



和諧之家
HARMONY HOUSE



和諧之家40周年特輯
Harmony House 40th Anniversary Special Edition

年報 ANNUAL REPORT
2024-2025

關於我們 ABOUT US ...

和諧之家成立於1985年，是全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。此外，機構更為跨專業人士提供培訓，並倡議政策及法律的改革。

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 multi-disciplinary training and advocate policy and legislative reform on behalf of victims of violence, their families and communities.

信念 BELIEF ...

- 我們相信每個人的權利和尊嚴均應受到尊重，並享有不受暴力、虐待及壓迫的權利，人權不論在社會或家庭裡均應受到尊重。
- 我們相信平等和互相尊重是建立和諧家庭關係及培育家庭成員身心健康發展的基石。
- 我們強烈反對使用暴力作為控制家庭成員的方法。
- 我們致力幫助家庭暴力的受害者重拾應有的生活尊嚴。
- We believe all human beings have the right to live with dignity and respect and to be free from violence, abuse and coercion. Human rights should be preserved at home and in our society.
- We believe equality and mutual respect are fundamental principles for a healthy and harmonious family.
- We strongly oppose the use of violence as a means of control.
- We are dedicated to helping victims of domestic violence regain dignity and autonomy in their lives.

使命 MISSION ...

- 以多元化手法，針對家庭暴力的社會問題，致力提供以家庭為本的預防及治療性服務，推廣和諧及健康的家庭關係。
- 透過輔導及危機介入，主動接觸及關懷有需要的受害家庭。
- 透過社區教育，令公眾人士改變對家庭暴力的錯誤觀念與態度，增進處理家庭暴力的正確知識與技巧。
- To tackle the social problems of domestic violence using diverse approaches and promote harmonious and healthy relationships in families with a wide range of preventive and therapeutic services.
- To reach out to families in need through counselling and crisis intervention.
- To combat the misconceptions and incorrect attitudes towards domestic violence through community education, impart appropriate knowledge and skills to handle domestic violence.

願景 VISION ...

- 一個建基於和諧、關懷、互相尊重的社群。
- 一個零容忍家庭暴力的社會。
- 一個能培育各階層人士回饋社會的環境。
- A harmonious and stable community built on sound family values of harmony, care, mutual respect and responsibility.
- A community for "Zero Tolerance to Domestic Violence".
- A community that can protect the abused and provide an environment that nurtures emotionally strong individuals who can contribute to society.

目標 GOALS ...

- 為受家庭暴力影響的婦女、男士及兒童提供保護及關懷，以助建立個人的自尊及自信。
- 為施虐者提供輔導及指引，以終止家庭暴力循環的發生，消除家庭暴力所帶來的禍害。
- 為社區人士及專業團體提供公眾教育，以宣揚建立和諧家庭。
- To protect and empower women, men and children who are victims of domestic violence and help them to establish their self-esteem and confidence.
- To counsel and give guidance to batterers on how to break the vicious cycle of violence and eliminate harm to their families.
- To establish, promote and educate professional bodies and the community on the importance of family harmony.

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和諧之家四十周年誌慶

惠風廣衍
愛澤綿延

贊助人李林麗嫻



和諧之家四十周年誌慶

協諧倡睦
匡社樂羣

政務司司長陳國基





耕耘四秩
惠社一心

和諧之家四十周年誌慶

財政司司長陳茂波



倡猷四秩
播惠萬家

和諧之家四十周年誌慶

勞工及福利局局長孫玉菡





徽猷卓著
共建諧和

和諧之家四十周年誌慶

教育局局長蔡若蓮



和衷共濟
關愛同行

和諧之家四十周年誌慶

民政及青年事務局局長麥美娟





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弘揚關愛
力促和諧

保安局局長鄧炳強



和諧之家四十周年誌慶

和衷協力
以愛匡羣

社會福利署署長杜永恒





香港賽馬會主席廖長江

和諧傳永年 德澤潤萬家

和諧之家四十周年特刊



和諧之家四十周年特刊賀辭

欣逢和諧之家成立四十周年，本人謹代表香港公益金致以衷心的祝賀。

和諧之家自一九八八年起成為香港公益金的一份子，每年獲公益金恆常撥款資助預防及治療家庭暴力的工作，包括「二十四小時的危機支援熱線」，為正面對家庭暴力的家庭提供即時的情緒支援及輔導；以及「家暴受害人離院支援服務」，透過個案輔導、治療和互助小組，鼓勵受虐婦女為自己充權，協助她們重拾自信，重建獨立自主的生活。

過去四十年間，貴會積極地發展及推動各項建立和諧家庭的工作，為受家暴影響的家庭提供適切的多元化服務，幫助他們脫離生活困擾，讓他們重拾生活尊嚴，以及重建和諧的家庭生活。另外，貴會亦透過家庭教育工作，努力不懈地營造安全、支持及和諧的家庭環境，確保兒童能夠在沒有暴力和衝突的環境中成長。公益金能參與其中，並見證貴會的成長及其對「守護家庭」作出的貢獻，實在與有榮焉。

我謹此再次衷心致意，適逢貴會今年周年主題：「守護家人跨世代·共建和諧四十載」，祈望貴會能繼續肩負起推廣和諧家庭和防治家庭暴力的使命，守護每一個家庭和每一個孩子，共同建立和諧家庭。



公益金入會、預算及分配委員會主席
楊傳亮SBS, BBS太平紳士



香港社福界心連心大行動董事會主席管浩鳴法政牧師

防治暴力
守護家庭

和諧之家四十周年特刊



香港社會服務聯會行政總裁陳文宜

關愛啟導
惠澤社群

和諧之家四十周年特刊



平等機會委員會主席林美秀

同心護家
關愛隨行

和諧之家四十周年特刊



Congratulatory Messages

On the occasion of Harmony House's 40th anniversary, may I, on behalf of all the Members of Rotary Club of Wanchai, extend our warmest congratulations and deepest respect to you all.

Over the past four decades, we know that Harmony House has adhered to its original mission of preventing domestic violence and supporting its victims. We strongly share your belief that all human beings have the right to live with dignity and respect and to be free from violence, abuse and coercion and that human rights should be preserved in our homes. We admire your dedication to helping victims of domestic violence resume dignity over their own lives. We value the work you have done in tackling the causes of this scourge, in terms of education and counselling and in other ways. We know that you have provided care and support to many, many people across Hong Kong.

It has been our honour and pleasure to support you in this work over many years. We look forward to further deepening our co-operation with you.

Once again, congratulations on Harmony House's 40th anniversary! We know that you will continue the struggle against this difficult societal issue in the years to come.

Yours in Rotary,

Greg Knowles
President 2025-26
Rotary Club of Wanchai

Congratulatory Messages

Our heartiest congratulations to Harmony House on her 40th Anniversary with a vision to fostering safe, supportive, and harmonious family environments.

You have fulfilled your mission to ensure children grow up in nurturing ambience so that they are free from brutality and conflict, to prevent domestic violence with family bonds strengthened and to safeguard the well-being of children.

It is our shared goal of building a harmonious and safe society and hence, our pleasure and privilege to support your initiatives and events.

We wish you continuous success and look forward to part-taking in your future projects! May more children and families of our community benefit from your faithful services!

Sincerely yours,

Fonnie Wong
Chair of Community Outreach Committee
The Helena May

Congratulatory Messages

Harmony House had a small beginning as a refuge for abused women and their children, in a borrowed, unused, British Army house on Hong Kong Island. The refuge was managed, and the women and children assisted, by a caring volunteer, a Roman Catholic nun with previous, similar, refuge experience overseas,

Today, forty years later, we can celebrate the incredible work of your agency, Harmony House, in reaching out to a wide population in need of rescue, support and assistance.

We celebrate the comprehensive and excellent work of your agency with women, men and children experiencing, or even causing, violence in relationships, and in educating the public on what it means and how to avoid and overcome such negative experiences.

From direct, supportive and healing services, to workshops, research, advocacy for legal support and protection and imaginative use of drama, the range and depth of undertakings has been immense and effective.

I could not have imagined such growth and development when I first became aware of the absence of services for women in abusive marital relationships in 1981, a few years after I had arrived in Hong Kong. Later in 1984, after years of lobbying, I initiated the establishment of the refuge we called Harmony House.

It has been a long road and Harmony House has achieved much in these years, an amazing amount undertaken with care, skill and enthusiasm.

I would like to wish your chairman Dr. Ho Choi Wa, all members, and staff under the excellent leadership of Executive Director Mrs. Doris Lee, sincere congratulations and best wishes for success in continuing your excellent work.

Thomas J Mulvey. JP.
(馬偉東.太平紳士)
Formerly Exec Director of Hong Kong Family Welfare Society

同行 40 YEARS OF TRAVELLING TOGETHER



1986

- ▲ 和諧之家在4月2日脫離香港婦女協會，成為一個獨立的慈善社團。
Harmony House became independent from the Hong Kong Council of Women on 2 April, 1986, and registered as a charitable organisation.

- ▲ 於7月開始運作全港第一條24小時的婦女求助熱線。
Started Hong Kong's first 24-hour Women Hotline on 1 July, 1986.



1985

- ▲ 在香港婦女協會贊助下，和諧之家於4月3日成立，是全港首間為受虐婦女及兒童而設的庇護中心。
Harmony House was established on 3 April, 1985, under the sponsorship of the Hong Kong Council of Women. It was the first shelter for abused women and their children in Hong Kong.



- ▲ 於7月加入成為香港社會服務聯會會員。
Became a member of Hong Kong Council of Social Service in July.

1987

- ▲ 於7月加入成為香港公益金屬下機構，並獲香港公益金捐助支持婦女熱線。
Became a member of The Community Chest and received the funding support for our Women Hotline in July.

1988

1989

- ▲ 從10月開始成為社會福利署資助機構。
Started to receive subvention from The Social Welfare Department in October.

1990

- ▲ 協助庇護中心離舍婦女成立「群福婦女權益會」，以加強離舍婦女的互助。該會於1997年脫離和諧之家，成為一個獨立的團體。
Assisted our shelter former residents in establishing The Hong Kong Association for the Survivors of Women Abuse (Kwan Fook) to enhance mutual support, which became independent from Harmony House in 1997.



- ▲ 獲公益金資助，於6月成立為期3年的「新家庭社區教育計劃」，是全港第一隊專門預防家庭暴力的社區教育隊，加強公眾對家庭暴力的關注和宣揚和諧家庭訊息。
With support from The Community Chest, a pilot three-year "Family Ideal Community Education Project" was launched in June, dedicating efforts to run public awareness programmes and to promote family harmony.

1992

早期在不同地區進行的社區教育展覽
Early community education exhibitions and programmes held across various districts

1993

- ▲ 將虐妻問題提升到公眾層面，並在立法會中倡議政府成立一個跨部門工作小組，協調有關部門以助有效處理虐妻問題。

Highlighted the issue of wife abuse at the Hong Kong Legislative Council. The issue was put on the public agenda as we advocated the government to set up an interdepartmental working group to coordinate and effectively deal with the problem of wife abuse.



1994

- ▲ 舉行記者會，倡議社會關注兒童在暴力家庭成長之困難及需要。

Held a press conference to raise public awareness of the needs and difficulties of children growing up in abusive families.

1998

- ▲ 庇護中心獲搬遷到一個服務空間更寬敞的地方。

The Shelter was relocated to a more spacious environment.



特首夫人董趙洪娉女士，JP 到訪和諧之家新的婦女及兒童庇護中心
Mrs. Betty Tung, JP, the wife of the Chief Executive, visited Harmony House's new shelter for women and children

- ▲ 為2,513名警員提供培訓，為跨專業合作奠下基礎。

Launched training workshops on domestic violence to 2,513 police officers, laying the foundation for cross-sector professional collaboration.



- ▲ 經過兩年的倡議工作，政府成立關注虐待配偶問題的跨部門工作小組，本會是小組成員之一。

After two years of advocacy work, the Government set up the interdepartmental Working Group on Battered Spouse to tackle domestic violence, of which we were one of the members.

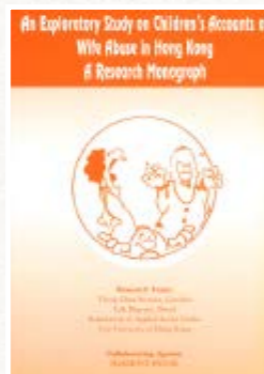
- ▲ 和諧之家製作首份跨界別處理家庭暴力守則。

Published the first multi-disciplinary guidelines on domestic violence intervention.

1995

- ▲ 作為首間倡議關注目睹家庭暴力兒童需要的機構，開展及研究兒童目睹家庭暴力的問題。

We became the first organisation to advocate for the needs of children witnessing domestic violence and initiate studies to examine the problem.



1997

- ▲ 成立婦女大使互助小組，參與社區教育、關顧及促進受虐婦女互助工作。

Established the "Women Ambassador" mutual support group, facilitating ambassadors' participation in community education and promote the concept of women helping women in confronting domestic violence.

- ▲ 倡導「戀愛暴力」的嚴重性，並進行預防戀愛暴力的研究，以引發社會對此議題的關注。

Conducted a survey on youth dating violence, the findings of which served to raise community awareness.

1999

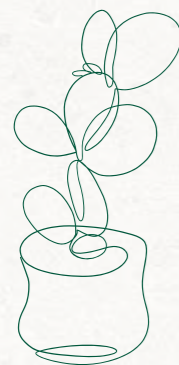
- ▲ 成立第三線男士服務，透過MAN（男士）熱線、個案輔導及治療小組，協助男施虐者停止其暴力行為。

Launched a series of male-specific services to help male batterers stop abusive behaviours. This included the "MAN" Hotline, individual casework counselling and psycho-educational groups.

- ▲ 成立工作小組，全面檢討家暴條例（第189章）。

Set up a working group to comprehensively review the Domestic Violence Ordinance (Cap. 189).

2000



2001

- ▲ 成立家庭暴力危機處理小組，並派駐社工到醫院急症室，為受家庭暴力影響的個案提供即時危機介入、評估和轉介。
Set up the "Seeds of Hope-Crisis Intervention Team on Domestic Violence" at Accident & Emergency (A&E) departments of hospitals to provide immediate on-site crisis interventions and referral services to victims of domestic violence.
- ▲ 與城市大學法律系出版《控制家庭暴力及虐妻：對給予施虐者「強制輔導」的訴求》研究報告。
Collaborated with the Law Faculty of City University of Hong Kong to publish a research report on "Controlling Domestic Violence and Wife Abuse: A Plea for Mandatory Counselling for Wife Abusers".
- ▲ 出版《香港兒童研究—兒童如何理解和處理父母衝突》研究報告，引起公眾關注目睹家暴兒童的需要。
Published a research report on "An Exploratory Study on Children's Accounts of Wife Abuse in Hong Kong: A Research Monograph", which raised public awareness of the needs of children that witness domestic violence.



2005

- ▲ 於西鐵天水圍站設立「和諧站」。
Established Harmony Express Resource Station (HERS) in Tin Shui Wai Station.
- ▲ 推行「和諧快線」情緒教育流動服務，於小學進行情緒及兩性教育。
Launched "Harmony Express", a mobile classroom providing educational programmes for primary school students, educating them on emotional management and gender equality.



「和諧快線」情緒教育流動服務正式啟動
The "Harmony Express" mobile classroom for emotional education commenced service

- ▲ 發表了全港第一份由社會服務機構撰寫修訂家庭暴力條例(第189章)的建議書。
Issued the first NGO proposal commenting on the amendments of Domestic Violence Ordinance (Cap. 189).

2002

- ▲ 多次出席立法會福利事務委員會成立的《處理家庭暴力的策略和措施小組委員會》，提交機構立場書，並在會議中積極表達前線經驗和意見。
Attended regular meetings of the Sub-committee on Strategy and Measures to Tackle Family Violence under the Legislative Council Panel on Welfare Services, submitted position papers and actively shared frontline experiences and views.

- ▲ 於天水圍區開展「守望星計劃」。
Launched the "Star Bright Domestic Violence Neighborhood Watch Initiative" in Tin Shui Wai.

- ▲ 發佈《少數族裔婦女遭受家庭暴力》研究結果，提升社會關注少數族裔人士的家暴問題。
Released research findings on "Domestic Violence in Ethnic Minority Families" to raise public awareness of domestic violence within ethnic minority families.

2004

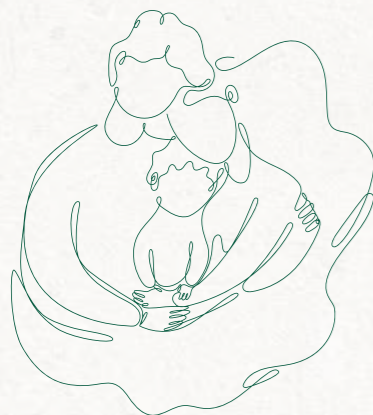
- ▲ 賽馬會和諧一心家暴防治中心成立，是全港及全東南亞首間一站式綜合家暴防治中心。
Set up the Jockey Club Harmony Link Domestic Violence Prevention Centre (Harmony LINK), a one-stop integrated centre for prevention and treatment of domestic violence and the first of its kind in Hong Kong and Southeast Asia.



賽馬會和諧一心家暴防治中心開幕
Opening of the Jockey Club Harmony Link Domestic Violence Prevention Centre

- ▲ 獲美國波士頓 (EMERGE) 認可成為香港唯一可以舉辦Emerge模式施虐者輔導計劃之機構。
Accredited to be the sole official agency in Hong Kong providing services for treatment of abusers based on the EMERGE model.

2006



2007

- ▲ 協助《公義、平等、和諧：家庭暴力條例修訂建議書》的出版，並為「改革家庭暴力條例聯盟」成員，表達及推動公眾關注親密關係暴力。

Took part in the publication of "For Justice, Equality & Harmony: Proposal on Reform of the Domestic Violence Ordinance" and held a press conference to raise public awareness on intimate partner violence acting as a member of "Domestic Violence Legislation Reform".



「改革家庭暴力條例聯盟」記者會
Press Conference on "Domestic Violence Legislation Reform"



《公義、平等、和諧：家庭暴力條例修訂建議書》
"For Justice, Equality & Harmony: Proposal on Reform of the Domestic Violence Ordinance"

2010

- ▲ 獲傅德蔭基金支持，開展全港首個以家暴受虐婦女及兒童為對象的園藝治療項目 -- 「和諧花園」。

With support from the Fu Tak lam Foundation, we pioneered "Harmony Garden", the first horticultural therapy project in Hong Kong for women and children victims of domestic violence in the Shelter.



2012



- ▲ 舉辦《從美國及香港經驗探討女生使用暴力情況》論壇，深入探討兩地女性使用暴力情況及支援措施。

Organised a forum on "Understanding and Addressing Women's Use of Force: The United States and Hong Kong Experiences", which aimed to explore the situation and the support measures for female batterers in USA and HK.

- ▲ 獲社會福利署選定為其中一間認可機構推行反暴力計劃。
Designated as one of the approved agencies to run and carry out anti-violence programmes assigned by the Social Welfare Department.

- ▲ 與THE BODY SHOP合作推展「小白兔心聲兒童熱線」，獲「商界展關懷」傑出伙伴合作計劃獎2007-2008。
"Bunny hEars Children Hotline Service Project", a project in collaboration with THE BODY SHOP, gained the Outstanding Partnership Project Award 2007-2008 of the Caring Company Scheme.

2008

- ▲ 庇護中心獲搬遷到另一地點，宿位由40個增至65個。
The Shelter was relocated to a new site with increased residential capacity from 40 to 65.



特首夫人梁唐青儀女士參觀和諧之家的婦女及兒童庇護中心
Mrs. Regina Leung, the wife of the Chief Executive, visited Harmony House's new shelter for women and children

2009

- ▲ 位於葵青石籬邨的和諧徑於6月正式落成啟用，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 June to provide specialized service for children and youths who have witnessed domestic violence.



和諧徑開幕
Opening of Harmony Lane

- ▲ 開展「親職自強」嶄新計劃，包括「好媽媽社區互聯網」計劃及「心蓮心親親媽媽」計劃。
Commenced Parenting Empowerment Pilot Projects, including "Better Mom Neighborhood Network Project" and "Parenting Empowerment through Women Helping Women Project".

- ▲ 針對使用暴力的女士及受虐男士，拓展為期3年的全港嶄新的「伊人一心」家暴預防計劃。
Launched a three-year pilot project "Nurturing Heart Domestic Violence Project" to address the emerging issues of women using force and male victims.

2011



2013

- ▲ 開展「Teen Teen 愛尊線」流動教育服務計劃，以防止青少年戀愛暴力，並在中學推動安全及健康的兩性關係。
"Teen Teen Love to Respect", a school-based project, was developed to prevent teen dating violence and promote safe and healthy relationships in secondary schools.

2014

- ▲ 設立「兒童治療圖書閣計劃」，以故事治療手法協助目睹家庭暴力的兒童紓發情緒及尋獲希望。

Established a "Therapeutic Children Library Project" to help children who witnessed domestic violence to deal with their emotions and recover from traumatic experiences through storytelling.



女性使用暴力之經驗分享、挑戰和前瞻
Training on Women Using Violence: Experiences and Challenges Ahead

- ▲ 以美國的VISTA服務模式為基礎，結集2011-14年推行的女性使用暴力輔導先導計劃 — 「伊人一心家暴預防計劃」的經驗，出版《女性使用暴力之心理教育輔導培訓手冊》，為同工提供一套有效協助女性使用暴力者的工作手冊。

Based on the intervention model of VISTA and with the experience in working with women who use force in their intimate partner relationships gained from "Nurturing Heart Domestic Violence Project" (2011-2014), the "Women Using Violence Psycho-educational Training Manual" was published.

- ▲ 多次出席「立法會福利事務委員會處理家庭暴力及性暴力的策略和措施小組委員會」會議，就家庭暴力的定義、識別及評估，為受害人提供的庇護服務及房屋援助，提交機構立場書，並在會議中積極表達前線經驗和意見。

Submitted position papers and presentations to the Sub-committee on Strategies and Measures to Tackle Domestic Violence and Sexual Violence of LegCo Panel on Welfare Services, with particular references to definition, identification and assessment of domestic violence; shelter service and housing services for victims of domestic violence.

- ▲ 舉行「跨越性別·家愛同行」公眾教育計劃，讓社會人士更了解性小眾經歷家暴的困難與傷害。
Initiated the "Love Beyond Boundaries" Community Education Project to raise public awareness on the extent and impact of domestic violence against the LGBT community by their own family members.

- ▲ 舉辦了全港首屆「家暴關注周」，在港九各區以多元化的活動，喚起公眾對家庭暴力的關注及推廣和諧家庭訊息。
Organised the first "Domestic Violence Awareness Week" in Hong Kong. Through a wide range of activities conducted across many districts, we aimed to raise public awareness on domestic violence and promote the importance of family harmony.



2015

- ▲ 結集計劃理念、教育模式、介入手法，以及同學們參與活動的分享及他們對戀愛的心聲，出版了《TEEN TEEN愛尊線青少年預防戀愛暴力教材套》。
Published "Teen Teen Love to Respect Dating Violence Prevention Manual", which covered the rationale, educational means, intervention approach and participants' experience of the project.



《TEEN TEEN 愛尊線青少年預防戀愛暴力教材套》
"Teen Teen Love to Respect" Dating Violence Prevention Manual



- ▲ 獲得香港賽馬會慈善信託基金捐助，推展為期3年「男」天再現受虐男士自強先導計劃，讓男性受害者的需要獲得關注。

Jockey Club Charities Trust, a three-year pilot project - "Project HE (Healing and Empowerment) for Male Victims of Domestic Violence" was launched. It aimed to arouse public awareness on the needs of male victims in domestic violence.

