children perpetually.

### Care for the New Arrivals: ‘Let’s Learn Life Skills Together’

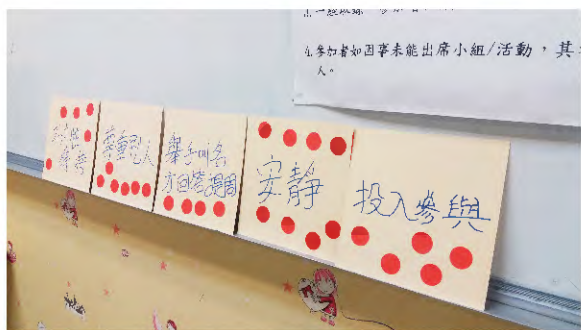
Number of new arrivals in Kwun Tong is the top of other districts in Hong Kong. Besides supporting new arrivals to integrate into society, we also render services to take care of their mental health. Sponsored by the Kwun Tong District Council, our Family Energizer (Integrated Family Service) launched a scheme named ‘Let’s Learn Life Skills Together’ last year to release participants’ life stress, widen their exposure and facilitate social inclusion. The project had two modules: ‘gardening therapy’ and ‘life-and-death education’. While ‘gardening therapy’ made use of various gardening activities, such as cultivation of grass-headed dolls, combination of potted plants, and tasting of herbal meals, to help participants to be aware of their psychological wellness, relax, and learn stress management, ‘life and death education’ combined artistic creation, experiential learning activities and tea gathering to guide participants to rethink their attitudes on death, listen to life stories of other people, as well as learn to live in the present and cherish life.



蘇豪香港扶輪社與活力家庭坊一起為「小白兔信箱服務」的兒童參加者籌辦貧富宴活動。  
Rotary Club of Soho Hong Kong and Family Energizer (Integrated Family Service) jointly organised ‘Hunger Banquet’ for the children participants of ‘Bunny Mail Service’.

## 家長支援： 有特殊學習需要兒童之家長服務

我們繼續與香港教育大學合作，為患有專注力不足及過度活躍症的兒童及其家長舉辦平衡小組，訓練兒童的專注力和執行指示的能力，並檢視他們的情緒控制及作出適當的輔導。小組亦幫助家長察覺自己對孩子的非理性期望，分享管教的困難和壓力，學習有效的親子技巧，從而獲得情緒上的支援。去年，中心和香港教育大學的協作更惠及患有自閉症譜系障礙的兒童及家長，服務包括社交技巧訓練及情緒支援服務。另外，中心的「恆教•樂學一對一指導計劃」亦致力培訓義工，為有特殊教育需要的兒童提供個別訓練，以紓緩家長的壓力。由於家長不少壓力源自主流社會的標籤；去年，中心嘗試運用敘事治療技巧，協助家長重塑與孩子之間的寶貴時刻，讓家長看到生命的豐盛之處。



透過在小組活動內清晰的行為指令及回饋，患過度活躍/專注力失調的兒童得以提升專注力及社交的能力。

Promoting attention and social skills of children with Attention Deficit / Hyperactivity Disorder through clear instructions and feedbacks on their behaviours in group sessions.

## 臨床心理服務

本會的臨床心理服務，為有需要的服務使用者及公眾紓緩心理困擾，促進精神健康。在2016-2017年度期間，本會曾為42位人士和家庭提供心理評估及治療。服務人士經由社工轉介，問題包括：情緒和行為困擾、對疾病或生活狀況不適應、婚姻和家庭問題、喪親之痛、心理創傷和拒學等。除了治療和輔導外，定期與其他專業人員溝通和磋商，也是全面治療方案的重要一環。此外，針對學童自殺問題，本單位於去年12月舉辦了公眾教育講座，以幫助遇上情緒問題和有自殺念頭的學生。

## Support for the Parents : Service for the SEN Children and their Parents

We continued to collaborate with The Education University of Hong Kong and to conduct parallel groups for children with attention deficit / hyperactivity disorder and their parents. The groups were not only designed to enhance children's ability of concentration and following instructions, to review their emotional control, as well as to provide appropriate counselling, but also aimed at helping parents to be aware of their irrational expectations on children, share their difficulties and stress on parenting, learn effective parenting skills and gain emotional support. Last year, this collaboration was expanded to support children with Autism Spectrum Disorders through social skills training and counselling. Meanwhile, the centre kept recruiting experienced volunteers to launch one-to-one guiding service to children with Special Educational Needs (SEN) to release stress of their parents. Since people's misunderstanding on children with SEN was one of the stressors to the parents, we tried to apply narrative therapy to help parents to reshape the precious moments with their children, realise fullness of life.



