



和諧之家
HARMONY HOUSE

Protecting
Families
& Fostering
Harmony across
Four
Decades

婦女及兒童庇護中心

Shelter for Women and Children



社會福利署資助服務
Subsidised Service by the Social Welfare Department

☎ 24小時婦女求助熱線
24-hour Woman Hotline

2522 0434

☎ 傳真 Fax

2336 5842

✉ 電郵 Email

hhshelter@harmonyhousehk.org

📍 通訊地址

Correspondence address

九龍尖沙咀郵政信箱99068號

P.O. Box 99068, Tsim Sha Tsui Post Office, Kowloon

🕒 中心開放時間

Opening hours

星期一至日 24小時

Mon to Sun 24 hours

賽馬會和諧一心家暴防治中心

Jockey Club Harmony Link Domestic
Violence Prevention Centre

☎ 電話 Tel

2342 0072

☎ 傳真 Fax

2304 7783

✉ 電郵 Email

hhl@harmonyhousehk.org

📍 地址

Address

九龍觀塘樂華(南)邨安華樓地下B翼

Wing B, G/F, On Wah House, Lok Wah

(South) Estate, Kwun Tong, Kowloon

🌐 網址 Website

www.harmonyhousehk.org

🕒 中心開放時間

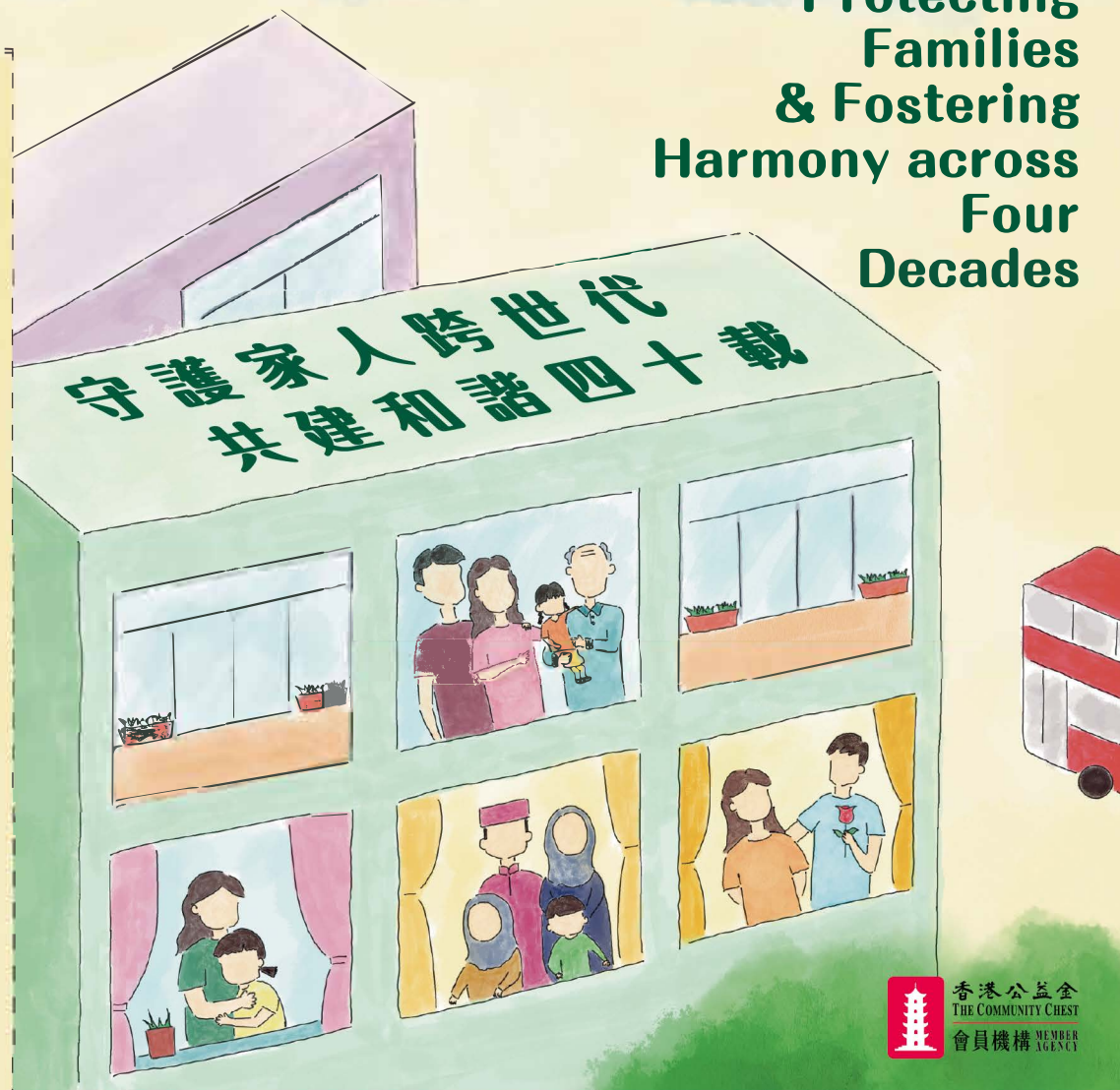
Opening hours

星期一至六 上午10:00至下午6:00

(公眾假期除外)