「男」天再現受虐男士自強計劃
Project HE (Healing and Empowerment) for Male Victims of Domestic Violence

2016

2017

- ▲ 獲得社會福利署撥款，增設8個宿位，宿位由65個增至73個及加設兒童照顧服務。

The Social Service Department added 8 places to our shelter, increasing the capacity from 65 to 73, while also adding child-care assistance service in the shelter.

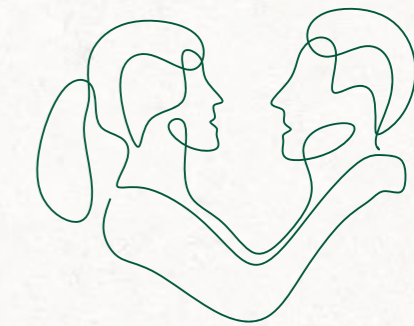
- ▲ 推展為期3年的賽馬會童心跳「暴」計劃，致力及早辨識目睹家暴兒童和援助家暴高危家庭。

A three-year initiative "Jockey Club Project Smart Kids" was launched to support children who witness domestic violence, with a focus on early identification and intervention for at-risk families.



香港賽馬會慈善信託基金捐助
賽馬會童心跳「暴」計劃
Jockey Club Project Smart Kids,
sponsored by the Hong Kong
Jockey Club Charities Trust





2018

▲ 首獲新鴻基地產發展有限公司的資助，展開「新地雨後彩虹」計劃，並在其持續支持下推行至2021年，為身處於觀塘及葵青等高風險地區的家暴家庭兒童提供輔導及支援服務。

With funding from Sun Hung Kai Properties Limited, the "SHKP Rainbow with KIDS" project was launched, which continued until 2021. The initiative provided services to children encounter domestic violence in high-risk districts, Kwun Tong and Kwai Tsing.



2019

▲ 獲香港賽馬會慈善信託基金再次捐助，新一期的賽馬會「男」天再現計劃採用更多社交媒體以迎合男士尋求和使用服務的方式。

The Hong Kong Jockey Club Charities Trust continues support and provided new funding for our services to male victims. The new round, "Project HE@T" increased our use of social media to deliver services that matched the needs of men.

▲ STAGE，由一眾來自不同表演領域的香港演藝學院學生營運，聯同和諧之家和社會福利署製作一項以香港家庭暴力為主題，為期兩星期的舞蹈表演。



STAGE, a multi-disciplinary performance initiative run by students at the Hong Kong Academy of Performing Arts, collaborated with Harmony House and the Social Welfare Department to showcase a two-week dance performance regarding Domestic Violence in Hong Kong.

2021

▲ 獲中銀香港百年華誕慈善基金的捐助，位於元朗的和諧家庭空間正式啟用，在區內推廣善意溝通及身心靈健康，以預防家庭暴力。

With funding from The Bank of China Hong Kong Centenary Charity Programme, an innovative service centre, Family Harmony Space, focusing on using body-mind-spirit approach and non-violence communication for prevention of family violence, was established in Yuen Long District.



▲ 於新冠疫情下，籌集超過一百萬元的抗疫物資和食品，支援因疫情而受影響的基層家庭，一同共渡時艱，齊心抗疫。

Coordinated over one million dollars' worth of anti-epidemic supplies and food to support underprivileged families and children affected by COVID-19.



▲ 獲香港賽馬會緊急抗疫基金支持，並夥拍帝盛酒店集團合作推展短期創新住宿服務 - 「5S和諧站」，以解決目前宿舍擠迫的情況，保持安全的防疫空間及紓緩緊張的家庭關係。

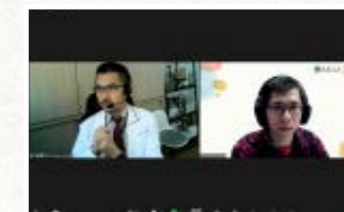
With the funding support of the Hong Kong Jockey Club COVID-19 Emergency Fund and partnership with the Dorsett Hospitality International, the "5S Harmony Station" (SAFE-SPACE-SHORT-STAY-STATION) was launched to help alleviate the pressure on our fully-occupied shelter, practice social distancing, and relieve stress on tense family relationships.



本會總幹事和帝盛酒店集團總裁接受訪問
Our Executive Director and the Executive Director of Dorsett Hospitality International attended an interview

▲ 獲香港賽馬會慈善信託基金的捐助，「賽馬會跨步彩虹計劃」於10月開展，辨識經歷童年逆境經驗人士，及早介入以預防跨代暴力。

With funding from The Hong Kong Jockey Club Charities Trust, the "Jockey Club Project Stride" was launched in October. The initiative focused on identifying individuals who experienced childhood adversity and provided early intervention to prevent intergenerational violence.



賽馬會跨步彩虹計劃的「家庭頻道」深受大眾支持
The "Family Channel" of the Jockey Club Project Stride became popular and received widespread public support

▲ 策劃、構思及出版多項不同的刊物、繪本與遊戲卡，透過多樣化的社區教育資源，旨在社區內推廣情緒教育、善意溝通、以及家庭和諧。

Planned, conceptualized, and published a variety of publications, picture books, and game cards, through diverse community educational resources for promoting emotional education, compassionate communication, and family harmony in the community.



2020

2022

2023

- ▲ 為期3年的賽馬會「童」抱抱計劃由香港賽馬會慈善信託基金資助，於10月開展，旨在提升兒童自我保護能力、建立校園及社區的兒童保護網絡。

The three-year "Jockey Club Project Harmony Bubbles", funded by the Hong Kong Jockey Club Charities Trust, launched in October. The project aimed to enhance children's self-protection skills, build child protection networks in schools and communities.

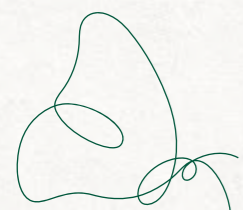


賽馬會「童」抱抱計劃提供的高質兒童治療和親職教育小組，深受學校和家長的支持

The Jockey Club Project Harmony Bubbles provided high-quality children therapeutic groups and parenting groups, which were highly valued by schools and parents

- ▲ 賽馬會慈善信託基金捐助的賽馬會「男海啟航」支援計劃於12月開展，旨在增強男士的抗逆力、增強應對衝突的能力、促進良好的家庭關係和身心健康。

The "Jockey Club Project Ocean: Men Support Service" funded by the Hong Kong Jockey Club Charities Trust, launched in December. The project aimed to strengthen men's resilience, enhance conflict management skills, promote healthy family relationships and improve physical and mental well-being.

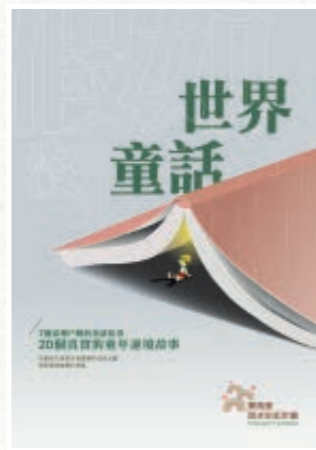


- ▲ 於3月推出「和孩綻放」網上繪本分享平台，以繪本滋養兒童與成人的心靈。平台每逢星期五推出全新故事錄音，為家庭帶來溫馨的閱讀體驗，促進親子間的情感交流與共同成長。

In March, the online picture book sharing platform was launched to nurture the minds and hearts of both children and adults through stories. Every Friday, a new story recording was released, providing families with a warm reading experience that fosters emotional connection and shared growth between parents and children.

- ▲ 於9月推出《假如世界沒童話》故事集，收錄二十篇真實的童年回憶，描繪了童年逆境經驗對人生的挑戰與啟發，藉此喚起社會對童年逆境的關注。

In September, the story collection book was published, featuring twenty real childhood memories that depict how childhood adversity had challenged and inspired individuals. The collection aimed to raise societal awareness of adversity childhood experience.



2024

2025

- ▲ 和諧徑重新裝修，以柔和色調和靜心活動為設計重點，打造成为一個舒適的親子空間，讓小朋友盡情遊玩，父母亦能放鬆身心，促進親子間的情感連結與共同成長。

Harmony Lane is newly renovated and serves as a comfortable parent-child space, where children play freely and parents relax, fostering emotional bonds and shared growth between them.



和諧徑於2025年1月24日舉行開幕典禮
The grand opening ceremony of Harmony Lane was held on 24 January 2025



- ▲ 成為渣打香港馬拉松慈善計劃2025指定受惠機構，共63人組成「跑出和諧」隊伍，參與渣打香港馬拉松賽事，籌得接近港幣34萬的善款。

As a beneficiary of the Standard Chartered Hong Kong Marathon Charity Program 2025. A total of 63 participants formed the "Run for Harmony" team and took part in the Standard Chartered Hong Kong Marathon, successfully raising nearly HK\$340,000.

- ▲ 於5月舉辦「童年缺失不是我的錯」- 提升保護兒童意識、回應強制虐兒舉報記者招待會，倡議政府加強家庭教育宣傳，提高家長對自身童年逆境經驗的意識及其影響，理解非暴力管教的重要性。當日共有多達11間媒體到場採訪。

A press conference "It's Not My Fault - Raising Awareness on Child Protection and Responding to Mandatory Reporting of Child Abuse" was hosted in May, to advocate for the government to enhance family education initiatives, raise parental awareness of their own childhood adversity experiences and its effects, and encouraging the adoption of non-violent parenting practices. A total of 11 media were present.



- ▲ 童年逆境經驗 (ACEs) 研究發佈會於6月舉辦，首次公佈香港ACEs的科學調查結果，倡導早期預防、文化反思及全人支持，呼籲社會關注童年創傷問題，打破跨代暴力傳遞，為兒童營造更安全和健康的成長環境。

In June, a press conference was held to release the findings of Hong Kong's first scientific study on Adverse Childhood Experiences (ACEs). The event advocated the importance of early prevention, cultural reflection and comprehensive support systems while calling on the society to pay attention to childhood trauma, break the cycle of intergenerational violence and create a safer environment for children's growth.



- ▲ 首個賣旗日於8月16日在港島區進行，獲多達400位義工朋友們的支持，並籌得逾港幣40萬的善款。

Our first Flag Day was held on 16 August, 2025 in the Hong Kong Island region, with the support of over 400 volunteers. The campaign successfully raised over HK\$400,000.



2025



主席的話 CHAIRPERSON'S REMARKS

我懷著謙卑之心與由衷感激，以和諧之家主席的身份分享數語。在與機構同行的歲月裡，服務中展現的關愛、堅毅與勇氣，均令我深受感動。每一個療癒的故事都在訴說著和諧之家為何能成為香港家庭安全與希望的燈塔。

同慶祝四十載關愛服務

今年適逢和諧之家成立四十週年。四十年來，我們始終堅定不移，致力建設零暴力、充滿關懷的家庭關係。自1985年成立以來，我們已成長為危機家庭所信賴的夥伴。過去一年，我們透過以下服務，為超過136,400人次提供支援：

- 婦女、男士及兒童熱線
- 緊急及短期住宿服務
- 心理輔導及創傷復原支援
- 學校外展及早期風險評估
- 為家暴倖存者及家庭提供的小組及活動
- 社區教育及親職支援

這些成果印證我們不變的信念：每個人都應享有安全、尊重、以及重建新生活的機會。

父母是療癒的起點

和諧之家的新篇章將聚焦於預防工作。在2025年，和諧之家將舉辦國際研討會，主題為「療癒童年創傷：改善親職 保護兒童」。

令人警醒的數據：2024年共錄得1,504宗新呈報的虐待兒童個案，其中59%的施虐者為父母。這些數字背後，是一個個有待療癒的家庭。我們深信，當父母獲得適切支援，學會理解自身的情緒與過去的不良影響，他們便能以慈愛與信心教養下一代，打破跨代暴力的循環。

轉化家庭，強化社區

我們的願景是讓家長們更易獲得親職支援、包容並賦權，透過推動善意溝通、情緒健康及正念自我關懷，我們定可幫助家庭重新找回平衡與連結。

我們會繼續與被邊緣化及少數族裔家庭並肩同行，確保每個孩童都能在安全與關愛的環境中成長。

誠摯致謝

在紀念這一重要里程碑之際，我謹向機構的贊助人、機構大使、董事局成員、捐助者、企業夥伴、義工及全體同事致以衷心的感謝。您的慷慨支持、信任以及對機構使命的認同，是推動我們不斷前行的最大動力。

未來，我們將繼續秉持同理傾聽、勇於行動和善意領導，共同建設一個讓每個孩子沐浴在關愛之中，無懼成長，及每一個家庭都能安居樂業的香港。

謝謝。

何彩華博士

It is with deep humility and heartfelt gratitude that I present my message as Chairperson of Harmony House. In my journey with the organization, I have been deeply touched by the compassion, resilience, and quiet courage that define our work. Each story of healing reminds me why Harmony House continues to be a beacon of safety and hope for families across Hong Kong.

Celebrating 40 Years of Compassionate Service

This year marks Harmony House's 40th anniversary — four decades of steadfast commitment to building homes free from violence and filled with care. Since our founding in 1985, we have grown into a trusted partner to families in crisis, serving over 136,400 person-times in the past year through:

- Hotlines for women, men, and children
- Emergency and short-term accommodations
- Counselling and trauma recovery support
- School outreach and early risk assessment
- Groups and programmes for survivors and families
- Community education and parenting support

These achievements reflect to our enduring belief: that every individual deserves safety, respect, and the opportunity to rebuild their life.

Parents Are the First Step to Healing

Our next chapter focuses on prevention. In 2025, Harmony House will host an International Symposium on “Healing Adverse Childhood Experiences (ACEs): Better Parenting for Child Protection.”

The statistics are sobering: In 2024, 1,504 new child abuse cases were reported, with parents involved in 59% of them. Behind these numbers are families struggling to heal. We believe that when parents are supported to understand their emotions and histories, they can nurture their children with compassion and confidence, breaking the intergenerational cycles of harm.

Transforming Families, Strengthening Communities

Our vision is to make parenting support accessible, inclusive, and empowering. Through initiatives promoting non-violent communication, emotional wellness, and mindful self-compassion, we help families rediscover balance and connection.

We will continue to stand with marginalized and ethnic minority families, ensuring every child in our community grows up surrounded by safety and love.

With Heartfelt Appreciation

As we commemorate this milestone, I wish to extend my sincere thanks to our Patron, Agency Ambassador, Board of Directors, funders, donors, corporate partners, volunteers, and staff. Your generosity, trust, and shared belief in our mission fuel everything we do.

We remain committed to listening with empathy, acting with courage, and leading with compassion — building a Hong Kong where every home is a haven and every child thrives without fear and surrounded by love.

Thank you.

Dr. Dora C.W. HO

在慶祝和諧之家成立40週年之際，我們懷著無比自豪的心情，向各界匯報過去一年的服務成果。過去一年，我們致力消除家庭暴力，積極在社區宣揚和諧家庭關係的訊息，並竭誠回應家庭暴力受害者與倖存者的需要，為他們提供關懷、保護與希望。

本會一直倡導性別平等、兒童保護、同理親職教育、個人充權及家庭和和睦等核心價值，這些理念貫穿於本會四大服務單位、三條熱線及一部流動教育車的各項服務當中。今年，我們的服務總人次超過136,400；透過女士、男士及兒童熱線共處理11,400個求助來電，並為330多位身處危急與脆弱境況的服務使用者提供緊急短期住宿及輔導支援。

在2024至2025年度，我們進一步加強成人創傷知情服務及保護兒童的項目，包括「賽馬會跨步彩虹計劃」及「賽馬會『童』抱抱計劃」。因應《強制舉報虐待兒童條例》將於2026年1月實施，我們走訪超過60所學校及社區中心，接觸5,600名學生，其中2,500名學童更接受了由本會提供的家庭暴力風險評估。這些工作有效識別出家暴高風險兒童，並為其家長及學校人員提供及時介入與支援。

我們的各項治療小組服務惠及約5,800人次，而由本會設立的網上平台「家庭頻道」，共吸引超過6,000人參與，為他們提供自我認識、自我照顧、壓力管理及溝通技巧等公眾教育內容。去年，我們推出升級版的「親密伴侶暴力風險評估工具」，協助730位人士自行評估家暴風險並尋求援助。

值得欣喜宣佈，全新機構網站已於2025年7月正式啟用，大幅提升本會資訊的透明度與搜索便利度。這一全新的網頁有助家暴受害者更容易尋求和獲取協助，進一步推動早期介入、社區教育及高危家庭的治療性支援，促進服務的可行性。

一個安全和設施完善的空間，對受虐婦女及兒童在短暫住宿期的療愈與康復過程中至關重要。我們衷心感謝社會福利署獎券基金撥款港幣1,500萬元，資助翻新本會婦女及兒童庇護中心，藉此提升住宿環境的安全性、舒適度，並優化治療與照顧服務質素。為進一步支援單親媽媽及其子女，我們於家暴高風險地區元

朗的服務單位——和諧家庭空間，推出「崇德關愛種子林計劃」，為單親媽媽提供針對性親職支援及抗逆力培訓活動。

今年，我們面對不少挑戰。隨著社會福利署及香港公益金分別於2026及2027年削減資助，我們在維持及服務發展方面承受更大壓力。為應對此情況，我們積極推動籌款工作及拓展新的合作夥伴。本年初，我們參與了渣打香港馬拉松慈善計劃，並於2025年8月舉辦了本會首次的賣旗日，為核心服務籌集重要的營運資金。

為慶祝和紀念和諧之家40週年，我們舉辦一系列別具意義的活動和倡議項目，凝聚專業人士、社區人士和有需要的家庭。當中的活動亮點包括有「40週年和諧快線巡禮」，本會的情緒教育流動車巡迴到訪全港18區，透過互動遊戲讓兒童和公眾探索情緒和學習情緒管理。於11月，我們將舉辦「和諧之家40週年研討會」，邀請本地及國際學者分享有關童年逆境經驗及正向親職的專業知識，以預防家庭暴力的跨代循環，並推廣創傷知情及療愈良方。

我們深感榮幸，獲得中華人民共和國香港特別行政區行政長官夫人李林麗嬋女士擔任本會贊助人。她的支持是本會發展的重要里程碑，讓我們繼續秉承機構的使命，加強社區外展工作，遏止家庭暴力，促進家庭與社會和諧。我們亦衷心感謝和諧家庭大使梁芷珮小姐 (Christy)，感激她過去一年積極以本會大使的身份在社區熱心推廣和諧關愛的家庭關係。

在此，謹向所有捐助機構、合作夥伴、義工及社區支持者致以衷心的謝意。感謝您們一直以來的慷慨付出、真摯信任與持續不懈的支持。您們對本會使命的認同，成為我們前行路上最堅實的後盾與動力，使我們能持續為有需要人士與家庭提供關懷與支援。您們的同行，是我們穩步邁進的重要基石。讓我們攜手創造安全、充滿愛與關懷的空間，培育療愈力量，為香港家庭點亮希望之光。

感謝您們一路並肩同行，您們的支持成就了我們今天的成果。

李劉素英

As we commemorate the 40th anniversary of Harmony House, we are proud to present a year of dedicated services aimed at eradicating domestic violence and fostering harmonious family relationships in our community. We strive each day to respond to the needs of individuals and families affected by violence, offering care, protection, and hope.

We promote gender equality, child protection, compassionate parenting, individual empowerment, and family harmony. These values are embedded in all aspects of our work across four service centres, three hotlines, and a mobile education vehicle. We served over 136,400 person-times this year. Our hotlines for women, men, and children received 11,400 calls. More than 330 service users were supported with emergency short-term accommodation and crisis counselling during moments of acute vulnerability.

Throughout 2024–2025, we strengthened our trauma-informed services for adults and child protection programmes under the Jockey Club Project Stride and Jockey Club Project Harmony Bubbles. With the upcoming implementation of mandatory reporting of child abuse in January 2026, we outreached to over 60 schools and community centres, reached 5,600 students, with 2,500 participating in domestic violence risk assessments. These efforts effectively provided timely intervention and support for at-risk children, their parents, and school personnel.

Our therapeutic group services supported over 5,800 person-times, and our Family Channel online platform provided public education on self-understanding, self-care, stress management, and communication skills, engaging more than 6,000 participants. We also launched an enhanced Intimate Partner Violence Risk Assessment Tool, empowering 730 individuals to assess their situations and seek help.

We are pleased to announce the launch of our new agency website in July 2025, with improved visibility and accessibility. This platform will enhance early intervention, community education, and healing for at-risk families, making it easier for individuals to seek help and connect with our services.

A safe space with adequate facilities is crucial for the healing and recovery of abused women and children during their short stay. We are deeply grateful to the Social Welfare Department (SWD) for approving HK\$15 million in funding to renovate our Shelter. This project will enhance safety, comfort, and therapeutic care for all residents. To further support single mothers and

their children, we launched Project Zonta Seeding, offering targeted parenting support and resilience-building programmes at our Family Harmony Space in Yuen Long, a high-risk district of child abuse cases.

This year was not without its challenges. Facing upcoming funding cuts from the SWD and The Community Chest of Hong Kong in 2026 and 2027 respectively, we encountered increased pressure to sustain and expand services. In response, we took strategic actions to intensify fundraising efforts and cultivate new partnerships. We proudly participated in the Marathon Charity Programme of the Standard Chartered Hong Kong Marathon and held our first Flag Day in August of 2025, both of which helped raise essential funds and sustain core services.