患有讀寫困難的兒童透過創意小組遊戲，體驗學習中文的樂趣。

Children with dyslexia enjoying Chinese learning through creative games in group activities.

## Clinical Psychological Service

Our Clinical Psychological Service aims to alleviate psychological distress and promote mental health of our service users and the general public. In 2016-2017, psychological assessment and treatment were provided for 42 individuals and families referred by social workers for emotional and behavioural disturbances, maladjustment to illness or difficult life circumstances, marital and family issues, bereavement, trauma and school refusal. Besides treatment and counselling, regular liaisons and consultations with other professionals were also an important part for an integrative treatment plan. Furthermore, in response to the problem of student suicide, a public education talk was conducted in December 2016 to help students with emotional difficulties and suicidal ideation.

## 培養兒童自主學習

本會的兩所幼稚園致力培養兒童自主學習的精神，兒童透過豐富的學習環境，在課室內自由探索及遊戲，在同儕的互動中一同發現新知識，而老師的觀察及適時介入，有助兒童建構及提升潛能。老師亦會配合單元主題，為學習空間作出相應的佈置，並把學習內容及經驗融入校園當中，讓兒童親身經驗邊玩邊學的愉快過程，樂意與人溝通及分享。在課堂的單元主題—「交通」當中，兒童從設置的模擬港鐵車箱中學習乘車的步驟和車箱內應注意的事情等，以培養乘搭交通工具的態度，老師於課室的環境佈置得到大眾認同，亦受到關注及讚賞，而這個生活化的佈置更被刊登到互聯網及報章上。

## Cultivating the self-motivated learning of children

Our 2 kindergartens are committed to fostering self-learning of children. Through rich learning environment, children can explore the classroom, discover new knowledge through peer interaction and games, and develop their potential through observation and guidance of teachers. Teachers will also decorate the learning space in accordance to the themes of the module and incorporate learning contents and experiences into the school area, through which children can engage in learning and communicate with each other through playing. Under the theme 'transportation', children learned the steps of taking MTR and the dos and don'ts inside the train through the simulated MTR train decoration. This can also cultivate the manner in public transportations. The making of 'real-life' decoration has gained the recognition of the public and had been posted on newspaper and the internet widely.



老師配合單元主題製作的港鐵車廂。  
The MTR train decorated by teacher to tie in with the themes of the module.

## 未來發展 Outlook

展望未來，兒童及家庭服務的工作有以下重點：

1. 回應社會需要，家庭基建工作以「生命教育—由家庭做起」為服務主題；
2. 繼續與多專業協作，為有特殊學習需要的兒童及其家長提供有質素的服務；
3. 發展支援離異家庭的服務；
4. 推廣家庭生活社區教育活動。

Looking ahead, Children & Family Services will focus our works on the following areas:

1. In response to the needs of the community, the theme 'Life education starts from the family' is adopted as family-based work;
2. Render quality service to SEN children and their parents through cross-professional collaboration;
3. Develop services for supporting divorced families;
4. Promote family life education through community engagement programmes.

## 2016-2017服務統計 (截至2017年3月31日)

### Service Statistics (as at 31<sup>st</sup> March, 2017)

促進兒童成長的活動節數  
Programme sessions of children  
development encouragement



**290**

**133**



推動和諧家庭的活動節數  
Programme sessions of  
harmonious family promotion

支援受家暴影響的個案數目  
No. of cases of domestic violence support



**116**

**1,596**



促進家庭功能的個案數目  
No. of cases of family  
function encouragement

接受幼兒教育人數  
No. of service users receiving child education



**278**

**42**



臨床心理輔導個案數目  
No. of cases of Clinical Psychological Service