Mon to Sat 10:00am - 6:00pm

(except Public Holiday)



和諧徑

Harmony Lane

☎ 電話 Tel

3153 5712

☎ 傳真 Fax

3153 5715

📞 WhatsApp

6144 5334

✉ 電郵 Email

harmonylane@harmonyhousehk.org

📍 地址

Address

新界葵涌石籬(一)邨石安樓地下B2-3室

Rm B2-3, G/F, Shek On House, Shek Lei (I) Estate,

Kwai Chung, New Territories

🌐 網址 Website

www.harmonylane.harmonyhousehk.org

🕒 辦公時間

Office hours

星期一至六 上午10:00至下午6:00 (公眾假期除外)

Mon to Sat 10:00am - 6:00pm (except Public Holiday)



捐助及支持和諧之家 Donate and Support Harmony House



了解我們更多 Know more about us

Harmony House was established in 1985 as the first shelter for abused women and their children in Hong Kong. Today, we have developed into a one-stop anti-domestic violence service agency, with a wide range of preventive, therapeutic, and developmental programmes to help families affected by domestic violence. We also organise community education programmes, promote harmonious, and healthy family relationships, provide training to multi-disciplinary professionals and advocate for policies and legislations on behalf of victims of violence, their families, and communities.

成立於1985年，是香港第一間為受虐婦女及其子女提供庇護服務的機構。至今已發展成為一站式的家暴防治中心，以多元化預防、治療及發展的服務，協助受家暴影響的家庭，並透過不同類型的社區教育活動，推廣和諧健康的家庭關係。機構更為專業人士提供培訓，並倡議政策及法律改革。

和諧之家

每年呈報的家暴個案

約有 **8成** 受虐者為 **女性**

About **80%** of reported
domestic violence victims
are **female**



24小時婦女求助熱線
24-hour Woman Hotline
☎ **2522 0434**



MAN (男士) 熱線
MAN Hotline

☎ **2295 1386**
📞 **4608 0146**

每 **6個** 家暴受害者
有 **1位** 為 **男性**

1 out of 6 victims of
domestic violence is **male**

虐兒個案中

主要施虐者是父母

The primary abusers
in child abuse cases
are parents



小白兒童熱線

- 家長情緒支援按7字

Children Hotline
- Press 7; Chat with Us (For Parents)

☎ **2751 8822**
📞 **6515 8822**

本會里程碑 Our Milestone

2021

位於元朗的和諧家庭空間正式啟用，推廣善意溝通及身心靈健康，以預防家庭暴力

An innovative service centre, Family Harmony Space, focusing on a body-mind-spirit approach and non-violent communication for prevention of family violence, was established in Yuen Long District

2011

位於葵青石籬邨的和諧徑正式啟用，為目睹家暴兒童及青少年提供適切支援
Harmony Lane, a centre located in Kwai Tsing, was officially inaugurated in 2011 to provide specialized service for children and youths who have witnessed domestic violence

2005

和諧快線情緒教育流動服務車正式啟動，於小學進行情緒及兩性教育

Launched Harmony Express, a mobile classroom providing emotion and gender education programmes for primary school students

1997

作為首間機構倡議關注目睹家暴兒童，研究及開展相關服務

Advocated for addressing the needs of children witnessing domestic violence and initiated studies to examine the issue

1986

展開營運全港第一條
24小時婦女求助熱線
Started Hong Kong's first
24-hour Women Hotline

2025

辨識經歷童年逆境經驗人士，及早介入以預防跨代暴力
Developed preventive measures on intergenerational transmission of domestic violence

2016

推展為期三年的「男男再現受虐男士自強先導計劃」，讓男性家暴受害者的需要獲得關注

A three-year pilot project - "Project HE (Healing and Empowerment) for Male Victims of Domestic Violence" was launched with the aims to arouse public awareness on the needs of male victims in domestic violence

2006

成立賽馬會和諧一心家暴防治中心，是全東南亞首間一站式綜合家暴防治中心

Set up the Jockey Club Harmony Link Domestic Violence Prevention Centre, a one-stop integrated centre for prevention and treatment of domestic violence and the first of its kind in Hong Kong and Southeast Asia

2001

成立家庭暴力危機處理小組，派駐社工到醫院急症室

Set up the "Seeds of Hope - Crisis Intervention Team on Domestic Violence" at hospital's A&E department

1992

成立全港第一隊專門預防家庭暴力的社區教育隊

Developed a ground-breaking team, dedicating efforts to run public awareness programmes and to promote the important message of family harmony

1985

成立全港首間受虐婦女及兒童庇護中心

Established the first shelter for women and children victims of domestic violence in Hong Kong

我們的服務 Our Service

任何人都有機會遇上家庭暴力，不分性別、年齡、種族、宗教、學歷、社會地位、經濟狀況或性取向。施虐者可以是任何一位同住家人，包括同居情侶、夫妻、子女、父母、繼父母、祖父母、兄弟姊妹、姻親等。

Anyone can experience domestic violence, regardless of gender, age, race, religion, education, social status, economic situation, or sexual orientation. The abuser can be any family member living with you, including a cohabiting partner, spouse, child, parent, step-parent, grandparent, sibling, or in-law.