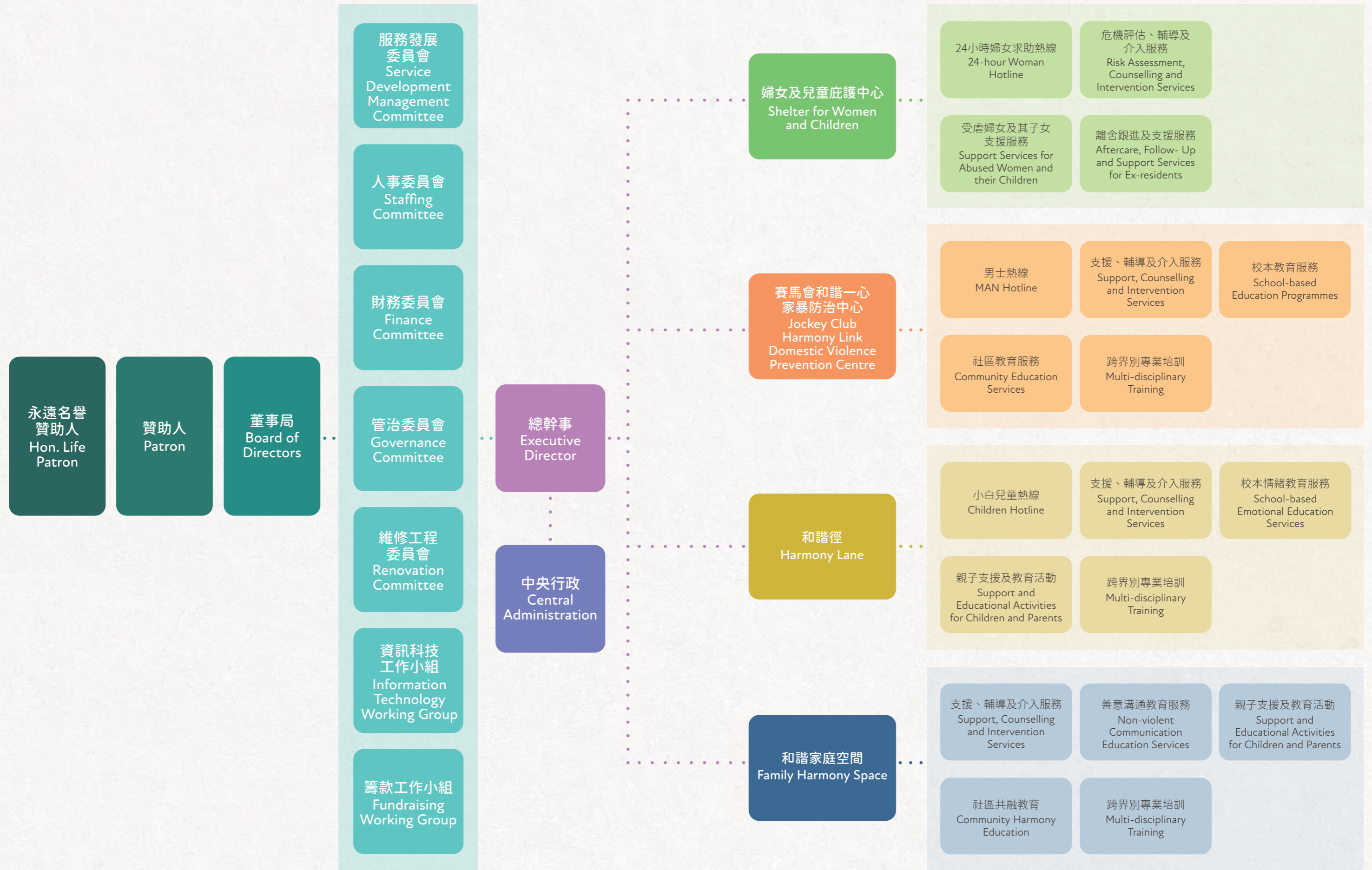
To mark our 40th anniversary, we are hosting a series of meaningful events and initiatives that bring together professionals, community members, and families. A highlight is our Emotion Education Mobile Truck, which will tour all 18 districts of Hong Kong, providing children and the public with opportunities to explore emotions through interactive games. In November, we will hold a symposium featuring local and international speakers, sharing expertise on Adverse Childhood Experiences and Better Parenting. This event will foster dialogue on preventing the intergenerational transmission of domestic violence and promote trauma-informed care.

We are deeply honored to welcome Mrs. Janet Lee, Wife of the Chief Executive, as our Patron. Her support brings invaluable visibility to our mission and strengthens our outreach efforts across the community. We also extend heartfelt gratitude to Ms. Christy Leung, our Family Harmony Ambassador for her passionate commitment to promoting peaceful and loving family relationships.

To our valued funders, partners, volunteers, and community supporters, thank you for your generosity, trust, and unwavering support. Your belief in our mission empowers us to continue building a society free from violence and enables us to reach those in need with compassion and care. Your partnership is the cornerstone of our progress. Together, we are creating safe spaces, nurturing healing, and inspiring hope for families in Hong Kong.

Thank you for walking this journey with us. Your support makes all the difference.

Mrs. Doris S.Y. LEE



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永遠名譽贊助人 HON. LIFE PATRON

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Ms. Deanna W. M. Wong

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漆小欣女士
馮慧敏女士
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Ms. Laura S. Y. Chat
Ms. Vivien W. M. Fung
Mrs. Anna C. M. Koo

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委員：崔永豪醫生
梁家璐女士

Chairperson: Ms. Deanna W. M. Wong
Members: Dr. William W. H. Chui
Ms. Caroline K. L. Leung

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委員：陳靜蘭女士
徐子欣女士
李素萍女士
黃慧儀女士

Chairperson: Ms. Caroline K. L. Leung
Members: Ms. Jean C. L. Chan
Ms. Daisy C. Y. Chui
Mrs. Penny S. P. Crosbie-Walsh
Ms. Louisa W. Y. Wong

我們的職員 OUR STAFF 2024-2025

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Executive Director: Doris S. Y. Lee

中央行政 Central Administration

會計及行政經理：李健明
 行政主任：鍾智玲
 助理行政/會計主任：楊詩藍
 助理會計主任：梁家幫
 行政助理：鄧美玲
 兼職活動助理：羅惠儀
 兼職二級工人：陳淑華

Accounting & Admin. Manager: Kitty K. M. Lee
 Executive Officer: Grace C. L. Chung
 Assistant Admin. / Accounting Officer: Emily S. N. Yeung
 Assistant Accounting Officer: Bon K. P. Leung
 Administrative Assistant: Tanei M. L. Tang
 Part-time Program Assistant: Wendy W. Y. Law
 Part-time Workman II: Wah S. W. Chan

婦女及兒童庇護中心 Shelter for Women and Children

主管：陳敏兒
 副主管：黃秀君
 社會工作員：梁雪明 李淑雯
 周雪芳 陳穎晞
 李詠嫻 梁淑馨
 兼職社會工作助理：彭在思
 家庭支援工作員：鄭心愉 任彥芳
 梁娟娟
 兼職家庭支援工作員：姜銀英 韋鈺淳
 李羽芯
 文員助理：張慧儀
 二級工人：曾麗嫦 李詠琪
 黃玉薇 周見蘭
 周玉珍 楊小朵

Supervisor: Mandy M. Y. Chan
 Assistant Supervisor: Second S. K. Wong
 Social Worker: Wylie S. M. Leung Cindy S. M. Lee
 Jo S. F. Chow Beatrice W. H. Chan
 Hannah W. H. Lee Kavis S. H. Leung
 Part-time Social Work Assistant: Joyce C. S. Pang
 Family Support Worker: Ashley S. Y. Cheng Rachel Y. F. Yam
 Kuen K. K. Leung
 Part-time Family Support Worker: Silver N. Y. Keung Hazel Y. S. Wai
 Katie Y. S. Li
 Clerical Assistant: Winnie W. Y. Cheung
 Workman II: Seung L. S. Tsang Kei W. K. Lee
 Mei Y. M. Wong Lan K. L. Chow
 Chun Y. C. Chow Teur S. T. Yeung

賽馬會和諧一心家暴防治中心 Jockey Club Harmony Link Domestic Violence Prevention Centre

計劃主任：陳沛恩 黃小平
 楊子焉
 兼職臨床督導主任：胡啓恩
 高級社區教育主任：林少敏
 企業傳訊主任：賴建綾
 社區教育主任：陳啟施
 輔導心理學家：劉嘉豪
 社會工作員：謝文朗 王艷馨
 輔導員：黃佩珍 李澄熹
 張子浩
 活動助理：李善恆
 兼職活動助理：陳美琪

Project Supervisor: Gabriel P. Y. Chan Shirley S. P. Wong
 Leo T. I. Yeung
 Part-time Clinical Supervisor: Fiona K. Y. Wu
 Senior Community Education Officer: Susanna S. M. Lam
 Corporate Communication Officer: Kit K. L. Lai
 Community Education Officer: Ceci K. S. Chan
 Counselling Psychologist: Max K. H. Lau
 Social Worker: Roy M. L. Tse Priscilla Y. H. Wong
 Counsellor: Joey P. C. Wong Hei C. H. Lee
 Terry T. H. Cheung
 Program Assistant: Sean Gabriel Li
 Part-time Program Assistant: Maggie M. K. Chan

和諧徑 Harmony Lane

計劃主任：李嘉欣
 社會工作員：伍穎宜 趙穎琛
 輔導心理學家：楊嘉傑
 輔導員：楊嘉瑤 李嘉儀
 活動助理：劉詠莉
 司機：李志偉

Project Supervisor: Joanne K. Y. Lee
 Social Worker: Vivienne W. Y. Ng Kaydence W. S. Chiu
 Counselling Psychologist: Kenny K. K. Yeung
 Counsellor: Yo K. Y. Yeung Carmen K. Y. Lee
 Program Assistant: Ruby W. L. Lau
 Driver: Marco C. W. Li

和諧家庭空間 Family Harmony Space

計劃主任：何思巧
 輔導員：阮穎彤
 活動助理：吳詠恩
 兼職二級工人：焦華彬

Project Supervisor: Cecilia S. H. Ho
 Counsellor: Stephanie W. T. Yuen
 Program Assistant: Daisy W. Y. Ng
 Part-time Workman II: H.B. Jiao

服務成效摘要 IMPACT HIGHLIGHT 2024-2025

熱線及中心求助來電
 Hotline & Centre Calls
11,400+

庇護服務
 Shelter Service
325 婦女及兒童
 Women and Children

個案工作
 Case Work
 個案數目
 No. of Cases **524**
 節數
 No. of Sessions **~2,800**

小組工作
 Group Work
 節數
 No. of Sessions **585**
 人次
 No. of Attendance **~3,600**

社區教育及支援服務
 Community Education & Support Service

機構數目
 No. of Organisations **271**
 節數
 No. of Sessions **1,200+**
 人次 (實體及網上)
 No. of Attendance **~117,000**
 (in person & online)

義工服務
 Volunteer Service
 服務時數
 Service Hours **~700**
 人次
 No. of Attendance **720+**

跨界別專業培訓
 Multi-disciplinary Training
 機構數目
 No. of Organisations **154**
 節數
 No. of Sessions **31**
 人次
 No. of Attendance **900+**

受惠者總人次
 Total Number of Attendance Served **136,400+**

網頁瀏覽
 Website Visits

和諧之家
 Harmony House **121,000**

賽馬會跨步彩虹計劃
 Jockey Club Project Stride **12,000**

賽馬會『童』抱抱計劃
 Jockey Club Harmony Bubbles Project **6,300**

40分鐘和諧心靈天地
 40 Minutes@Harmony Space **3,700**

臉書專頁 & Instagram 觸及人數
 Reaches on Facebook Page & Instagram

和諧之家
 Harmony House
f 310,000 @ 48,000

和諧家庭空間
 Family Harmony Space
f 18,100 @ 3,000

男士家庭健康台
 HE Channel
f 34,300 @ 12,200

支援家暴受虐及施虐男士及女士服務

SUPPORT SERVICES FOR MALE AND FEMALE SURVIVORS AND PERPETRATORS OF DOMESTIC VIOLENCE

服務方向 SERVICE DIRECTION

和諧之家將持續為受虐及施虐男士和女士提供專業的心理治療與輔導服務，幫助他們理解自身的情緒與行為，促進心理創傷的修復與行為改善。此外，針對緊急的家庭衝突情況，我們提供危機介入與安全支援，保障家暴受害者的生命安全。為促進家庭和諧，我們為施暴者提供暴力行為矯正與學習善意溝通的小組，協助施虐者進行正向的改變。同時，我們亦設有互助小組，建立同路人陪伴與支持的網絡，為受害者與施虐者提供持續的陪伴與資源連結。

Harmony House will continue to provide professional psychological therapy and counselling services for men and women who have experienced abuse or individuals who have perpetrated abuse. These services aim to help them understand their emotions and behaviours, facilitate healing from psychological trauma, and promote behavioural improvement. Additionally, in cases of urgent family conflicts, we will offer crisis intervention and safety support to ensure the safety of victims of domestic violence. Additionally, to promote family harmony, we will arrange anger management and positive communication groups for offenders, assisting them in making constructive changes. Finally, to build networks of peer support, we will establish mutual support groups offering ongoing companionship and resources for both victims and perpetrators.



服務摘要 SERVICE HIGHLIGHTS

女士服務 SERVICES FOR WOMEN

01 ... 個案及輔導服務 Casework and Counselling Services

在2024/25年度，我們合共為318個個案提供合共1,736節的輔導服務，當中包括了女性使用暴力者和女士倖存者。

In 2024/25, we served 318 cases, adding up to 1,736 individual counselling sessions for women using force and female survivors of domestic violence.

02 ... 24小時婦女求助熱線及跟進服務

24-hour Woman Hotline and Follow-up Services **2522 0434**

24小時婦女求助熱線於1986年設立，為正受家庭暴力問題困擾的求助者，提供即時情緒支援及輔導。在2024/25年度，熱線共接獲8,762個求助電話，當中約74%（即6,494個）涉及家庭暴力問題；而最後共有325名婦女及兒童透過熱線轉介入住庇護中心。另外，當中有61個家庭（28.6%）是午夜入住的，可見24小時熱線能收即時緊急支援之效。

Our hotline has been providing immediate emotional support and counselling to callers affected by domestic violence since 1986. In 2024/25, we responded to 8,762 calls, in which around 74% (6,494 calls) were related to domestic violence. Among these calls, 325 women and their children were admitted to our shelter, of which 61 families (28.6%) were admitted at midnight. These figures show that the 24-hour Women Hotline Service plays a significant role in providing round-the-clock immediate protection for battered women and their children.

03 ... 婦女及兒童庇護中心 Shelter for Women and Children*

我們的婦女及兒童庇護中心致力為遭受家庭暴力的婦女及兒童提供一個安全且緊急的庇護環境。宿舍現設有73個宿位，專為受虐婦女及其子女提供緊急住宿及支援服務，幫助她們脫離暴力環境、渡過難關，並減輕暴力所帶來的創傷。我們提供24小時的即時支援與轉介服務，確保受家庭暴力困擾的家庭及伴侶能迅速獲得所需的協助。我們的宗旨是幫助受虐婦女重建尊嚴，促使她們建立和諧穩定的生活，同時也積極保護和支持受到家庭暴力影響或曾目睹家庭暴力的兒童，協助他們消除創傷，促進身心康復。在2024/25年度，共有213名婦女及112名子女曾入住庇護中心，全年平均使用率達到63%。

Our Shelter is dedicated to providing a safe and emergency refuge for abused women and children. The centre is equipped with 73 beds to offer urgent temporary accommodation, helping them escape from violence, get through difficult times, and alleviate the trauma caused by abuse. We provide 24-hour immediate support and referral services to ensure that families and partners affected by domestic violence can quickly access the assistance they need. Our mission is to help abused women rebuild their dignity and establish harmonious, stable lives. At the same time, we are committed to protecting and supporting children affected by or witnessing domestic violence, assisting them in overcoming trauma and facilitating their physical and emotional recovery. In 2024/25, a total of 213 women and 112 children stayed at the shelter, with an average occupancy rate of 63%.

▪ 為入住庇護中心的受虐婦女及兒童提供治療小組服務
Therapeutic Group Services for Abused Women and Children in the Shelter

婦女及兒童治療小組為入住庇護中心的受虐者提供一個充滿關懷與安全的空間，讓參加者能在專業支援下處理情緒困擾、心理創傷及社交挑戰，促進身心復元與自我成長。

Therapeutic groups offer a compassionate and secure setting where the abused women and their children receive professional support to work through emotional distress, psychological trauma, and social challenges, fostering healing and personal growth.



兒童正念治療小組協助兒童培養平靜的情緒和專注力
Children develop focus and emotional awareness through mindfulness



透過園藝活動舒緩情緒
Emotional relief through therapeutic gardening activities



▪ 庇護中心內提供兒童照顧服務 Childcare Support Service in the Shelter

為加強支援暫居於庇護中心的兒童及家長，庇護中心提供兒童照顧服務，以緩解婦女日常照顧孩子的壓力，亦可讓她們有空間處理個人事務。本年度有1,543兒童人次使用有關服務。

To enhance support to children and their mothers during their temporary stay at the shelter, we provide childcare services to help reduce parenting stress. This also gives shelter residents time to settle their matters. During the year, we recorded 1,543 times of service usage.

▪ 為入住庇護中心的受虐婦女及兒童提供互助及發展活動
Mutual Support and Developmental Programme for Abused Women and Children in the Shelter

庇護中心定期透過舉辦多元化的互助與成長活動，促進宿友之間的交流與連繫，協助她們在安全及具包容性的環境中分享個人經歷、情感及挑戰。這些活動不但有助於建立互信與支持網絡，並提升她們在復元過程中的適應力與抗逆能力。

To strengthen social connection and emotional well-being among residents, our Shelter regularly organises a diverse range of mutual support and developmental programmes. These initiatives create a safe and inclusive space where women can share personal experiences, express emotions, and navigate challenges together. Through these meaningful interactions, residents cultivate trust, build peer support networks, and enhance their resilience and adaptability throughout their recovery journey.



猜燈謎同慶中秋
Celebrating the Mid-Autumn Festival with lantern riddle

製作糰子慶祝端午節活動
Making rice dumplings to celebrate the Dragon Boat Festival



▪ 離舍後跟進服務 Aftercare Follow-up Services

為協助受虐婦女順利過渡至社區生活，庇護中心提供離舍後跟進服務，持續支援離開中心的服務使用者，協助她們在社區中穩定生活及獲取所需資源。服務內容包括定期電話聯絡、家訪、與其他機構聯繫及轉介至合適的社區服務，以促進她們的復元進程及社會融入。

To support abused women in their transition back into the community, the Shelter provides aftercare follow-up services that offer continued support to former residents. These services aim to help them maintain stability and access essential resources. Follow-up support includes regular phone contact, home visits, liaison with other service providers, and referrals to appropriate community services, all of which contribute to their recovery and reintegration.

此外，中心亦提供全面的離舍互助關顧服務，包括離舍預備小組、互助小組、技能培訓、朋輩支援及資源配對，按個別需要提供適切支援，強化婦女的自我能力與社區適應力。

In addition, the Shelter offers a comprehensive range of pre- and post-discharge mutual support services, including pre-discharge preparation groups, mutual support groups, skills training, peer support, and resource matching. These initiatives are tailored to individual needs and aim to strengthen women's self-efficacy and adaptability in the community.

為進一步推動前宿友間的互助及充權，中心成立「婦女大使」義工小組，鼓勵前宿友互相扶持，建立正向支援網絡。中心亦定期舉辦社區教育活動、親職教育及親子活動，提升婦女的正向親職管教能力，促進她們與社區的連結，並支持持續的個人成長與家庭關係的和諧發展。

To further promote mutual support and empowerment among former residents, the "Women Ambassador" Volunteer Group was established. This initiative encourages former residents to support one another through peer engagement, fostering a positive support network. The Shelter also regularly organises community education programmes, parenting education, and parent-child activities to enhance positive parenting practices, strengthen community connections, and support women's ongoing personal growth and the development of harmonious family relationships.



為離舍婦女舉辦舒緩親職壓力活動，練習靜觀，擁抱當下
A mindfulness activity aftercare for women, practicing awareness and embracing the present to ease parenting stress



親親小農莊親子活動
A joyful parent-child activities at a farm



04 ... 小組工作 Group Work

除了為入住庇護中心的婦女提供多元化的支援服務外，本會轄下另外三間服務單位亦積極回應社區中面對配偶或同居伴侶高衝突風險的婦女的需要。這些婦女可能是家暴的受害者，亦可能曾在伴侶關係中使用暴力。透過小組形式的介入，協助她們認識暴力對伴侶及自身的影響，提升自我覺察，並學習建立更健康的溝通模式與伴侶關係。

這些小組服務不但有助於減低家庭衝突及家暴風險，亦促進婦女在情感和心理上的復元與成長，為她們重建穩定和諧的新生活奠定基礎。

In addition to providing a wide range of support services for women residing in the Shelter, three other service units under our organisation actively respond to the needs of women in the community who are at high risk of conflict with their spouses or cohabiting partners. These women may be victims of domestic violence or may have used violence in their intimate relationships.

Through structured group interventions, these programmes help participants understand the impact of violence on both themselves and their partners, enhance self-awareness, and develop healthier communication patterns and relationship dynamics. Such group services not only contribute to reducing the risk of domestic conflict and violence, but also promote emotional and psychological healing. They empower women to rebuild stable, harmonious lives and foster personal growth within a supportive environment.

女性倖存者支援小組 Supportive Group for Female Survivors

女士倖存者小組為參加者提供安全環境，透過體驗式活動及多元藝術創作，讓她們表達內心情感，無需依賴言語。這些活動幫助參加者抒發情緒、走出創傷陰影，並通過互動遊戲促進組員間的連結，增強信任和支持，幫助復原和自信重建。

The Female Survivor Group offered a safe space where participants could express emotions and thoughts through experiential activities and diverse artistic methods, without relying on verbal communication. These activities enabled participants to process emotions, overcome trauma, and build stronger connections through interactive games, fostering trust and support while aiding psychological recovery and confidence rebuilding.

女性使用暴力者輔導小組 Counselling Group for Women Using Force

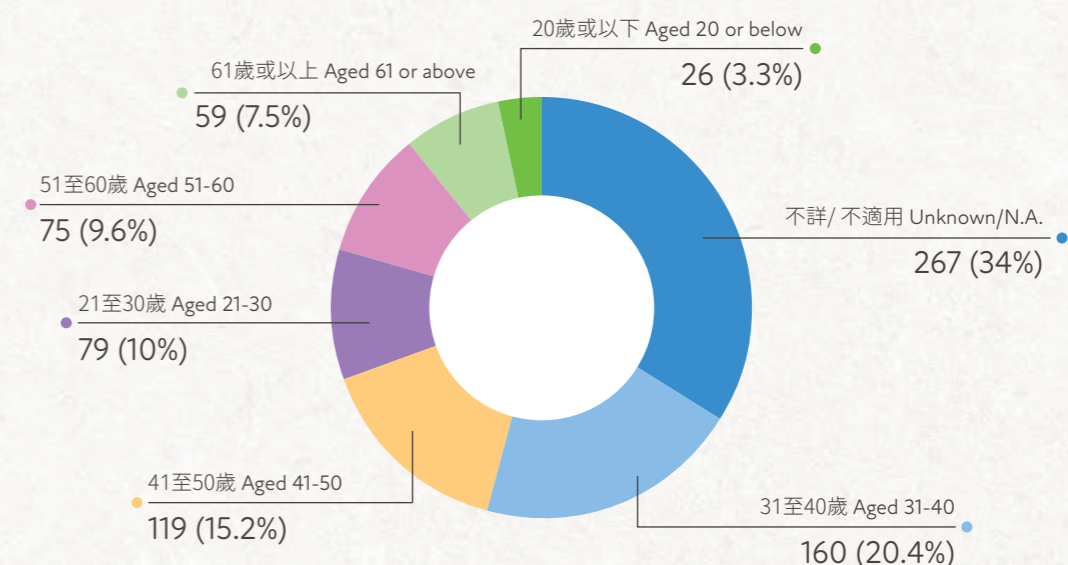
女性使用暴力者小組聚焦於認識健康的愛的表達方式，教導自我照顧及自我接納技巧，提升個人幸福感和情緒穩定性。小組活動增強組員間的連結，促進互相支持，並鼓勵以善意方式改善與伴侶的溝通，幫助參加者建立更健康和尊重的關係。

The Women Using Force Group focused on understanding healthy ways to express love, teaching self-care and self-acceptance techniques to enhance personal well-being and emotional stability. Group activities strengthened bonds among members, promoted mutual support, and encouraged compassionate communication with partners, helping participants cultivate healthier, and more respectful relationships.

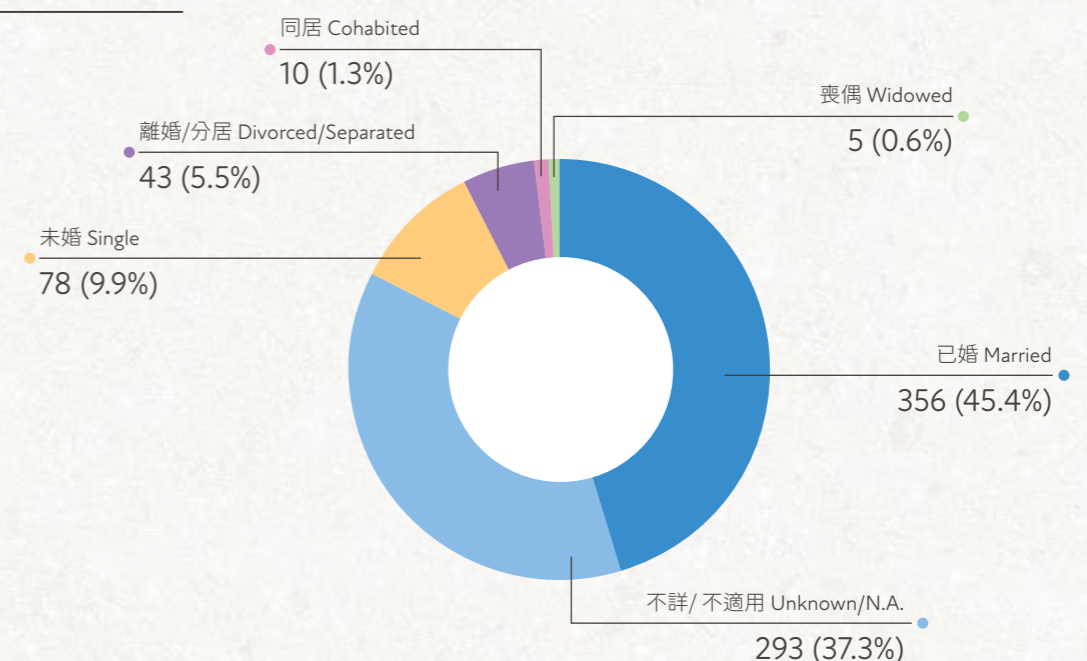
婦女熱線來電者資料概述 PROFILE OF WOMEN HOTLINE CALLERS

統計共785個有關家庭暴力的熱線來電者 Statistics of 785 Hotline Callers Related to Domestic Violence

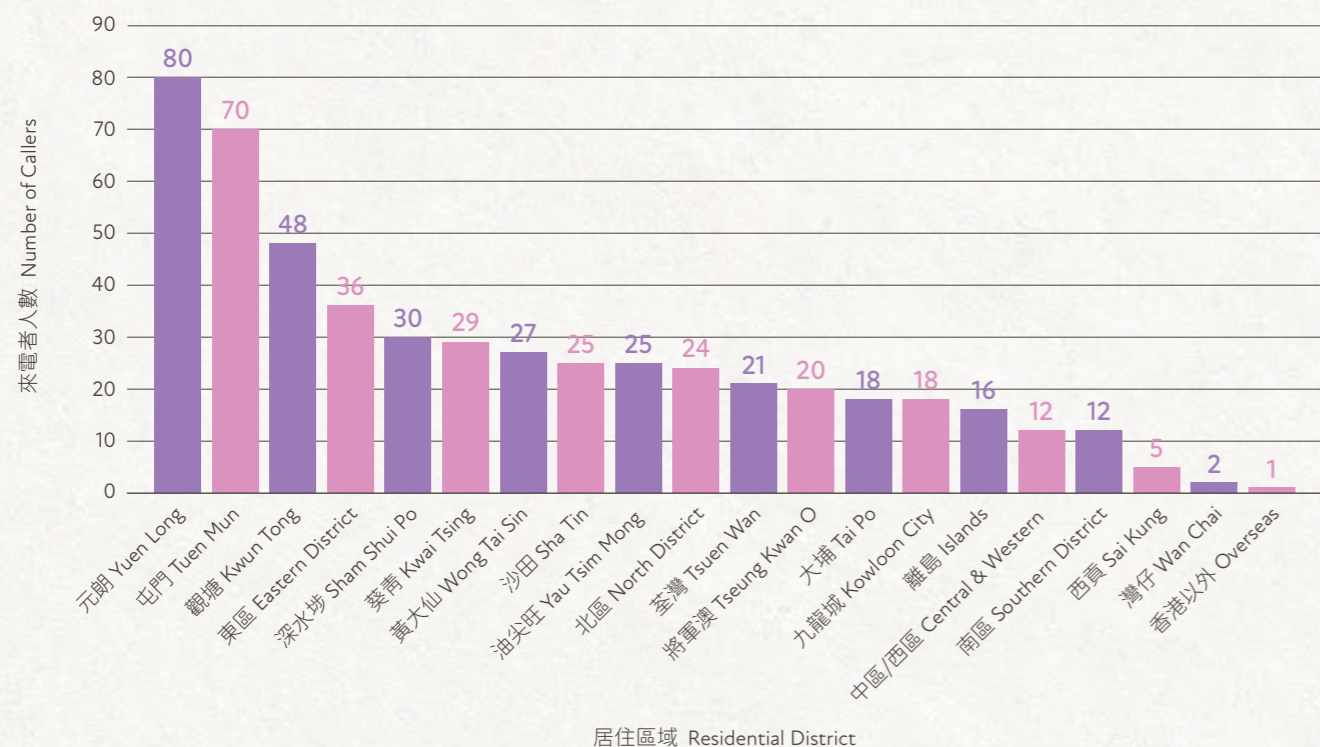
年齡 Age



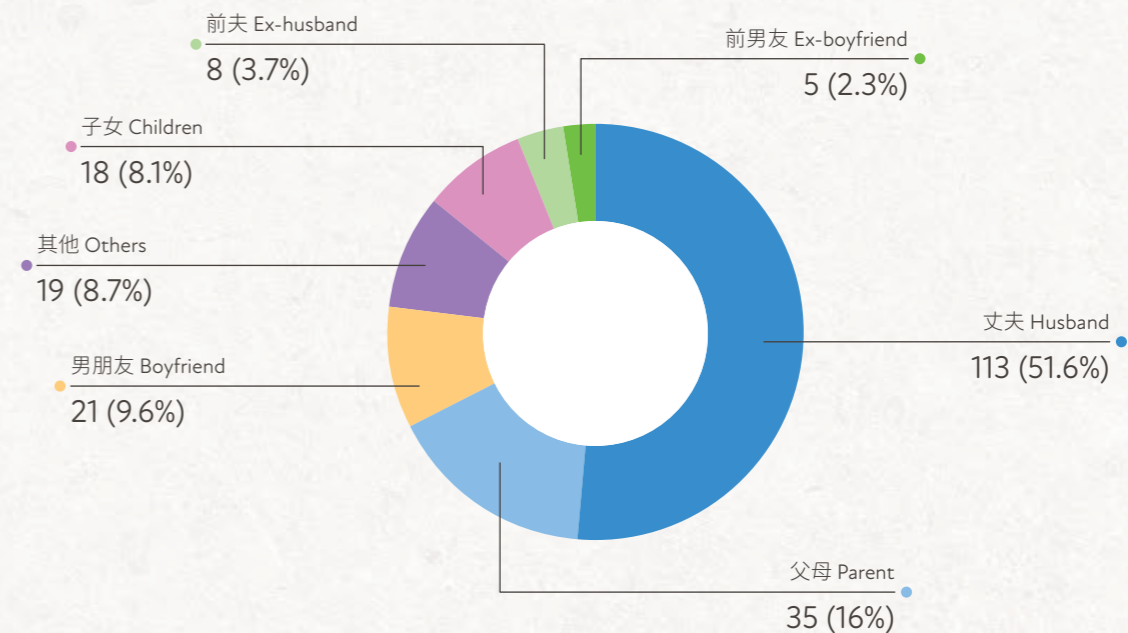
婚姻狀況 Marital Status



居住區域 (519 來電者願意透露居住地區)
Residential District (519 callers willing to disclose residential district)



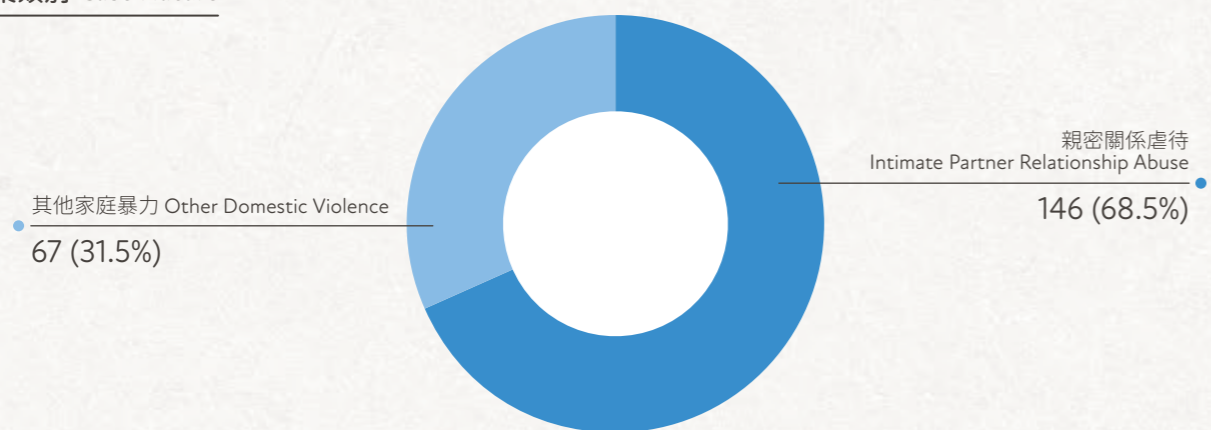
與案主的關係 (一位受虐者可能被幾位施虐者虐待)
Relationship with Abusers (One victim may be abused by several abusers)



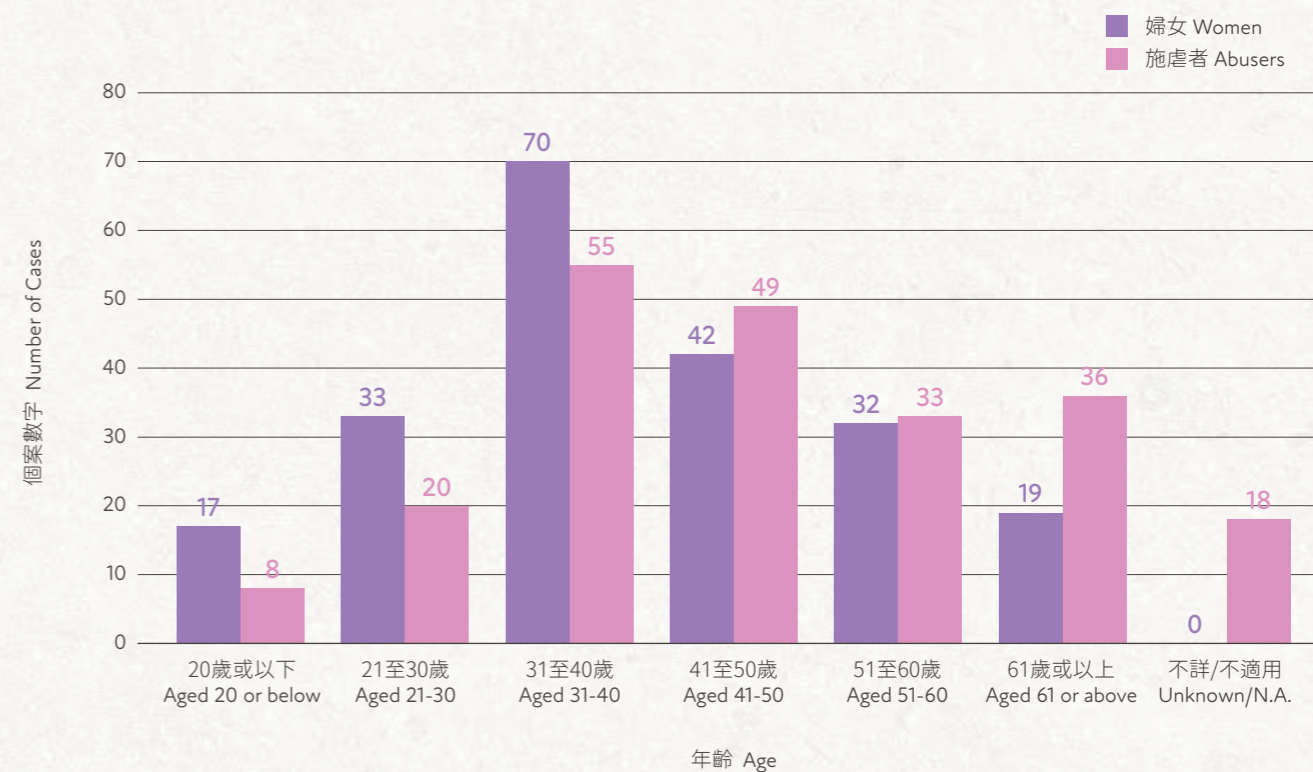
入住庇護中心婦女資料 PROFILES OF SHELTER RESIDENTS - WOMEN

統計共213名新入住婦女
Statistics of 213 Newly Admitted Women to the Shelter

個案類別 Case Nature

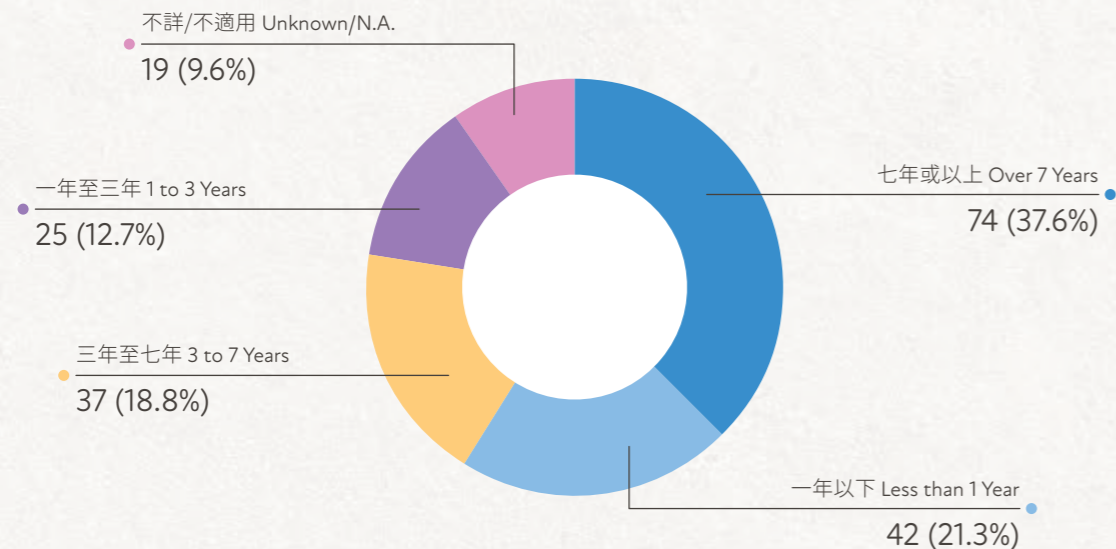


婦女與施虐者的年齡 Age of Women and Abusers

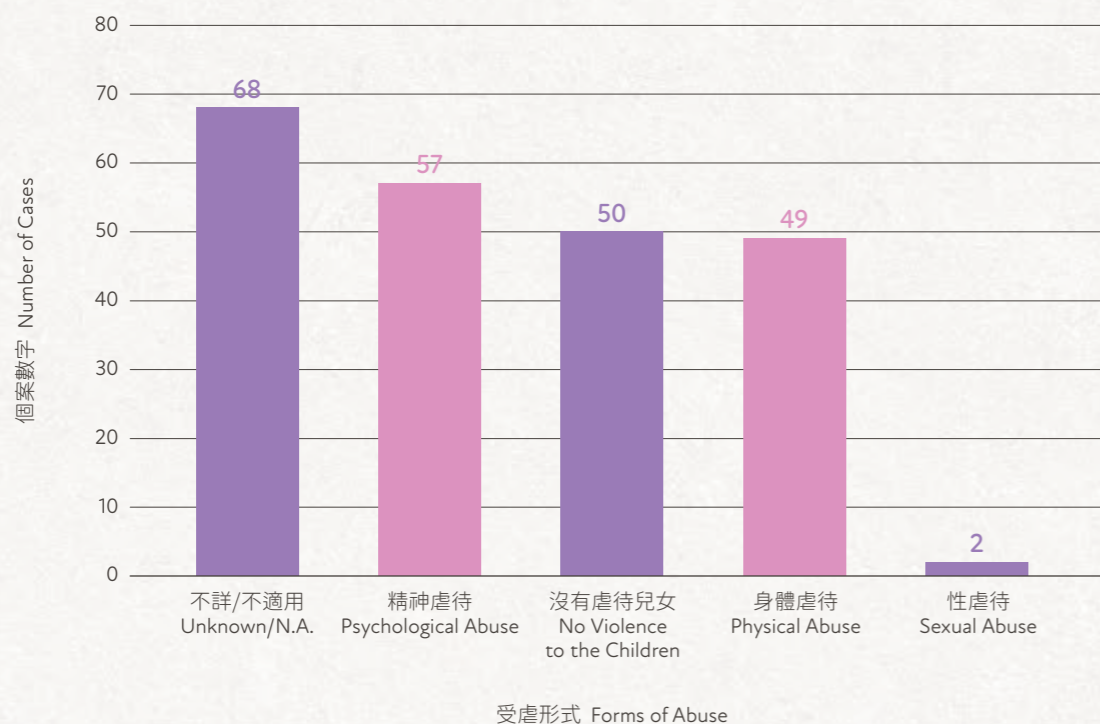


統計197份入住婦女完成問卷 Statistics of 197 Questionnaires Completed by Women Admitted to the Shelter

受虐年期 Duration of Abuse

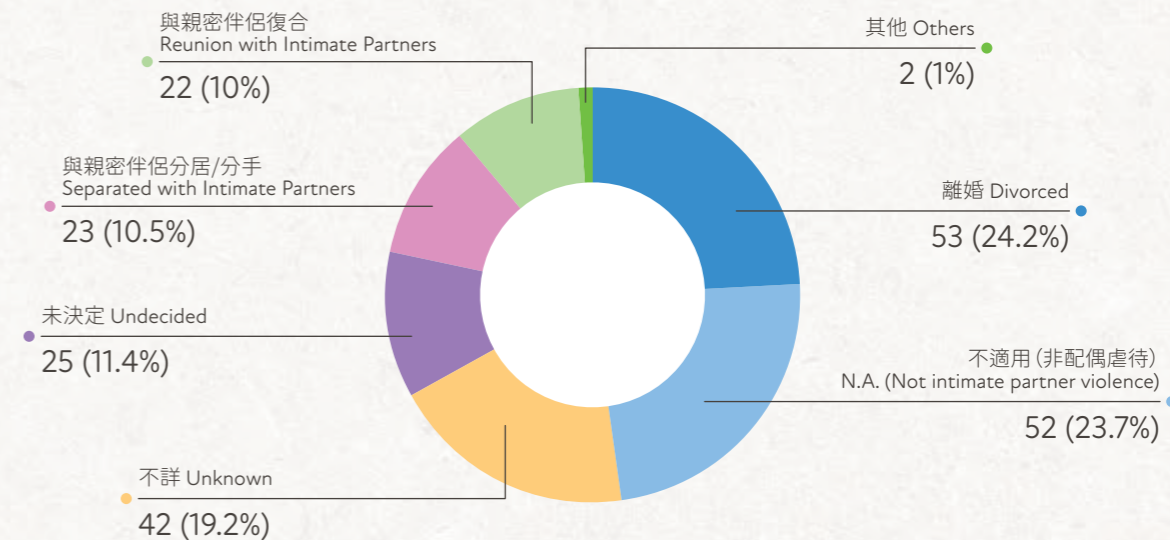


入住婦女反映施虐者虐待子女/兒童的形式 (包括身體、精神及/或性虐待) (可選擇多項)
Types of Child Abuse Caused by Abusers (Including Physical, Psychological and/or Sexual Abuse) Reported by the Admitted Women (More than one choice may be selected)



統計共219份婦女離舍完成問卷 Statistics of 219 Questionnaires Completed by Women Discharged from the Shelter

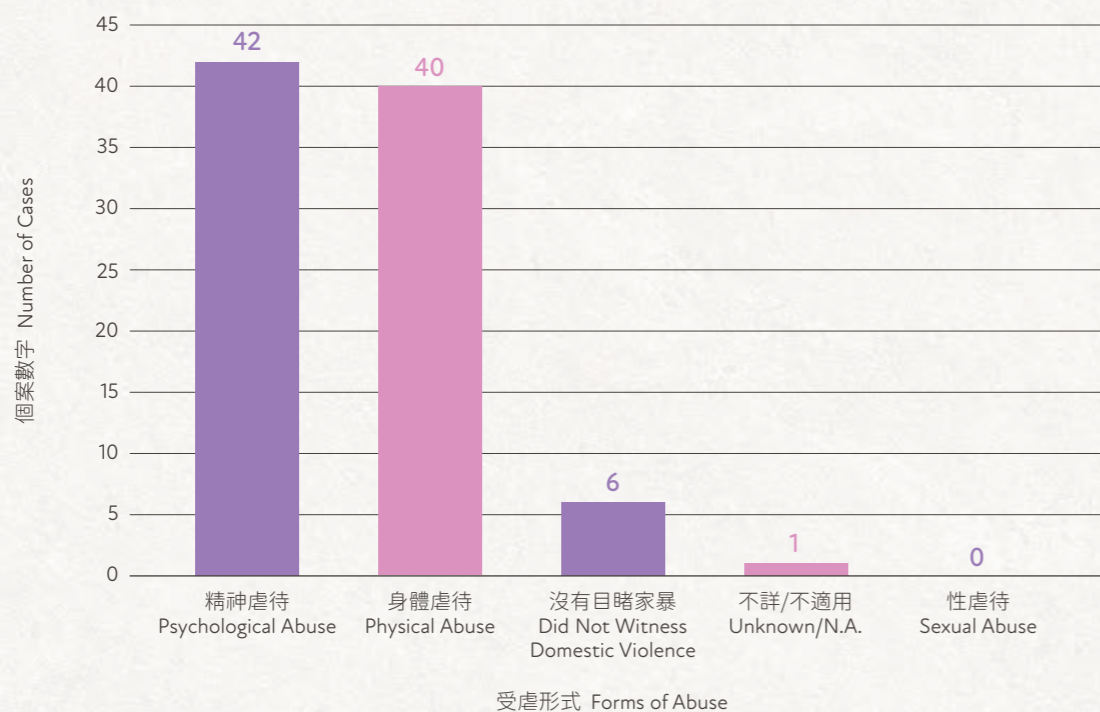
離舍時婚姻狀況 Marital Status at the Time of Discharge from the Shelter