為女士而設 For Women

短期緊急住宿服務 Temporary and Emergency Refuge Service

- 24小時即時支援和轉介服務 24-hour immediate support and referral services
- 社區資源資訊及轉介 Community resources and referrals
- 離舍後跟進及支援 Aftercare services for discharged residents

服務對象 Service Target:

- 受虐婦女及其子女、13-17歲的受虐少女（必須為香港居民及合法留港人士）
Abused women and their children, teenage girls aged 13-17 (must be Hong Kong permanent residents or have the legal right to stay in Hong Kong)

一對一輔導服 Individual Counselling Service

治療小組 Therapeutic Group

- 受虐女士小組 Group for female victims
- 使用暴力女士輔導小組 Group for women using force
- 善意溝通小組 Compassionate communication group

為男士而設 For Men

短期「避靜」住宿服務 Short-Term "Calm Down" Accommodation Service

- 提供最多為期7天的短暫「避靜」酒店住宿
7 days of temporary "respite" hotel accommodation
- 資源轉介支援服務 Community resources and referrals

服務對象 Service Target:

- 為面對家庭暴力或因家庭衝突引發情緒困擾的男士
Men who are being affected by domestic violence or experiencing emotional distress caused by family conflicts

一對一輔導服務 Individual Counselling Service

治療小組 Therapeutic Group

- 受虐男士小組 Group for male victims
- 施虐者輔導小組 Batterers intervention group
- 善意溝通小組 Compassionate communication group

為父母而設 For Parents

一對一輔導服務 Individual Counselling Service

小組 / 講座 / 工作坊 Group / Talk / Workshop

- 正向教養家長小組及自我關懷家長小組
Positive parenting group and self-compassion parent group
- 和諧手足小組 Sibling group
- 非暴力教養家長課程 Non-violent parenting course
- 家長親職教育講座 Parenting talk
- 家長舒壓工作坊 Parent self-care workshop

為受虐兒童及目睹家暴兒童而設 For Abused Children & Children Witnessing Domestic Violence

一對一遊戲治療 Individual Play Therapy

小組 Group

- 故事 / 音樂 / 表達藝術治療小組
Storytelling / music / expressive art therapeutic group
- 情緒教育小組 Emotional education group

服務申請方法: 自行致電熱線 / 經社工及其他專業人士轉介

Service application methods: Self-approach through hotlines / referral by social worker or other professionals

公眾及專業人士服務 Community Education and Professional Training

讓專業人士及大眾了解預防家暴工作和宣揚和諧家庭，特設以下主題的工作坊及服務：

To enhance professional and public understanding of domestic violence and promote harmonious families, we offer the following themed workshops and services:

- ★ 辨識及處理家庭暴力 Identifying and Addressing Domestic Violence
- ★ 童年逆境經驗 Adverse Childhood Experiences (ACE)
- ★ 非暴力溝通 Non-violent Communication (NVC)
- ★ 自我關懷 Self-Care
- ★ 繪本工作坊 Picture Book Workshop
- ★ 和諧親子活動 Harmonious Parent-Child Activities
- ★ 和諧家庭活動 Harmonious Family Activities
- ★ 參觀服務單位 Service Unit Visit



服務對象 Service Target:

- 有興趣人士 / 團體 / 專業人士 (老師、社工、輔導員、警察、醫護人員)
Individuals / Organisations / Professionals (teachers / social workers / counsellors / police officers / medical staff)



企業合作
Corporate Collaboration

校本教育支援服務 School-Based Education Service

- ★ 學童情緒教育：和諧快線流動車 / 工作坊 / 講座 / 治療小組 / 體驗學習坊
Emotion education for children: Harmony Express mobile classroom / workshop / talk / therapeutic group / experiential activity
- ★ 善意溝通工作坊 / 講座 / 治療小組
Compassionate communication workshop / talk / therapeutic group
- ★ 親職教育工作坊 / 講座 / 小組 / 親子體驗活動
Parenting education workshop / talk / group / parent-child experiential activity

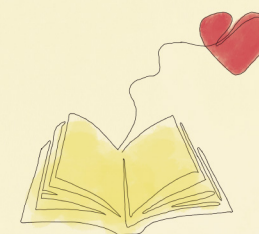
服務對象 Service Target:

- 幼稚園、小學學生及家長
Kindergarten and primary school students and their parents

- ★ 預防戀愛暴力講座 / 善意溝通工作坊
Dating violence prevention talk / Compassionate communication workshop

服務對象 Service Target:

- 中一至中六學生
Secondary school students S.1-S.6



服務申請詳情可到本會網頁瀏覽：
www.harmonyhousehk.org

For more details about the service application methods, please visit our website:
www.harmonyhousehk.org

專業培訓及校園支援及培訓服務
Professional Training and School-based Support & Training Services