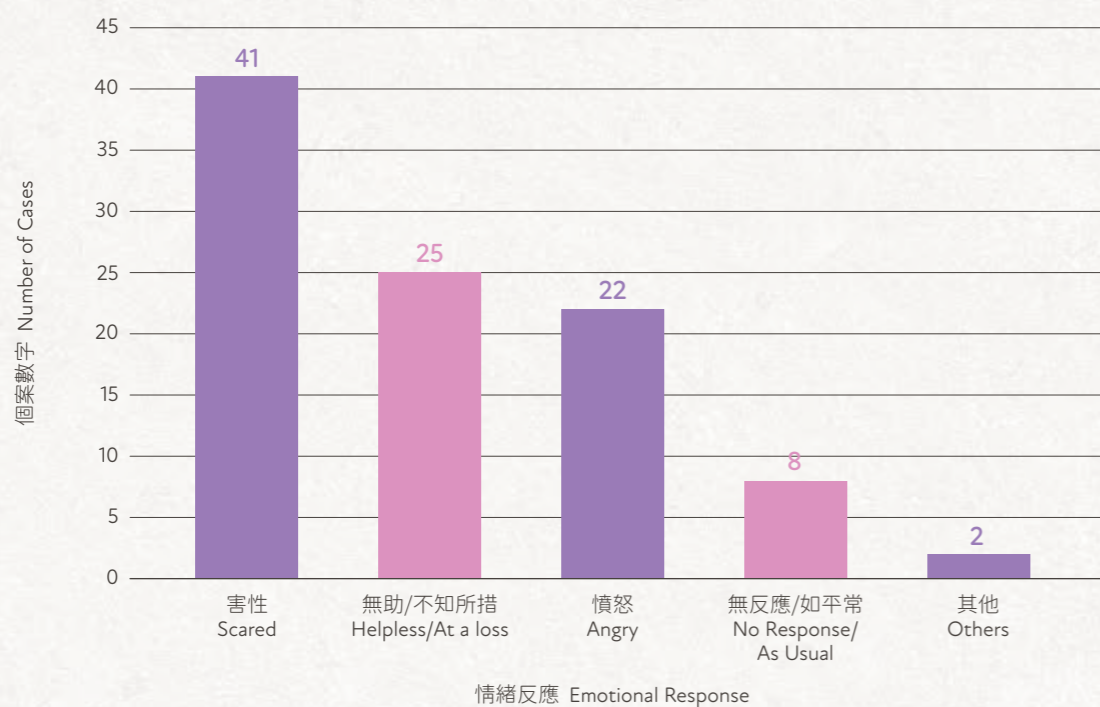
入住庇護中心兒童資料 PROFILE OF SHELTER RESIDENTS – CHILDREN

統計60份入住兒童完成的問卷
Statistics of 60 Questionnaires Completed by Children Admitted to the Shelter

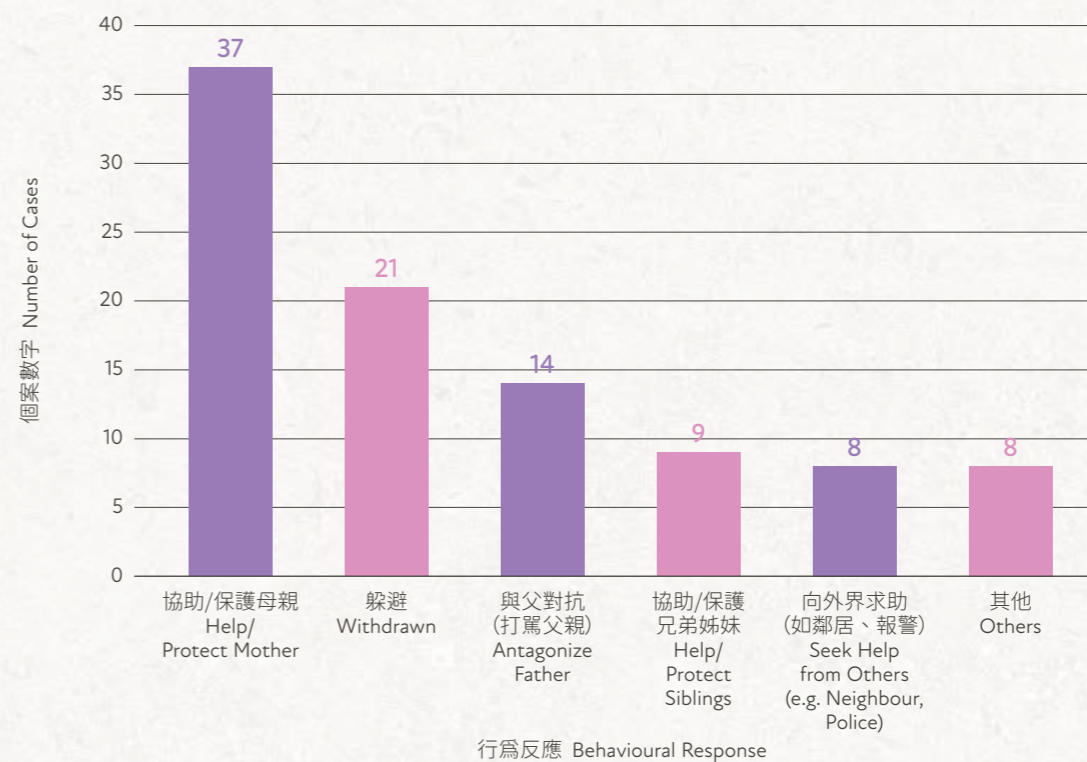
兒童目睹家庭暴力的種類 (可選擇多項)
Types of Abuse Witnessed by Children (More than one choice may be selected)



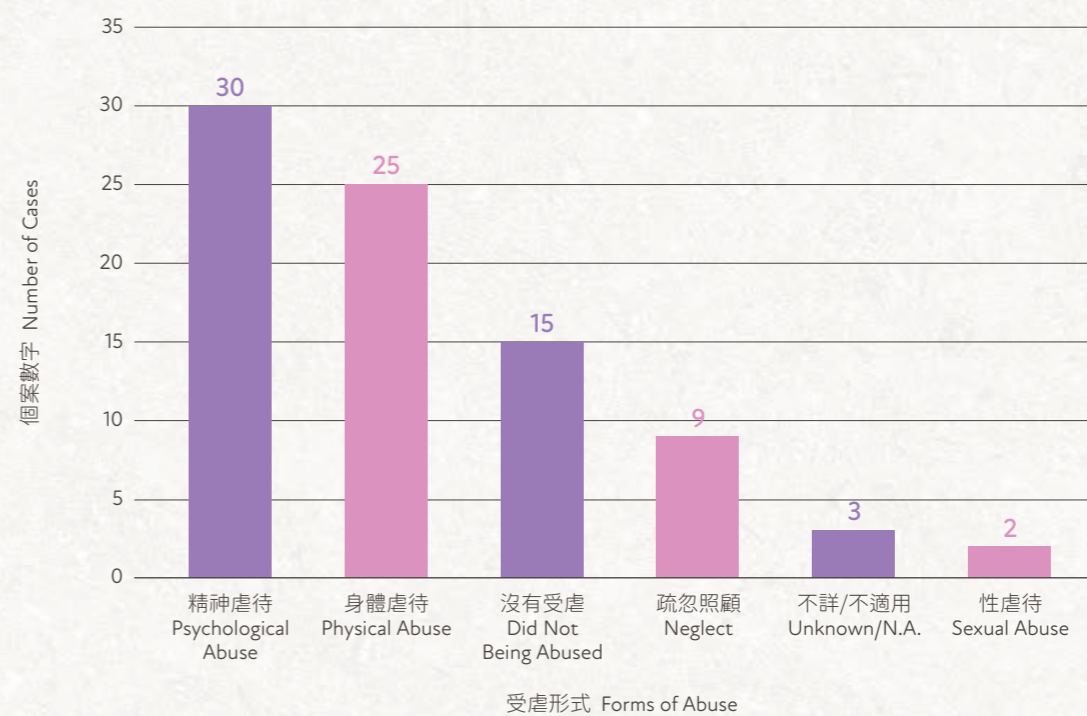
兒童目睹家暴的情緒反應 (可選擇多項)
Emotional Response(s) of Children Witnessing Domestic Violence (More than one choice may be selected)



兒童目睹家暴的行為反應 (可選擇多項)
Behavioural Response(s) of Children Witnessing Domestic Violence (More than one choice may be selected)



兒童反映曾遭受家庭暴力的種類 (可選擇多項)
Types of Abuse Reported by the Admitted Children (More than one choice may be selected)



服務統計 (截至2025年3月31日)

SERVICE STATISTICS (AS AT 31ST MARCH 2025)

8,762 來電
Incoming Calls



24小時婦女求助熱線來電
24-hour Woman Hotline Calls



庇護服務
Shelter Service

213

婦女
Women

及
and

112

兒童
Children



318 個案
Cases

1,736 節
Sessions

婦女個案
Case Work for Women



婦女治療小組
Therapeutic Groups for Women

21 小組
Groups

78 節
Sessions

404 人次
Attendance



婦女教育及發展活動
Educational and Developmental
Programmes for Women

73 節
Sessions

1,573 人次
Attendance



離舍後跟進服務
Aftercare Follow-up Services

1,064 次數
Times / Sessions

352 節
Sessions

1,566 人次
Attendance



離舍後互助關顧服務及「婦女大使」義工小組
Aftercare Mutual Support and "Women Ambassador" Volunteer Groups

男士服務 SERVICES FOR MEN

由香港賽馬會慈善信託基金捐助的賽馬會「男海啟航」支援計劃及踏步向前家暴防治計劃提供以下的男士服務。

Jockey Club Project Ocean: Men Support Service and The Hong Kong Jockey Club Community Project Grant: Moving Forward Against Domestic Violence Project, funded by The Hong Kong Jockey Club Charities Trust, provide the following services for men.

01 ... 個案及輔導服務 Casework and Counselling Services

在2024/25年度，我們合共為59個個案提供合共283節的輔導服務，當中包括了男士施虐者和男士受虐者。

In 2024/25, we served 59 cases and provided 283 individual counselling sessions for male abusers and male victims of domestic violence.

02 ... MAN (男士) 熱線 MAN Hotline 2295 1386

本會提供MAN (男士) 熱線，專注於為受家庭暴力困擾的男性提供即時的危機支援、情緒輔導及資源協助，幫助他們有效面對問題並走出陰影。同時，熱線會提供專業諮詢與教育予施虐的男士，促使他們意識到其行為的危害並教育他們作出改變。此外，熱線還能作為一個安全的平台，讓受虐男士得以尋求情感支持、獲取有關的社區資源，並進行介入及適時的輔導服務，促進他們的身心康復，進而推動家庭和社區的和諧與安全。

Our organisation provides the MAN Hotline, which focuses on offering immediate crisis support, emotional counselling, and resource assistance to men affected by domestic violence. The aim is to help them effectively face their issues and move beyond their struggles. At the same time, the hotline provides professional consultation and education to the perpetrators, encouraging them to recognise the harm caused by their behaviour and to make positive changes. Additionally, the hotline serves as a safe platform where male victims can seek emotional support, access relevant community resources, and receive timely intervention and counselling services. This approach promotes their physical and mental recovery, ultimately contributing to the harmony and safety of families and communities.

於2024/25年度，我們透過MAN (男士) 熱線接獲174個服務來電，其中的77個來電(44%)牽涉家庭暴力或婚姻問題。

In 2024/25, we received 174 service calls through the MAN Hotline, of which 77 (44%) were related to domestic violence or marital problems.

03 ... 男士短期「避靜」住宿服務 Short-Term "Calm Down" Accommodation Service for Men

由於社會上專為因家庭衝突而需要住宿協助的男士服務仍然不足，在香港賽馬會慈善信託基金的資助下，我們與酒店合作，推出一項針對受家庭關係衝突、情緒困擾或家庭暴力影響的男士的住宿支援服務，提供最多七天的短暫「避靜」酒店住宿及資源轉介，為受影響男士提供一個安全的暫時休憩空間。同時，我們會為他們提供專業輔導服務，協助他們重建個人韌性及家庭關係。

Due to the limited availability of services providing accommodation assistance for men experiencing family conflicts in the community, we have partnered with hotels and received funding from The Hong Kong Jockey Club Charities Trust to launch a support service for men affected by family conflicts, emotional distress, or domestic violence. This service offers up to seven days of short-term "calm down" accommodation and resource referral support, providing affected men with a safe temporary space to rest. Additionally, we offer professional counselling services to help them rebuild personal resilience and repair family relationships.

04 ... 小組工作 Group Work

男士治療小組 Therapeutic Group for At-risk Male

男士治療小組協助參加者認識家庭關係的結構與互動，學習在保持個人獨立性的同時，培養健康的親密關係，以應對伴侶關係衝突及親職挑戰。透過有效的溝通技巧訓練，有助參加者增強解決家庭及職場衝突的能力，提升抗逆力和復原力。此外，小組活動引導參加者識別並轉化根深蒂固的行為模式，促進家庭成員間的情感聯繫與和諧，改善身心健康及壓力管理能力。

Therapeutic Group for At-risk Male Group assists participants in understanding the structure and dynamics of family relationships, learning to cultivate healthy intimate relationships while maintaining personal independence to cope with conflicts in partner relationships and parenting challenges. Through effective communication skills training, participants enhance their ability to resolve conflicts both at home and at workplace, boosting their resilience and capacity for recovery. Furthermore, group activities guide participants to identify and transform deep-seated behavioural patterns, promoting emotional connection and harmony among family members, and improving their mental and physical health as well as their stress management skills.



男士施虐者小組 Male Abuser Group

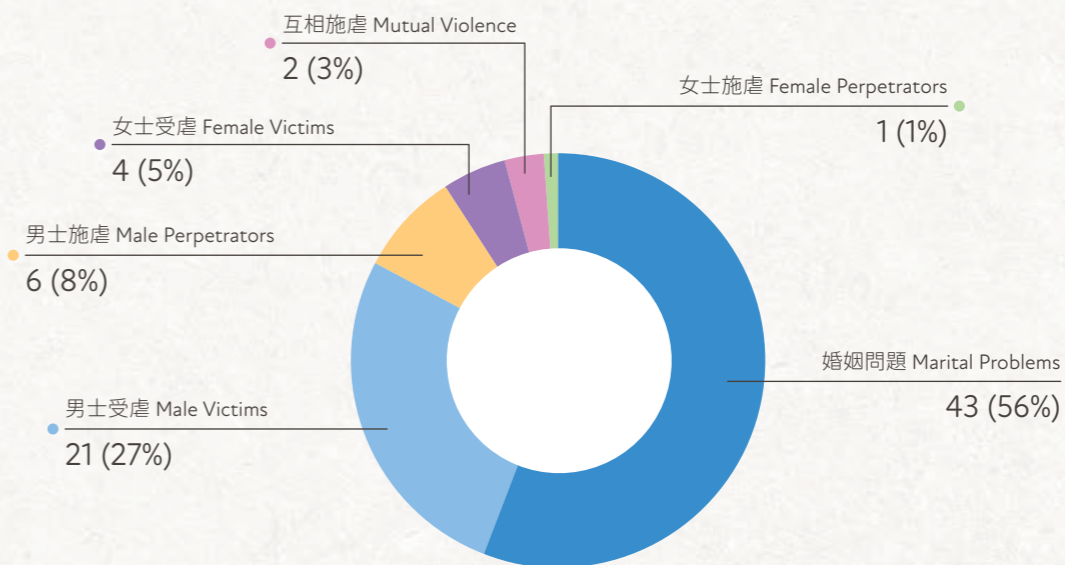
男士施虐者小組協助參加者認識並打破家庭暴力循環，通過了解暴力的成因和影響，引導他們終止暴力行為，建立健康的關係模式。透過情緒管理和溝通技巧訓練，參加者學習以建設性方式表達情感，並在安全環境中建立支持網絡，促進持續改變。

The Male Abuser Group helped participants recognise and break the cycle of domestic violence by understanding its causes and impacts, guiding them to end violent behaviours and foster healthy relationship models. Through emotional regulation and communication skills training, participants learned to express emotions constructively and built a supportive network in a safe environment to promote lasting change.



男士熱線來電統計 SUMMARY OF MAN HOTLINE

統計 77 個有關家庭暴力的熱線求助個案 Statistics of 77 Calls Seeking Help with Domestic Violence Problems



服務統計 (截至2025年3月31日) SERVICE STATISTICS (AS AT 31ST MARCH 2025)



174 來電
Incoming Calls
MAN (男士) 熱線來電
MAN Hotline Calls

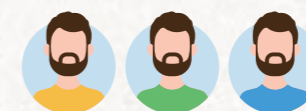


男士個案
Case Work for Men

59 個案
Cases
283 節
Sessions



12 男士
Men
男士住宿服務
Accommodation Service for Men



男士治療小組
Therapeutic Groups for Men

6 小組
Groups
24 節
Sessions
113 人次
Attendance

夫妻 / 伴侶服務 SERVICE FOR COUPLES / PARTNERS

由香港賽馬會慈善信託基金捐助的踏步向前家暴防治計劃提供夫妻／伴侶小組及輔導服務，協助伴侶培養同理心、提升溝通能力、有效處理衝突及協調育兒方式，從而在面對生活壓力與挑戰時加強彼此的支持。我們相信，透過建立健康的伴侶關係，能有效減少誤解與爭執，並為家庭注入穩定與和諧的力量。服務著重於實用技巧與情感支持，讓伴侶在面對生活挑戰時能攜手同行，建立更堅固的關係。

The Hong Kong Jockey Club Community Project Grant: Moving Forward Against Domestic Violence Project, funded by The Hong Kong Jockey Club Charities Trust, provide couples/partners counselling and groups that help them cultivate empathy, improve communication, manage conflicts effectively coordinate their different parenting styles and resolve any disagreements. Our services aim to reduce misunderstandings and tensions by helping couples build healthier, more resilient relationships. Through practical skills and emotional support, we empower couples to navigate life's challenges together and foster lasting harmony within their families.

01 ... 夫婦個案及輔導服務 Casework and Counselling Services for Couples

本年度，我們為夫婦提供共50節的輔導服務，支援面對婚姻困境、溝通困難及家庭壓力的夫婦。透過個案輔導和情緒支援，協助夫婦重拾互信與理解，改善家庭和諧氛圍。

This year, we provided 50 sessions of counselling services to couples facing marital challenges, communication difficulties and family-related stress. Through individual casework and emotional support, we helped couples rebuild mutual trust and understanding, fostering a more harmonious and supportive family environment.

02 ... 夫妻支援小組 Couples Group

本年度，我們舉辦了5個夫妻支援小組，旨在促進已婚或同居伴侶之間的溝通與情感連結，強化彼此的關係。小組透過多元介入手法，包括教授非暴力溝通技巧、同理對話與情感表達練習，協助伴侶建立互信與理解，並共同面對生活壓力與挑戰。此外，我們亦設有藝術互動小組，透過創意活動促進情感交流，提升婚姻中的親密感。小組亦涵蓋溝通技巧訓練與育兒議題，鼓勵伴侶分享教養觀念，建立合作育兒模式，促進共同育兒的合作，增強作為伴侶的相互支持，提升整體育兒經驗及改善家庭關係。

This year, we organised five couples support groups aimed at enhancing communication and emotional connection between married or cohabiting partners. Using a variety of intervention approaches—including training in nonviolent communication, empathy-based dialogue and emotional expression exercises—the groups helped couples build mutual trust and understanding, while equipping them to face challenges together. We also offered creative arts-based sessions to foster emotional exchange to deepen intimacy within relationships. Communication skills training was a key component, supporting couples in managing everyday conflicts effectively. Additionally, the groups addressed parenting topics, encouraging participants to share perspectives on child discipline, strengthening mutual support and cooperation in co-parenting and ultimately improving the overall parenting experience and family dynamics.



夫妻支援小組成效顯著，參加者普遍表示在溝通技巧、情感連結及衝突處理方面均有所提升。透過非暴力溝通練習及藝術互動活動，伴侶能更深入理解彼此的需要與感受，增強互信與親密感。小組亦有效促進共同育兒的合作，提升伴侶間的支持與協調能力，從而改善整體家庭關係。

The couples support groups have proven effective in strengthening emotional bonds and improving communication between partners. Participants reported increased mutual understanding, reduced conflict and increase in confidence in combatting relationship challenges. The integration of nonviolent communication techniques and creative arts activities fostered deeper intimacy and empathy, while discussions on co-parenting enhanced collaboration and support in raising children. Overall, the groups contributed to healthier couple dynamics and more harmonious family relationships.



03 ... 法律講座 Legal Talk

本年度，我們舉辦多場法律講座，專為面對婚姻衝突的伴侶而設，旨在協助他們了解在婚姻關係中所涉及的法律權益與責任。講座由專業法律人士主講，從法律角度剖析常見婚姻爭議，包括婚姻法例、子女撫養安排、財產分配、家庭暴力處理及離婚程序等，讓參加者能更清晰地掌握相關資訊，減輕心理壓力，並作出更明智的決策。

This year, we organised a series of legal talks designed to support couples experiencing marital conflict. Led by legal professionals, these sessions aimed to enhance participants' understanding of their legal rights and responsibilities within the context of marriage. Topics included family law, child custody arrangements, property division, domestic violence and divorce procedures etc.

透過這些講座，我們希望提升伴侶在面對婚姻困境時的法律意識與應對能力，促進理性溝通與和平解決衝突，為建立更健康的家庭關係提供支援。

By providing clear and accessible legal information, the talks helped couples better understand the legal implications of their situations, reducing emotional stress and enabling informed decisions. These talks also encouraged rational communication and peaceful conflict resolution, contributing to healthier and more stable family relationships.

服務統計 (截至2025年3月31日) SERVICE STATISTICS (AS AT 31ST MARCH 2025)



治療小組
Therapeutic Groups

5 小組
Groups

17 節
Sessions

119 人次
Attendance



法律講座
Legal Talk

4 節
Sessions

41 人次
Attendance

保護受虐兒童及青少年服務

SERVICES FOR PROTECTION OF CHILDREN AND ADOLESCENTS FROM ABUSE

服務方向 SERVICE DIRECTION

由香港賽馬會慈善信託基金捐助的「賽馬會『童』抱抱計劃」及「踏步向前家暴防治計劃」致力於全方位支援目睹家暴或遭受虐待的兒童，並積極推動學校建立兒童保護網絡，透過到校服務及專業的篩查與評估系統，協助學校及早識別面臨家庭暴力風險的兒童，並提供適切的跟進服務與資源。我們同時重視從家庭層面出發，透過支援家長和照顧者，預防家庭衝突及暴力的發生。我們為面對親職壓力的家長提供正向教養訓練與情緒支援，協助他們以理解與耐心的方式與子女溝通，減少責罵與衝突，從而促進親子關係與家庭和諧。

Funded by The Hong Kong Jockey Club Charities Trust, the Jockey Club Harmony Bubbles Project and the Moving Forward Against Domestic Violence Project are dedicated to providing comprehensive support for children who have witnessed domestic violence or have been subjected to abuse. We actively promote the development of child protection networks within schools. Through school-based services and professional screening and assessment systems, we assist schools in the early identification of children at risk of domestic violence and offer appropriate follow-up services and resources. We also focus on providing professional parenting support and positive discipline training to help parents communicate with their children with patience and empathy, reducing conflict and fostering stronger parent-child relationships. This approach not only protects children but also strengthens family harmony.



服務摘要 SERVICE HIGHLIGHTS

兒童及青少年服務 SERVICES FOR CHILDREN AND ADOLESCENTS

01 ... 兒童個案及輔導服務 Casework and Counselling Services for Children

在2024/25年度，我們合共支援59位兒童及其家庭，並為他們及其家人提供了333節輔導服務，當中包括了個人輔導，遊戲治療及親子輔導服務。

In 2024/25, we supported a total of 59 children and their families, providing them with 333 counselling sessions, including individual counselling, play therapy and parent-child counselling services.

02 ... 小白兒童熱線 Children Hotline 2751 8822

小白兒童熱線致力於為兒童提供情緒支援，幫助他們健康成長。同時，我們積極提升兒童對預防家庭暴力的認識，讓他們了解如何保護自己並遠離危險。透過早期識別受家庭暴力影響的兒童，我們能及早提供適切的輔導和支持服務，以協助他們走出陰影。此外，我們也為有需要的兒童提供專業的輔導服務，幫助他們處理情緒與心理上的困擾。

Our Children Hotline is dedicated to providing emotional support to children, helping them grow up healthily and confidently. At the same time, we actively promote awareness among children about domestic violence prevention, equipping them with knowledge to protect themselves and stay safe. Through early identification of children affected by domestic violence, we are able to offer timely counselling and support services to help them overcome emotional and psychological challenges. Additionally, we provide professional counselling for children in need, assisting them in managing their emotions and mental well-being.

於2024/25年度，小白兒童熱線共接獲2,037個來電，其中40個兒童接受我們的輔導服務，輔導內容涉及個人成長、社交、情緒問題、學校和家庭問題等事宜，而小白WhatsApp 6515 8822接獲了145個查詢。

In 2024/25, the Children Hotline received 2,037 calls and provided over-the-phone counselling to 40 children, covering issues of personal growth, interpersonal relationships, emotions, school and family problems. The Children's WhatsApp service received 145 enquiries.

03 ... 小組工作 Group Work

於2024/25年度，針對不同情緒及家庭背景需要的兒童，我們於幼稚園、小學、社區舉辦了多個兒童情緒教育與支援小組，提供有系統的支援與教育，協助兒童在安全及具支持性的環境中成長。

In 2024/25, we organised multiple children's emotional education and support groups across kindergartens, primary schools, and community settings. These groups were designed to address the diverse emotional and family-related needs of children, providing structured support and education in a safe and nurturing environment.

兒童情緒教育及治療小組 Children's Emotional Education and Therapeutic Group

此小組專為有潛在家庭暴力問題的學生而設，透過情緒教育及藝術活動，讓兒童認識情緒、暴力的種類及自我保護的方法。活動同時協助他們表達及處理負面情緒與創傷，提升情緒調節能力與自我保護意識。

This group was tailored for students with potential domestic violence issues. Through emotional education and art-based activities, children learned to identify emotions, understand different types of violence, and develop self-protection strategies. The group also supported children in expressing and processing negative emotions and trauma, enhancing their emotional regulation and sense of safety.

目睹家庭暴力兒童支援小組 Therapeutic Group for Children Witnessing Domestic Violence

針對曾目睹家暴的兒童，透過小組幫助他們學習社交技巧，建立健康的同伴關係，並引導兒童正確表達情緒，增強自信與能力感，協助他們應對家庭暴力所帶來的影響。

This group was designed for children who witnessed domestic violence. It aimed to help participants develop social skills, build healthy peer relationships, and learn appropriate ways to express their emotions. The activities also focused on boosting children's self-confidence and sense of competence, empowering them to cope with the impact of family violence.

兒童情緒發展小組 Children's Emotional Development Group

此小組支援在情緒管理方面遇到困難的兒童，透過遊戲，培養他們的同理心、自信心及抗逆力。活動亦運用繪本及創意表達活動，提升兒童的情緒識別能力與人際互動技巧，幫助他們更有效地表達情緒及建立正向人際關係。

This group supported children who experienced difficulties in managing their emotions. Through play-based activities, children were guided to develop empathy, self-confidence, and resilience. Storybooks and creative expression exercises were used to enhance emotional recognition and interpersonal skills, helping children express themselves more effectively and build positive relationships.



兒童透過繪本故事學習如何與情緒相處
Children learning how to cope with emotions through picture book stories



舉辦善意溝通手足小組，透過活動學習和實踐善意溝通的相處互動，促進兄弟姊妹間的情感交流
A Nonviolent Communication sibling group learning and practising empathetic interaction, fostering emotional connections among siblings



舉辦Paws b靜觀活動，透過靜心練習提升兒童的情緒覺察力與調節能力
A Paws b mindfulness session enhancing children's self-awareness and emotional regulation through mindful practices

04 ... 多元教育活動 Multiple Educational Programmes

情緒教育活動 Emotional Education Programmes for Children

為預防家庭暴力及及早介入支援，我們於2024/25年度到訪多間幼稚園、小學及中學，舉辦講座、故事工作坊、體驗活動及「和諧快線」情緒教育車等活動，協助學童認識情緒、學習正面表達情緒的方法，並提升自我保護能力，從而建立和諧的人際關係。當中「和諧快線」情緒教育車更利用虛擬實境(VR) 互動電子科技，協助學童認識面對家庭衝突時的應對方法，並透過識別問卷辨識受家庭暴力困擾的隱藏學童個案，以便提供適切的支援。

To prevent domestic violence and enable early intervention, we conducted emotional education activities in kindergartens, primary, and secondary schools in 2024/25. These included talks, storytelling workshops, experiential activities, and organising the "Harmony Express" emotional education vehicle. The programmes aimed to help students understand emotions, learn positive ways to express them, and strengthen self-protection skills, thereby fostering harmonious interpersonal relationships. The "Harmony Express" emotional education vehicle utilises Virtual Reality (VR) interactive technology to help students understand appropriate actions when facing family conflicts. Screening questionnaires were also used to identify hidden cases of students affected by domestic violence, allowing timely support and follow-up.



「和諧快線」情緒教育車換上新裝到訪各學校及公共屋邨進行活動

The "Harmony Express" emotional education vehicle visiting schools and public housing estates for activities



兒童認識當面臨暴力時如何保護自己
Children learning how to protect themselves while facing violence

幼兒透過故事認識「憤怒」情緒
Children exploring the emotion of "Anger" through storytelling



除了到校活動外，我們亦會不定期在中心舉辦兒童情緒教育工作坊，為社區內的兒童提供更多元的情緒支援。工作坊透過唱歌、遊戲、故事工作坊及創意活動，讓兒童在輕鬆愉快的氛圍中學習認識和表達情緒。活動設計以兒童為本，鼓勵他們透過互動方式探索自己的感受，提升情緒識別能力及表達技巧，並培養同理心、自信心及社交能力。此外，工作坊亦著重建立安全及具支持性的環境，讓兒童能安心分享內心感受，並從中學習如何與他人建立正向關係。透過這些活動，我們希望促進兒童的整體情緒健康，並為有需要的家庭提供早期識別及後續支援。

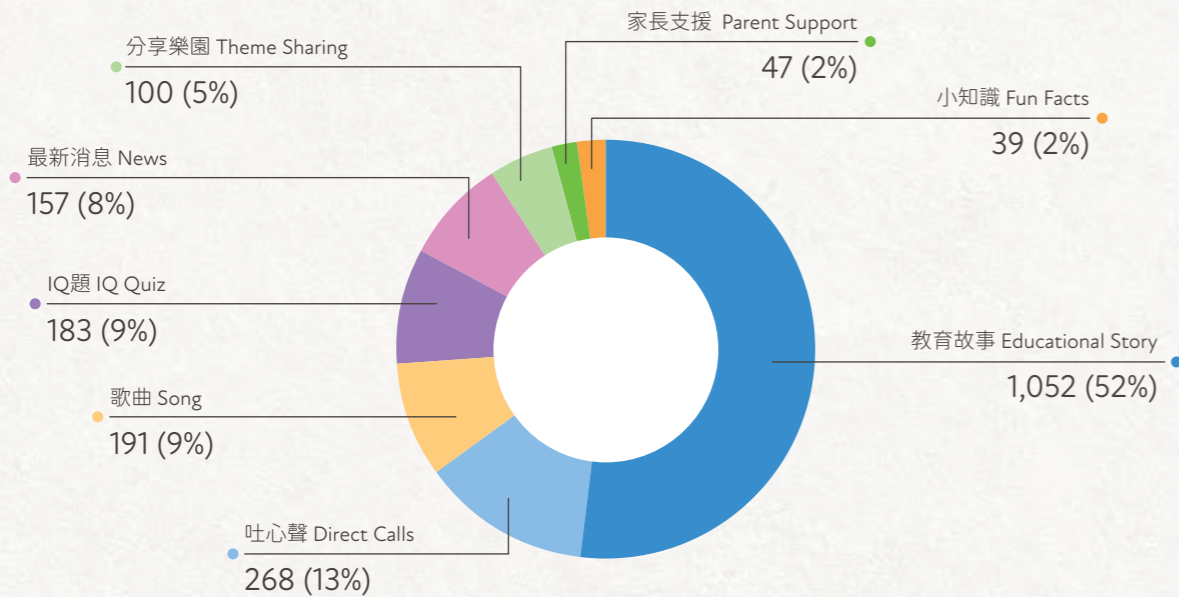
In addition to school-based programmes, we also organised emotional education workshops at our centre regularly to provide diverse emotional support for children in the community. These workshops incorporated singing, games, storytelling sessions, and creative activities, allowing children to learn about emotions and how to express them in a relaxed and enjoyable environment. Designed with a child-centred approach, the workshops encouraged children to explore their feelings through interactive experiences, enhancing their emotional awareness, expression skills, empathy, self-confidence, and social abilities. Furthermore, the workshops focused on creating a safe and supportive space where children felt comfortable sharing their inner emotions and learnt how to build positive relationships with others. Through these activities, we aimed to promote children's overall emotional well-being and provide early identification and follow-up support for families in need.



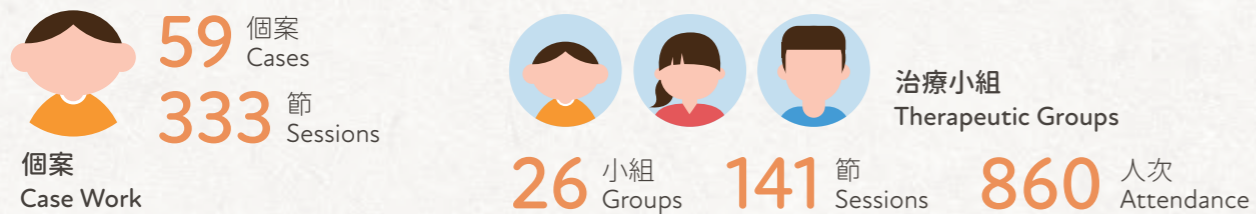
兒童透過唱歌紓發情緒
Children channelling emotions through music

「小白兒童熱線」來電統計 SUMMARY OF CHILDREN HOTLINE

統計共2,037個熱線來電 (可選多項服務)
Statistics from 2,037 Hotline Calls (More than one service may be selected)



服務統計 (截至2025年3月31日) SERVICE STATISTICS (AS AT 31ST MARCH 2025)



多元教育活動 Multiple Educational Programmes



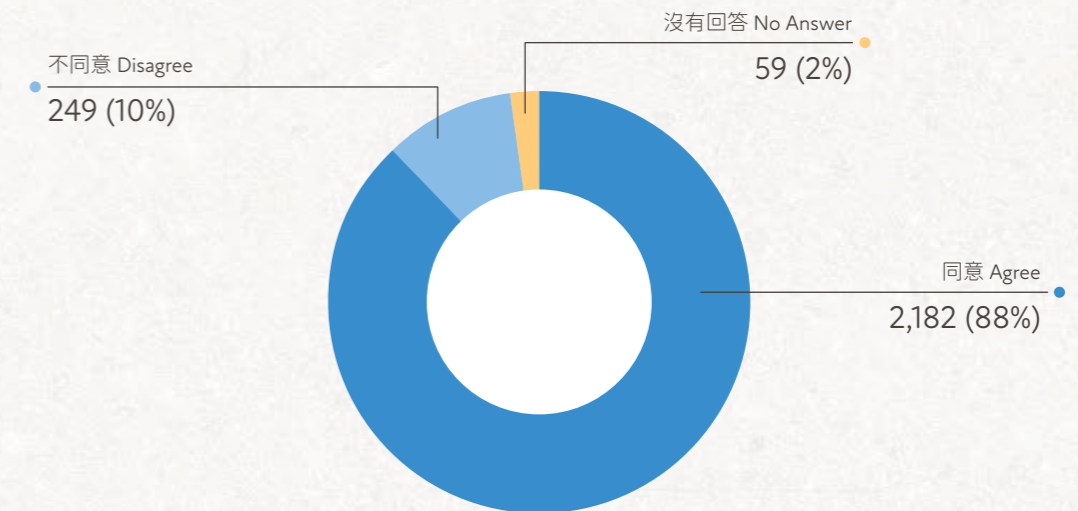
情緒教育服務問卷調查統計 SURVEY ON EMOTIONAL EDUCATION SERVICES

統計2,490份幼稚園及小學學童問卷
Statistics of 2,490 Questionnaires Completed by Kindergarten and Primary School Students

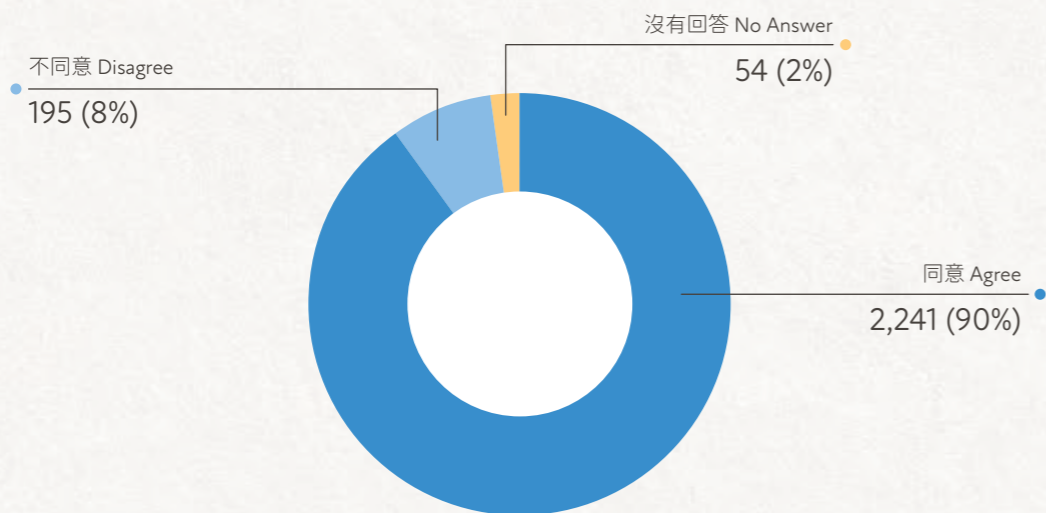
在2024/25年度，我們舉行了96節兒童教育活動，共服務了3,648位兒童。當中更為2,490位兒童進行了家暴評估。調查中，我們發現分別有70.0%及43.4%的受訪學童表示曾目睹父母吵架及打架；另分別有80.1%及60.8%的受訪學童表示曾被家人責罵及受到身體傷害。

In 2024/25, we served 3,648 students, held 96 sessions of emotional education programmes, and conducted risk assessments of domestic violence with 2,490 of the children. According to the questionnaires, 70.0% and 43.4% of respondents have witnessed quarrels and brawls between their parents respectively; while 80.1% and 60.8% of respondents were scolded and physically assaulted by family members respectively.

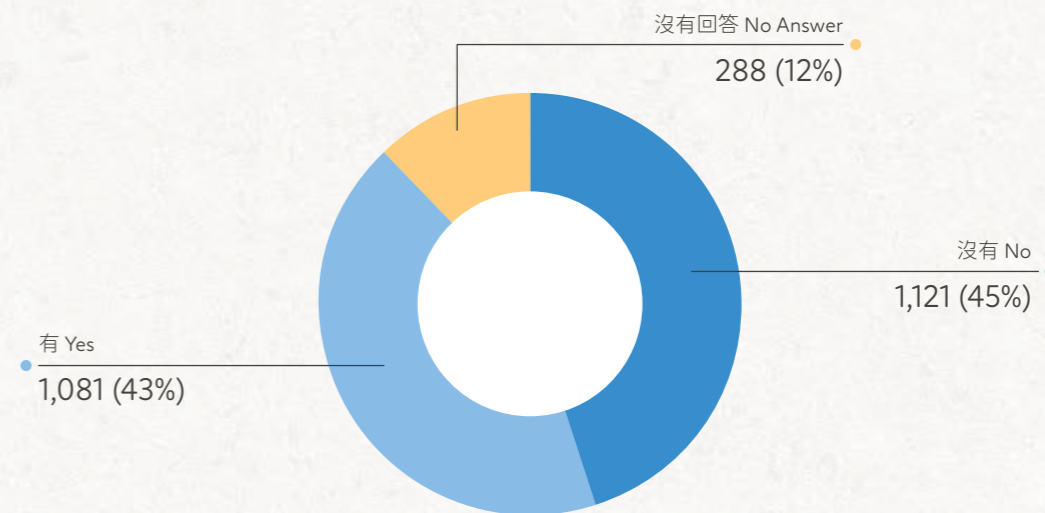
學童表示喜歡活動內容 Satisfaction with the Service



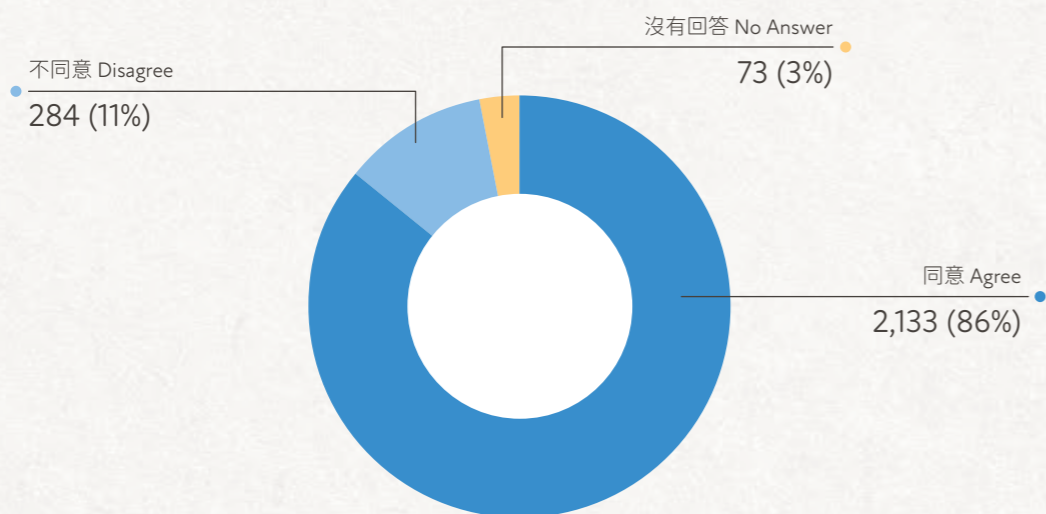
學童表示增加了對情緒的認識 Increased Understandings towards Emotion



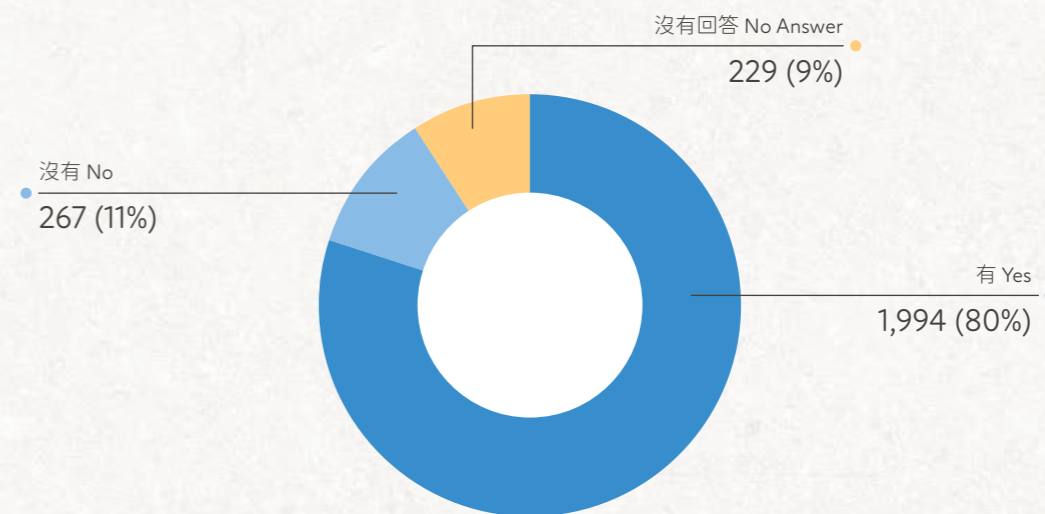
學童會目睹家人打架 Witnessed Brawls between Family Members



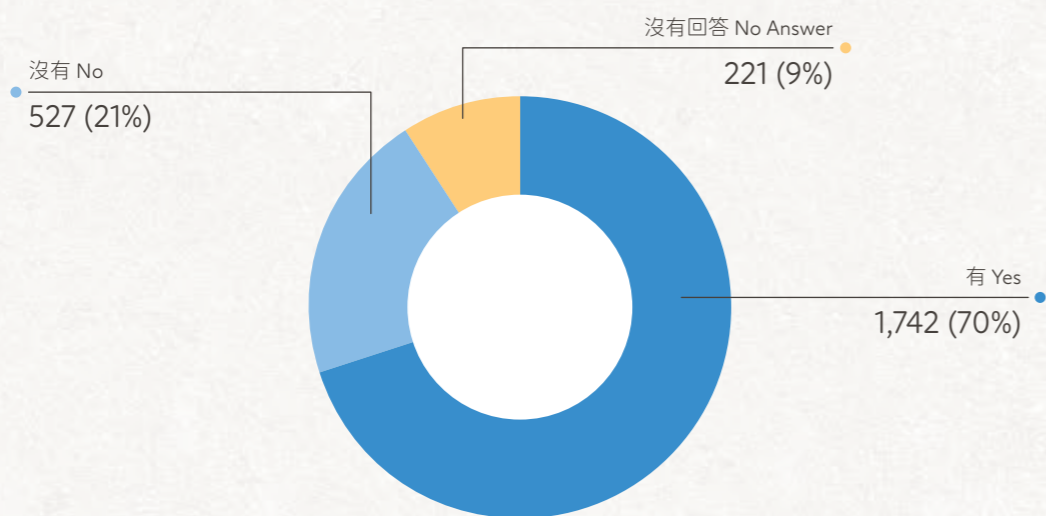
學童表示遇到問題時，會主動找人幫助 Sought Help Proactively when Facing Adversity



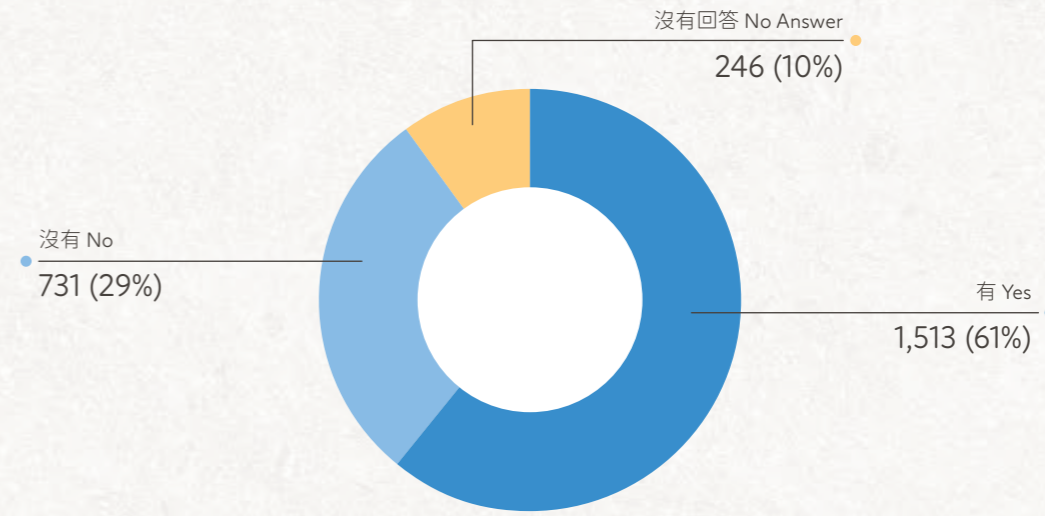
學童曾被家人罵 Scolded by Family Members



學童會目睹家人吵架 Witnessed Quarrels between Family Members



學童曾被家人打 Battered by Family Members



家長服務 SERVICES FOR PARENTS AND CAREGIVERS

01 ... 照顧者個案及輔導服務 Casework and Counselling Services for Caregivers

在2024/25年度，我們合共提供91節的輔導服務予家長和照顧者。

In 2024/25, we provided 91 individual counselling sessions for parents and caregivers.

02 ... 聆聽與同行：熱線紓解家長教養壓力 Listen and Walk Together: Hotline Support for Parenting Stress 2751 8822

本年度，我們善用小白兒童熱線「家長支援」選項，約50位家長來電，他們大多表示在親子溝通和親職教養上出現困難。我們於熱線為家長提供了情緒支援、實用的教養資源及回應孩子情緒的方法。此項服務有效協助家長在育兒過程中獲得理解與支持，並提升他們應對日常教養挑戰的能力。

This year, we made effective use of the Children Hotline by adding “Parent Support” option, which received calls from approximately 50 parents. The majority of callers expressed challenges in parent-child communication and parenting practices. Through the hotline, emotional support was provided, parenting resources were shared, and practical strategies were offered for responding to children’s emotional needs. This timely support helped parents feel heard and equipped them with tools to navigate everyday parenting challenges more effectively.

03 ... 小組工作 Group Work

家長正向管教、情緒覺察及善意溝通小組 Positive Parenting, Emotional Awareness, and Compassionate Communication Groups

本年度，我們舉辦了多個主題多元的家長小組，旨在提升家長的正向管教技巧及自我照顧身心靈的能力，促進親子關係的正向發展。小組內容涵蓋情緒管理、溝通技巧及親職教育等範疇，透過理論學習、個案分享及互動討論，協助家長掌握實用的教養策略，並建立互相支持的社群網絡。

This year, a variety of parent support groups were organised with diverse themes, aiming to enhance positive parenting skills and promote holistic self-care for parents. The group sessions covered emotional regulation, communication strategies, and parenting education. Through theoretical learning, case sharing, and interactive discussions, parents were equipped with practical tools and supported in building a peer network for mutual encouragement.

我們積極推廣「自我關懷」的理念，透過靜觀練習、生命自覺活動及情緒覺察，協助家長專注當下、覺察身體感受及辨識情緒，並掌握情緒調節技巧，提升心理韌力與自我照顧能力。

The concept of “compassionate self-care” was actively promoted, and parents were guided through mindfulness practices, self-awareness activities, and emotional awareness exercises. These helped parents stay present, tune into their bodily sensations, identify emotions, and develop emotional regulation skills to strengthen their psychological resilience and self-care capacity.

此外，我們亦透過善意溝通教育推廣尊重式教養，鼓勵家長以非暴力、同理心的方式與子女互動，以身作則地培養孩子的同理心，共同建立和諧、關愛、互信的家庭關係。

In addition, respectful parenting was promoted through compassionate communication education, encouraging parents to interact with their children in a non-violent and empathetic manner. By modelling emotional awareness and empathy, parents helped cultivate these qualities in their children, fostering harmonious, caring, and trusting family relationships.

父母使用暴力親職小組 Parent Group for Parents Using Violence

針對面對管教困難的爸爸及媽媽的需要，我們設立父母使用暴力親職小組服務，協助他們停止使用體罰等不當管教方式，改善與子女的溝通模式，並提升情緒調節能力。透過小組的支持，家長不但能重建與子女的信任關係，更能在教養路上獲得情感上的理解與同行，建立更穩固的親子連結，促進家庭和諧。

To address the needs of parents who faced challenges in discipline, the Parent Group for Parents Using Violence was developed to support fathers and mothers in discontinuing the use of physical punishment and adopting healthier communication approaches. The group also helped participants strengthen their emotional regulation skills, rebuild trust with their children, and foster stronger parent-child bonds, thereby contributing to a more harmonious family environment.



家長學習面對及接納自己的負面情緒
Parents learn how to acknowledge and accept their uncomfortable emotions

爸爸及父子治療小組 Therapeutic Group for Fathers and Father-Child

為加強男士在家庭中的育兒角色及促進父子／父女間的情感連結，我們特設爸爸／親子治療小組，專為男性而設，透過遊戲及溝通活動，協助爸爸們認識不同的育兒風格，並探索最適合自己家庭的教養方式。此小組不但提升爸爸們的育兒技巧與抗逆能力，更讓他們在育兒過程中建立自信，積極參與孩子的成长，成為孩子成長路上的重要同行者。

In addition, to reinforce the role of fathers in parenting and strengthen their emotional connection with their children, a dedicated therapeutic group for fathers or father-child pairs was launched. Specifically tailored for men, the group incorporated play and communication activities to help fathers explore various parenting styles—authoritative, authoritarian, permissive, and neglectful—and identify the most suitable approach for their families. Participants also learned two types of play and three evidence-based techniques, which they applied in daily interactions with their children. This not only enhanced emotional bonding but also strengthened parenting resilience and confidence, empowering fathers to become active and nurturing figures in their children’s lives.



04... 多元教育活動 Multiple Educational Programmes

家長教育及家庭支援活動 Parent Education and Family Support Programmes

於2024/25年度，我們推行多項以家庭為本的支援活動，致力促進親子關係、提升家長的教養能力及情緒健康。透過**家庭增潤工作坊**及**體驗式活動**，我們協助父母在親子互動中運用有效溝通策略，促進親子間的理解與情感連結，培養溫暖關愛的教養風格，從而建立互相接納與尊重的家庭氛圍。

In the 2024/25, a range of family-oriented support programmes was implemented, aimed at strengthening parent-child relationships, enhancing parenting skills, and promoting emotional well-being. Through **Family Enhancement Workshops** and **Experiential Activities**, parents were supported in applying effective communication strategies during interactive play with their children. These activities fostered emotional bonding, encouraged empathetic and open communication, and helped parents cultivate a nurturing and respectful parenting style—laying the foundation for a harmonious and accepting family environment.



推行MISP™親子按摩活動，透過撫觸技巧促進親子連結與情感滋養。
Delivered MISP™ parent-child massage sessions to strengthen bonding and nurture emotional connection through positive touch

為促進家長的身心健康，我們亦提供多項**家長舒壓活動**，以表達藝術作為介入手法，提升家長對自我關懷的意識，紓緩壓力，強化情緒調節能力。

To promote parents' physical and mental well-being, a variety of **stress-relief activities** was offered, using expressive arts as an intervention tool. These activities enabled parents to develop greater self-awareness, alleviate stress, and enhance emotional regulation.

在**家長教育**方面，我們舉辦多場不同主題的講座，內容涵蓋不同範疇：

In the area of **parent education**, a series of thematic talks was organised, each designed to address specific developmental and emotional needs across a wide range of topics:

1. 提升教養技巧與親子溝通能力

教授家長以尊重、同理心為本的溝通方式，幫助他們更有效地理解孩子的行為與情緒，減少衝突，促進親子間的情感連結。

1. Enhancing Parenting Skills and Communication

Equipped parents with respectful, empathy-based communication techniques to better understand their children's behaviours and emotions, reduce conflict, and strengthen emotional connections.

2. 增強家長的情緒管理與自我關懷能力

鼓勵家長關注自身情緒與壓力管理，學習正念與自我覺察技巧，從而提升教養的耐性與靈活性，建立更穩定的家庭氛圍。

2. Improving Emotional Regulation and Self-Care Skills

Encouraged parents to manage their own emotions and stress through mindfulness and self-awareness, fostering patience and flexibility in parenting.



家長享受藝術帶來「當下寧靜」的感覺
Parents enjoyed a sense of "present tranquility" through art

戶外運動直立板體驗
Enjoyed a stand-up paddleboarding experience



3. 建立同理心與尊重式管教模式

教育家長學習如何以遊戲及互動方式與孩子建立關係，並以同理心回應孩子的需要，促進互相接納與尊重。

3. Promoting Empathy and Respectful Parenting Style

Guided parents in using play and interaction to build relationships with their children, respond empathetically to their needs, and adopt a respectful, connection-based approach to discipline.

4. 增強對家庭及社會議題的認識

提升家長對家庭創傷、跨代暴力及兒童 / 青少年心理健康的理解，鼓勵家長以更具敏感度和支持性的方式回應孩子的成長需要。

4. Raising Awareness of Family and Social Issues

Deepened parents' understanding of intergenerational trauma, intergeneration of family violence, and mental health of children / youth, empowering them to respond to their children's developmental needs with greater sensitivity and support.



家長學習如何透過遊戲提升孩子的安全感與接納感
Parents learnt how to enhance their children's sense of security and acceptance through play

服務統計 (截至2025年3月31日)

SERVICE STATISTICS (AS AT 31ST MARCH 2025)



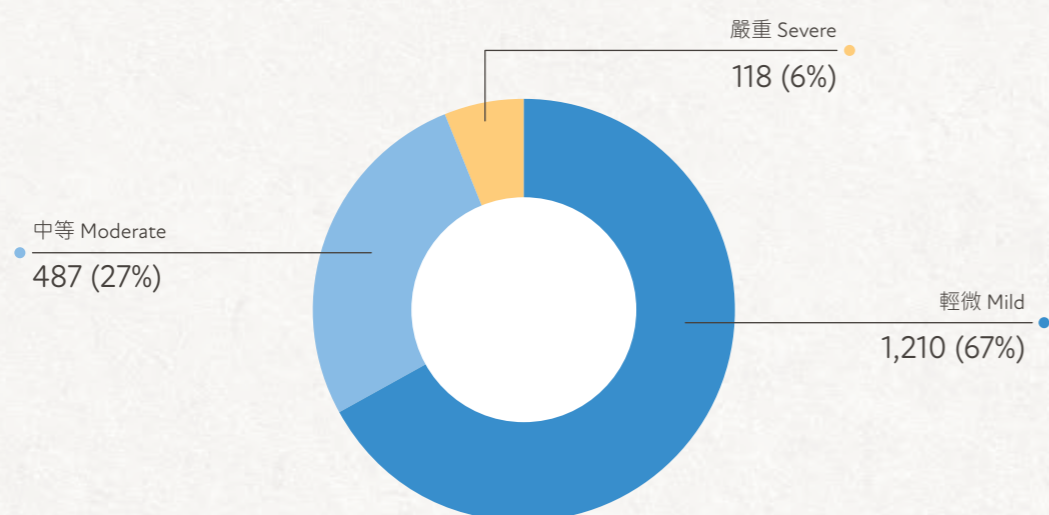
家長身心倦怠情況調查統計 SURVEY ON PERCEIVED BURNOUT AMONG PARENTS

本年度，我們為1,815位家長進行了身心倦怠情況調查。結果發現，27%受訪家長的身心倦怠情況屬中等程度，更有6%受訪家長屬嚴重程度，而整體平均值達39.99（50-70分為中度倦怠），情況值得關注。

This year, we conducted a survey on perceived burnout of 1,815 parents. The results revealed that 27% of the respondents experienced moderate levels of burnout, with 6% were classified as severe. The overall average score was 39.99 (with score between 50 and 70 indicating a moderate level). The findings highlighted a situation that warrants attention.

統計1,815份家長問卷 Statistics of 1,815 Questionnaires Completed by Parents

家長身心倦怠情況 Perceived Burnout Among Parents



此調查以「哥本哈根疲勞量表」的分量表作為量度工具
The client burnout subscale from the Copenhagen Burnout Inventory was adopted to measure parent-perceived caregiving burnout in this survey

支援童年逆境經歷人士服務 SERVICES FOR ADULTS WITH ADVERSE CHILDHOOD EXPERIENCES

服務方向 SERVICE DIRECTION

在童年時曾經歷失落、痛苦或暴力等逆境經驗的人士，對其心理健康與人際關係造成深遠影響。由香港賽馬會慈善信託基金捐助的賽馬會跨步彩虹計劃，致力提供專業服務支援童年逆境經歷人士，協助他們認識並發掘自身的韌性，促進他們在親密關係及親子互動中建立正面、和諧與關愛的連結。我們同時提升社會對家庭暴力及跨代暴力循環的認識，強調打破家暴惡性循環的重要性，並積極加強跨專業界別的協作，提升前線同工在處理童年逆境個案的知識與技能，讓他們能更有效地提供援助。這些努力彰顯我們推動療愈、韌性及促進代際間家庭和諧的堅定承諾。

Individuals who have experienced adversity in childhood—such as loss, trauma, or violence—often face long-term impacts on their mental health and relationships. Recognising these deep-rooted needs, we are committed to providing specialised support services to help them heal through the Jockey Club Project Stride which is funded by the Hong Kong Jockey Club Charities Trust. Our approach empowers individuals to discover their inner resilience and fosters positive, caring and harmonious interactions in both intimate and parent-child relationships. At the same time, we work to raise public awareness about family violence and highlight the importance of breaking the cycle of intergenerational violence. Through collaborations with multi-disciplinary professionals, we strengthen the knowledge and skills of professionals and service providers to support individuals affected by childhood adversity effectively. These initiatives reflect our unwavering commitment to healing, resilience and promoting harmony across generations.



服務摘要 SERVICE HIGHLIGHTS

01 ... 個案及輔導服務 Case Work and Counselling Services

在2024/25年度，我們共有73個個案，為他們提供深入的輔導服務。透過個案輔導服務，協助個案敘述和探索他們在童年時期所經歷的逆境經驗，從而幫助個案辨識和理解童年逆境所引發的情感反應，如何影響他們的日常生活、人際關係和心理健康。個案能透過探索原生家庭的成長經驗，減少童年逆境經驗的情緒反映，能活出自愛、自主的生活方式，建立尊重、關愛的人際關係。

In 2024/25, we received and provided in-depth counselling services for a total of 73 cases. Through individual counselling, we helped clients explore their childhood adversities. This involves assisting the client in describing and exploring the trauma they experienced during their childhood, thereby helping them identify and understand the emotional responses triggered by these childhood adversities and how these emotions impact their daily lives, relationships and mental well-being. Individuals were able to, through exploring their experiences of their original family, reduce the emotional impact of their childhood adversities, lived a self-loving and autonomous lifestyle and built respectful and caring interpersonal relationships.

02 ... 小組工作 Group Work

我們為曾有童年逆境經驗的成年人提供了以原生家庭探索為中心的治療小組，將原生家庭探索與藝術的活動相結合，營造了一個支持性的環境。組員表示他們學會利用外部資源促進自我成長，擁抱多元化觀點，接納及理解其家庭背景的複雜性，並認識到家庭溝通的重要性。

We organised therapeutic groups for adults with Adverse Childhood Experiences (ACEs) centred on Family of Origin Exploration, combining family exploration with arts-based activities to create a supportive environment. Participants reported learning to utilize external resources for self-improvement, embracing diverse viewpoints, understanding their family backgrounds' complexities and recognising the importance of family communication.

我們持續舉辦探討童年逆境經驗的網上讀書組，幫助組員理解家庭影響並促進癒合和改變。組員分享這些小組能有效地促進了個人成長，增強了自我意識，從而加深了對自己和孩子培育實踐的理解和欣賞。2024/25年度，我們舉行了94節小組，為超過175人提供服務，總參與達652人次。

Additionally, we organised virtual book clubs dedicated to exploring ACEs, focusing on understanding family impact and promoting healing and change. Feedback indicated that these groups effectively fostered personal growth, enhancing self-awareness and offering diverse perspectives, leading to a deeper understanding and appreciation of nurturing practices for oneself and one's children. In 2024/25, we organised 94 group sessions, serving more than 175 people with a total attendance of 652.



03 ... 「胖胖」工作坊及服務提供 Workshops for Buddies and Service Provision

「胖胖」聚會是一項專為曾經童年逆境人士而設的同儕互助服務，旨在建立一個安全、互相支持的社群。隨著小組持續發展，新成員不斷加入，積極參與多元活動，促進溝通、放鬆及自我表達。

The "Buddies" Gathering was a peer support initiative designed specifically for individuals who had experienced adversity in childhood. The programme aimed to build a safe and mutually supportive community where members could connect and grow together. As the group continued to expand, new members actively joined and participated in a variety of activities that encouraged communication, relaxation, and self-expression.

「胖胖」積極參與各類活動與服務，透過分享個人經歷，促進彼此之間的交流、支持與互動，並吸引更多有相似經歷的同路人加入，互相陪伴，一同成長與轉化。除了照亮他人的生命，「胖胖」們亦透過參與不同形式的活動與服務，獲得個人成長的機會，發揮潛能，並積極貢獻社區。他們的投入與努力，展現出童年逆境經歷人士在復元路上的力量與價值。

"Buddies" actively engaged in a variety of activities and services, using their personal experiences to foster mutual sharing, support, and connection. They encouraged others with similar backgrounds to join, walk alongside one another, and grow and transform together. Beyond inspiring others, the "Buddies" also gained valuable opportunities for personal growth through their active participation in various activities and services. Their dedication and efforts demonstrated the strength and value of individuals with childhood adversity on their journey of recovery.



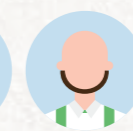
服務統計 (截至2025年3月31日) SERVICE STATISTICS (AS AT 31ST MARCH 2025)



個案
Case Work

73 個案
Cases

310 節
Sessions



治療及共學小組
Therapeutic groups and
virtual book clubs

23 小組
Groups

94 節
Sessions

652 人次
Attendance

29 節
Sessions

186 人次
Attendance



「胖胖」工作坊及服務提供
Workshops for Buddies and Service Provision

社區教育及專業交流分享

COMMUNITY EDUCATION AND PROFESSIONAL SHARING

服務方向 SERVICE DIRECTION

和諧之家持續推動多元化的公共教育活動及跨專業交流與合作，旨在提升社會大眾與專業人士對家庭暴力及相關議題的關注和理解。我們透過舉辦各類講座、工作坊及展覽，向不同的社群傳遞預防家庭暴力的重要性。同時，我們運用線上服務，包括家庭頻道 (Family Channel) 及自我評估工具，為個人提供即時、便捷、透明的資源，幫助他們識別自身的狀況，及早尋求適切的協助。透過多元渠道的服務模式，不僅能夠擴大公眾教育的範圍，也有助於建立一個更具包容性的社會環境。此外，透過跨專業的合作與交流，我們致力促進專業人員的知識分享與技能提升，加強跨專業的協同合作，有效預防與應對家庭暴力問題，進而促進社會的穩定與家庭的和諧，建立一個安全、尊重和充滿愛的社區。

Harmony House continues to promote diverse public education activities, as well as cross-professional exchange and collaboration, with the goal of raising awareness and understanding of domestic violence and related issues among the general public and professionals. We organise a variety of talks, workshops, and exhibitions to convey the importance of preventing family violence in the community. Additionally, we utilise online services, including the Family Channel and self-assessment tools, to provide individuals with immediate, convenient, and transparent resources that help them recognize their own situations and seek appropriate assistance early. Through these multi-channel service approaches, we aim to expand the scope of public education and foster a more inclusive societal environment. Furthermore, by fostering cross-professional cooperation and exchange, we are dedicated to enhancing the knowledge sharing and skill development of professionals, strengthening inter-disciplinary collaboration to effectively prevent and address domestic violence issues. Ultimately, these efforts contribute to social stability and family harmony, building a community that is safe, respectful, and filled with love.



服務摘要 SERVICE HIGHLIGHTS

專業人士服務 SERVICE FOR PROFESSIONALS

01 ...【看不見的傷害·精神暴力】周年論壇 Annual Forum on "Psychological Abuse – The Invisible Harm"

去年，我們於11月22日舉辦了【看不見的傷害·精神暴力】周年論壇。活動中，我們邀請到一位服務使用者親身分享了她在面對精神暴力時的困境、感受及求助經歷，並有註冊輔導心理學家、婚姻及家庭治療師康志敏女士深入剖析親子和伴侶之間的精神虐待對子女的深遠影響，並呼籲大家共同努力，維護家庭和諧與健康。另一位嘉賓講者，香港專業輔導協會副院士及愛培思全人發展中心創辦人趙麗雯博士，則透過多個案例，引導前線工作人員反思專業態度與介入策略，以協助受害者盡早察覺精神暴力並脫離困境。此外，新界崇德二社倡導委員會委員陳芝菁律師在論壇中分享香港現行與家暴和精神虐待相關的法律、瑞典在預防心理虐待的成功立法經驗，以及建立資料庫追蹤精神虐待案件的重要性。



當日超過160位參與者踴躍提問，積極交流討論，有效提升公眾對精神暴力的認識與預防意識，促使更多社會人士能及早識別並遠離精神虐待的傷害。

Last year, our Annual Forum, held on 22 November, featured "Psychological Abuse – The Invisible Harm". We invited a service user to share her personal experiences with psychological abuse, highlighting the challenges she faced, the emotional impacts, and her journey to seek help. Registered Counseling Psychologist, Marriage and Family Therapist Ms. Hong Chi Man, Janet, provided in-depth analysis of the long-term effects of parent-child and partner psychological abuse on children, emphasizing the importance of collective efforts to foster harmonious and healthy families. Another guest speaker, Dr. Chiu Lai Man, Anita—Associate Fellow of The Hong Kong Professional Counselling Association Limited and Founder of Elpis Holistic Development Center—presented multiple case studies to help frontline professionals reflect on their attitudes and intervention strategies, aiming to facilitate early recognition and effective assistance for victims. Additionally, Solicitor and Advocacy Committee Member, Ms. Chan Chi Ching, Gabriella, from Zonta Club of the New Territories II, discussed Hong Kong's existing laws concerning domestic and psychological abuse, shared successful legislative models from Sweden for preventing psychological harm, and highlighted the importance of establishing a database to monitor and track abuse cases.

Over 160 participants actively asked questions and engaged in discussions, significantly raising public awareness about psychological violence and promoting early intervention and prevention, ultimately aiding more individuals in recognizing and escaping the harms of psychological abuse.



02 ... 跨界別專業培訓 Multi-disciplinary Training

在預防及處理家庭暴力的問題上，不同專業界別人士的參與十分重要。

除了每年的周年論壇外，本會的專業同工亦會為教育、社福、醫護、執法及幼兒照顧等界別的专业人士提供多元化的培訓，內容涵蓋家庭暴力辨識與處理（包括受虐婦女、男士、兒童、目睹家暴的兒童及施虐者）、香港相關法律與社區資源、童年逆境經驗（ACEs）評估與介入策略、非暴力溝通技巧應用及小組帶領技巧，並安排參觀服務單位以加深對本會服務的理解。透過這些培訓和服務交流，我們旨在提升前線專業人士對家暴個案的敏感度和介入技巧，使他們能夠更有效地應對和預防家庭暴力，共同建立安全、互助的社區環境。



為港澳和內地不同學院的學生及專業人士提供專業培訓
Professional training for local, Macau and Mainland college students and professionals

The participation of professionals from various sectors is crucial in the prevention and intervention of domestic violence.

In addition to our annual forum, our professional staff provide comprehensive training for professionals in education, social welfare, healthcare, law enforcement, and childcare. The training covers topics such as identifying and managing cases of family violence (including abused women, men, children, children who witness domestic violence, and perpetrators), relevant laws and community resources in Hong Kong. It also addresses assessment and intervention strategies for cases with Adverse Childhood Experiences (ACEs), the application of non-violent communication techniques, and group facilitation skills. Participants also visit service units to deepen their understanding of our services. Through these training workshops, we aim to enhance frontline professionals' sensitivity and intervention skills in handling domestic violence cases, enabling them to respond more effectively and contribute to building a safe and supportive community.



03 ... 《非暴力溝通與和諧家庭關係》研究報告

Non-violent Communication and Harmony Family Relationship Research Report

我們於2022-24與香港樹仁大學合作進行的為期兩年的學術研究項目已圓滿結束，並成功出版《非暴力溝通與和諧家庭關係》研究報告。

We successfully concluded a two-year academic research project in collaboration with Hong Kong Shue Yan University and published the research report titled "Nonviolent Communication and Harmonious Family Relationships" in 2022-24.

研究結果：

- (1) 單次性的「善養孩子」工作坊對家長學習尊重式教養及非暴力溝通技巧具顯著成效，有效幫助家長初步掌握尊重式教養與非暴力溝通技巧。
- (2) 兒童小組有效提升提升兒童的情緒智商與同理心，改善社交與情緒管理。
- (3) 家長小組在改善親子互動方面成效顯著。有效幫助家長促進親子理解與連結，改善雙方的互動方式。
- (4) 夫妻小組有效增進伴侶間的溝通與自我關懷意識。

Key findings:

- (1) One-off "Non-violent Communication Parenting" workshops showed significant effectiveness in helping parents learn respectful parenting approaches and nonviolent communication techniques, enabling them to grasp these concepts at an introductory level.
- (2) Children groups effectively enhanced children's emotional intelligence and empathy, helping them improve their social interactions and emotional regulation.
- (3) Parent groups showed significant results in improving parent-child relationships. It helped parents foster mutual understanding and connection, leading to healthier and more positive interactions.
- (4) Couples groups successfully strengthened communication between partners and increased awareness of self-care.

研究總結指出，非暴力溝通相關服務具推廣潛力，我們將持續推動相關理念以促進家庭和諧，深化社區教育與實踐。

The research concluded that non-violent communication services have strong potential for further promotion. We will continue to advocate for these principles to foster family harmony and deepen community education and practice.



《非暴力溝通》研究發佈及專業分享會 - 跨界別交流推廣善意溝通
Cross-sector professionals gathered at the "Non-violent Communication" Research Conference and Professional Sharing Session to promote compassionate communication and interdisciplinary collaboration

公眾教育服務 PUBLIC EDUCATION SERVICES

01 社區教育活動 Community Education Programmes

和諧之家深信，社區教育在預防家庭暴力方面扮演著關鍵角色。過去一年，我們透過線上及線下平台，在中心、校園及社區舉辦多元化、具互動性及趣味性的教育活動，致力提升公眾對家庭暴力的認識，致力提升社會大眾對家庭暴力的認識，打破迷思與偏見，讓更多人了解家庭暴力的嚴重性及其對個人、兒童、家庭和社區帶來的深遠影響。

此外，社區教育有助於營造一個包容與支持的社區，讓受家暴困擾的人士勇於求助，同時亦能提高親友、鄰里及整體社區對家庭暴力的識別能力，提供適切的資源協助有需要的家庭，推動建立一個尊重人權和充滿和諧的社會。

We firmly believe that community education plays a vital role in the prevention of family violence. Over the past year, we organised a wide range of engaging and interactive educational activities across online platforms, our centres, schools, and various community settings. These activities aimed to raise awareness, challenge misconceptions, and deepen public understanding of the severity of family violence and its far-reaching impact on individuals, children, families, and the broader community.

Beyond raising awareness, community education fosters a more inclusive and supportive environment where those affected by family violence feel empowered to seek help. It also enhances the capacity of family members, neighbours, and the wider community to identify signs of abuse and respond appropriately by connecting those in need with timely and relevant support services. Through these efforts, we strive to cultivate a society grounded in empathy, respect for human rights, and social harmony.



舉辦公眾教育講座，加強公眾對家庭暴力的關注和推廣和諧家庭訊息
Held public educational talks to raise public awareness of domestic violence and promote family harmony



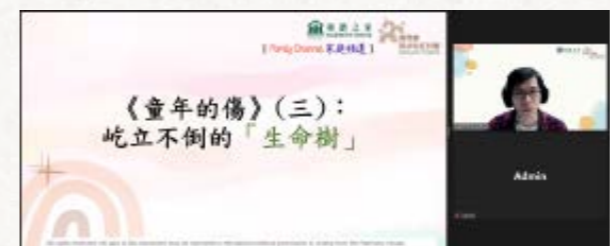
和諧之家服務推廣展覽
Exhibition showcased Harmony House services



家庭頻道 Family Channel

為加強社會大眾對家庭關係及童年逆境的理解，和諧之家設立了線上「家庭頻道」，定期舉辦網上講座，向公眾提供具深度及啟發性的教育內容。頻道以「家庭」及「童年逆境」為核心主題，由本會同工及嘉賓主講，探討包括童年逆境經驗的影響與轉化、兒童教養方式，以及從童年創傷角度分析青少年自殺問題等。

此平台不僅促進公眾對家庭暴力及其長遠影響的認識，也鼓勵反思個人成長經歷，推動社會對創傷知情的關注。平均每場講座吸引約250名參與者，反映社區對相關議題的高度關注與積極參與。



To deepen public understanding of family relationships and Adverse Childhood Experiences (ACEs), Harmony House launched the online "Family Channel", offering regular webinars to the community. The channel focused on key themes such as family dynamics and childhood adversity, with sessions led by our staff and invited guest speakers. Topics included the impact and transformation of ACEs, parenting approaches, and youth suicide examined through the lens of childhood trauma.

This platform not only raised awareness of the long-term effects of family violence but also encouraged reflection on personal growth experiences and promoted trauma-informed perspectives within the community. Each webinar attracted an average of 250 participants, demonstrating strong public interest and engagement with these important issues.

「和諧快線」情緒教育車：走進社區，推廣保護兒童與家庭和諧 "Harmony Express" Emotional Education Truck: Bringing Family Harmony into the Community

我們的「和諧快線」情緒教育車在過去一年穿梭全港18區，深入社區進行外展教育活動，足跡遍及長沙灣元洲邨、將軍澳寶林邨、觀塘翠屏邨、黃大仙、沙田石門邨、葵涌石籬邨、葵涌邨、天水圍天瑞邨、西九文化區等地，共舉行了18節活動，接觸近6,000位市民。

活動以虛擬實境 (VR) 互動電子遊戲為主要媒介，向市民宣傳保護兒童的重要性，並推廣建立和諧家庭的理念。透過科技與互動體驗，提升公眾對家庭暴力及兒童保護議題的關注，進一步推動社區參與和教育。

Over the past year, our "Harmony Express" emotional education truck travelled across all 18 districts of Hong Kong, delivering outreach education activities directly to the community. Locations included Un Chau Estate in Cheung Sha Wan, Po Lam Estate in Tseung Kwan O, Tsui Ping Estate in Kwun Tong, Wong Tai Sin, Shek Mun Estate in Sha Tin, Shek Lei Estate and Kwai Chung Estate in Kwai Chung, Tin Shui Estate in Tin Shui Wai, and the West Kowloon Cultural District. A total of 18 sessions were conducted, reaching nearly 6,000 neighbours.

We used interactive virtual reality (VR) games as main engagement tool, promoting messages about child protection and family harmony. By integrating technology with experiential learning, the initiative successfully raised public awareness of domestic violence and child protection issues, while encouraging greater community participation and education.



「和諧快線」情緒教育車到訪天水圍推廣保護兒童和關懷家長的訊息
"Harmony Express" visits Tin Shui Wai to promote messages of child protection and parental care

和藹家庭空間：以五感設計打造身心靈療癒的和藹角落 Harmony Corner at Family Harmony Space

位於元朗的「和藹家庭空間」以「五感」概念為設計核心，為區內居民提供一個靜心與情緒疏理的療癒空間。中心以大自然為主題，融合翠綠植物、柔和自然音樂及多項靜心元素，營造舒適、平靜的環境，鼓勵社區人士關注個人的身心靈健康。

空間內定期舉辦多元活動，包括親子繪本閱讀、靜心練習、藝術創作、園藝治療及節慶主題活動等，讓參加者在輕鬆氛圍中探索情緒、促進家庭互動，並提升自我照顧的意識。透過這些活動，我們致力推動社區情緒健康教育，建立一個更具同理心與關愛的社區環境。



Located in Yuen Long, the Family Harmony Space utilises the “five senses concept”, offering a calming and restorative environment for community members to practice mindfulness and manage emotional stress. The centre adopts a nature-inspired theme, featuring lush greenery, soothing natural music, and a variety of therapeutic activities aimed at promoting mental and emotional well-being.

Programmes offered included parent-child storytelling, mindfulness exercises, art and horticultural therapy, and seasonal celebrations—all tailored to encourage self-care and strengthen family bonds. By integrating sensory elements with healing practices, the space provided a safe and nurturing setting for individuals to explore their emotions and enhance their overall wellness. Through these initiatives, Harmony House continues to promote emotional health education and foster a more empathetic and connected community.



社區共融教育 Community Harmony Education

本年度，我們舉辦多場義工培訓及多元文化活動，促進不同文化背景人士之間的理解與尊重。參與者透過活動學習積極傾聽與善意表達，欣賞多元觀點，推動非暴力溝通成為社區常態，進一步強化社會凝聚力，營造關愛與包容的社區氛圍。



This year, we organised a series of volunteer training sessions and multicultural activities to promote understanding and respect among individuals from diverse cultural backgrounds. Through meaningful interactions, participants learnt active listening, compassionate self-expression, and appreciation of different perspectives. These initiatives helped cultivate a more inclusive and empathetic community, encouraging nonviolent communication as a social norm and strengthening overall social cohesion.

社交媒體運動：喚起公眾對童年創傷與自我療癒的關注 Social Media Campaign: Raising Awareness on Childhood Trauma and Self-Healing

去年，我們發起了三項社交媒體運動，分別為「童年·療癒之門」、「那些年，陪我長大的卡通人物」及「那些年，屬於我的時代曲」。活動旨在建立社區支持網絡，鼓勵公眾分享個人成長經歷，促進彼此理解與支持，並深化對童年創傷及不良經歷的認識與反思。

透過創造具共鳴的互動內容，活動成功引起大眾對童年回憶、自我療癒及成長歷程的關注，讓更多人重新發掘這些經歷作為內在資源的價值。三項活動共吸引83位參與者，並透過網上平台觸及超過215,000人，獲得廣泛而正面的回響。

Over the past year, we launched three social media campaigns: “Childhood: The Door to Healing,” “Cartoon Characters That Grew Up with Me,” and “Songs of My Era”. These initiatives aimed to build a supportive community network by encouraging participants to share personal growth experiences, foster mutual support, and deepen reflection on childhood adversity and healing.

Through engaging and relatable content, the campaigns successfully sparked public interest in themes such as childhood memories, self-healing, and the emotional significance of familiar cartoons and music. These reflections helped individuals rediscover the value of personal memories as inner resources for resilience and growth. Collectively, the campaigns attracted 83 participants and reached over 215,000 people online, receiving widespread and positive feedback from the community.



02 ... 義工訓練 Volunteer Training

我們定期招募義工接聽24小時婦女求助熱線。在義工正式投入服務前，本機構先安排基礎義工訓練課程，內容包括：評估及輔導技巧、服務須知及守則等，讓義工能有充份準備，透過熱線服務幫助受家暴困擾的人士。此外，我們亦會舉辦進階培訓、交流及康樂活動，加強義工對服務的興趣及團隊歸屬感。去年，本會的熱線義工共提供了308節的熱線支援服務。

We regularly recruit volunteers to man our 24-hour Woman Hotline. All volunteers must complete our basic volunteer training course before they can begin their service. The course includes assessment and counselling skills, service guidelines and rules etc., to fully prepare them to help domestic violence victims. We also organise advanced trainings and recreational activities to enhance volunteers' interests in voluntary services and their sense of belonging towards the team. Last year, our volunteers provided 308 women hotline support sessions.

除了熱線支援服務外，我們的義工團隊為機構提供各種支援服務，包括地區服務推廣、兒童關顧、文書工作等。去年義工參與的服務時數接近700小時。他們的參與有助於社區內宣揚關注家庭暴力的重要訊息。

Apart from hotline support services, our volunteers have also helped with Harmony House service promotion in the community, childcare and clerical work. They contributed nearly 700 service hours last year and their participation is paramount towards awareness of domestic violence in the community.



24小時婦女求助熱線義工訓練
Volunteer training for the 24-hour Woman Hotline



義工接聽24小時婦女求助熱線進行評估工作
Volunteers answered calls on the 24-hour Woman Hotline and conducted assessments



義工參觀攝影展，深入了解女性韌性故事，並促進彼此交流與連結
Volunteers visited a photo exhibition to explore stories of women's resilience and foster connection through shared reflections

03 ... 網上暴力危機自我評估 Online Self-assessment Tool

我們深信自我保護和自我辨認對預防家庭暴力非常重要。因此，我們於2011年設立網上自我評估工具，讓社會大眾及早辨識家庭暴力，以便盡快尋求專業人員協助。去年，我們進一步優化了線上的自我評估工具，新增了受害者的個人背景、家庭狀況，以及施暴者的身份，旨在提供更全面、更深入的數據分析，揭示親密伴侶關係中暴力行為的潛特徵，並有助於制定更具針對性的預防策略，降低家暴風險。

We believe the ability of self-defence and self-diagnosis are both prevention to domestic violence. Thus, in 2011, we developed an online self-assessment tool to help individuals identify potential domestic violence risk so they can seek professional assistance as soon as possible. Last year, we further optimized our online self-assessment tool by adding information about victims' personal backgrounds, family circumstances, and perpetrators' identities. The goal was to provide more comprehensive and in-depth data analysis, revealing the underlying characteristics of violence within intimate partner relationships. This enhancement also aids in developing more targeted prevention strategies to reduce the risk of domestic violence.

於2024/25年度，共有736人於本會網站完成網上評估，並有多達121,000人瀏覽本會網頁。

In 2024/25, a total of 736 individuals used this online tool and up to 121,000 individuals visited our webpage.

服務統計 (截至2025年3月31日) SERVICE STATISTICS (AS AT 31ST MARCH 2025)

跨界別專業培訓
Training for Multi-Disciplinary Professionals

154 合作機構 Organisations 31 節 Sessions 915 人次 Attendance



17 合作機構 Organisations

51 節 Sessions

6,548 人次 Attendance

實體及網上公眾教育講座
On-site and online public educational talks



84 合作機構 Organisations

150 節 Sessions

311,721 人次 Attendance

社區教育活動 (包括實體及網上的活動和展覽)
Community Education Programmes
(including on-site and online campaigns and exhibitions)



義工訓練和服務
Volunteer Training & Services

568 節 Sessions 726 人次 Attendance 688 服務時數 Service Hours



內部發展 · 外界連結

INSIDE HARMONY HOUSE · CONNECTIONS BEYOND

職員發展及培訓 STAFF DEVELOPMENT AND TRAINING

01 ... 職員培訓 Staff Training

本會一直致力於促進員工專業成長，鼓勵並支持他們積極參與內部培訓及外間的進修課程。透過持續的專業發展，我們希望提升團隊的專業知識與技能，從而更有效地服務受助者，推動組織的整體發展。於2024/25年度，本會為不同職級的員工籌辦並資助了逾30多個專業發展及培訓工作坊，這有助於本會建立一支專業和充滿熱誠的團隊，讓和諧之家能夠更全面和有效地應對家庭暴力問題，為社會帶來更積極的影響。

Our organisation is committed to promoting the professional growth of our staff, encouraging and supporting their active participation in internal training and external development courses. Through continuous professional development, we aim to enhance staff's expertise and skills, thereby enabling us to serve our beneficiaries more effectively, driving the overall development of the organisation. In 2024/25, we organised and sponsored over 30 professional development and training workshops for our staff. These initiatives helped us build a professional and passionate team, empowering us to respond to issues of domestic violence more comprehensively and effectively, making a bigger impact in the community.

02 ... 職員共學小組 Staff Learning Groups

於2024/25年度，本會積極推動員工交流與共學文化，透過多元活動促進跨部門合作與專業成長。全年共舉辦5場服務分享會，並將35位前線同工分成7組，參與6個不同主題的共學小組：兒童活動交流、身心靈特定手法、親密伴侶工作介入、情緒導向介入、兒童遊戲治療個案研習，以及創傷關係介入手法等範疇。本年度，每個共學小組平均舉行了5次聚會，提供深入的實務交流平台。部分同工亦參與工作體驗計劃，親身了解不同服務的運作與特色。透過持續的互動與學習，進一步鞏固團隊連結，提升整體專業知識與介入技巧，為服務質素注入動力。

In 2024/25, we continued to foster a culture of staff collaboration and shared learning through a variety of initiatives that promoted cross-team engagement and professional development. Five service sharing sessions were held, and 35 frontline staff members were grouped into seven teams to participate in six different thematic learning groups. These themes included: children's activity facilitation, body-mind therapeutic approaches, interventions for intimate partner relationships, emotion-focused practices, case studies in play therapy for children, and trauma-informed relational interventions. Each team held an average of five meetings throughout the year, providing a platform for in-depth practice-based discussions. Some staff also took part in job-shadowing experiences to gain first-hand insights into the operations and unique features of different services. Through ongoing interaction and learning, not only did the initiative strengthen connections across service units, but it also enhanced professional knowledge and intervention skills, serving as a continuous drive for service innovation.



03 ... 職員退修日 Staff Retreat Day

本會於12月12日在明愛全人發展培訓中心舉行年度職員退修活動，主題為「關愛團隊—MBTI®性格類型工作坊」。是次活動共有39位職員參與，並由專業MBTI®導師帶領，透過互動和討論活動，促進員工對性格類型的認識及人際溝通的理解。

On 12 December, our organisation held the annual staff retreat at the Caritas Institute of Community Education, themed "Caring Teams – MBTI® Workshop." The event brought 39 staff members together and was facilitated by a certified MBTI® trainer. Through interactive activities and group discussions, the workshop aimed to deepen staff understanding of personality types and enhance interpersonal communication.

活動旨在強化團隊間的關愛與支持，協助員工在工作層面上建立更具人情味的互動關係。透過深入探索MBTI®性格類型，同工不但認識到自身的性格特質與潛能，亦學習欣賞他人的差異，從而提升團隊間的溝通技巧及合作能力。

The retreat focused on fostering a culture of care, empathy, and mutual support in the workplace. By exploring their own MBTI® profiles, staff gained valuable insights in regards to their individual strengths and preferences, while learning to appreciate and navigate differences within teams.

活動成效顯著，參加的同工反映是次活動對團隊互動有更深層次的理解，並表示能更有效地將所學應用於日常工作及同事關係中，促進和諧共融的工作環境。

The retreat proved to be highly effective, with participating staff reporting a deeper understanding of team dynamics and interpersonal interactions. They also expressed that the workshop equipped them with practical tools to enhance daily communications and collaborations with colleagues, contributing to a more harmonious, empathetic, and inclusive workplace culture.



04 ... 嘉許長期服務職員 Recognition of Long Service Staff

為感謝及表揚職員對本會及受家庭暴力影響人士的無私奉獻與用心付出，本會每年於周年大會向長期服務職員頒發感謝狀及獎項，以表謝意。

To express our gratitude and commendation for the selfless dedication and heartfelt contributions of our staff to our organisation and to individuals affected by domestic violence, we presented certificates of appreciation and awards annually at the Annual General Meeting to recognise long-serving staff.



由董事局委員顧區焯明女士(中間)頒發感謝狀予長期服務職員 Mrs. Anna Koo (centre), Board Member, presenting Certificates of Appreciation to long-serving staff

資源發展及推廣 RESOURCES DEVELOPMENT AND PUBLICITY

01 ... 跑出和諧 - 渣打香港馬拉松慈善計劃2025

"Run for Harmony" - Standard Chartered Hong Kong Marathon Charity Programme 2025

和諧之家很榮幸成為渣打香港馬拉松慈善計劃2025指定受惠機構之一，我們在比賽當日（2月9日）派出由本會「和諧家庭大使」梁芷珊小姐、董事局委員、服務使用者、義工和支持者組成的「跑出和諧」隊伍參賽。

當日雖然天氣寒冷，但我們一共63人的「跑出和諧」隊，無懼寒風，憑著堅定的決心和充滿愛與熱情的心情，一起在渣打香港馬拉松「跑出和諧，為愛而行」。我們所有隊友一一順利完成賽事，並為本會籌得接近港幣34萬的善款。

Harmony House is honoured to be one of the designated beneficiary organisations of the Standard Chartered Hong Kong Marathon Charity Programme 2025. On race day (February 9th), our team, comprising our "Family Harmony Ambassador" Ms. Christy Leung, board members, service users, volunteers and supporters, participated as the "Run for Harmony" team.

Despite the cold weather, our team of 63 runners braved the wind with unwavering determination and a spirit of love. Each member successfully completed the race, and raised nearly HKD 340,000.



02 ... 和諧徑翻新工程及開幕禮 Renovation and Opening Ceremony of Harmony Lane

承蒙香港賽馬會慈善信託基金的捐助，和諧徑於2024年完成翻新工程及設備升級，為服務使用者提供更舒適的活動環境。中心於2025年初舉行了簡單而隆重的開幕禮暨嘉年華，獲得社會各界人士踴躍支持。翻新後的空間更寬敞，設施更完善，有助家長與兒童進行靜心活動及促進親子關係，進一步提升服務的療癒功能與互動質素。在2024/25年度，我們舉辦共38節中心活動，共有123人次受惠。

With the generous support of the Hong Kong Jockey Club Charities Trust, Harmony Lane underwent renovation and equipment upgrades in 2024, providing a more comfortable and welcoming environment for service users. An opening ceremony cum carnival was held in early 2025, with support from various sectors of the community. Harmony Lane now offers a more spacious and better-equipped environment where parents and children can engage in activities that promote inner peace and strengthen their relationships. These enhancements have further enriched the centre's therapeutic atmosphere and the quality of interactive services. In 2024/25, we organised 38 sessions of centre-based activities, benefiting 123 participants.



03 ... 機構出版 Publication by Harmony House

▪ 善意溝通遊戲卡 (第二版) Non-violent Communication (NVC) Game Cards (2nd Edition)

善意溝通遊戲卡推出後深受歡迎，首版800套已全數派發。有見及此，我們推出第二版，新增6張感受卡及4張需要卡，並在卡背加入靜心練習及「愛之語」親子互動活動，鼓勵家庭成員分享感受與需要，促進親密和諧的關係。

Following the enthusiastic response to the first edition of the NVC Game Cards —with all 800 sets distributed—we launched a second edition featuring six new "Feeling" cards and four new "Need" cards. The reverse side of the cards now features mindfulness exercises and parent-child interaction challenges inspired by the "Five Love Languages," encouraging families to share their feelings and needs more openly and to foster closer and more empathetic relationships.



04 ... 夥伴合作 Collaboration

我們感謝眾多善心機構及熱心人士的慷慨支持與捐助，大家攜手以行動關懷家庭暴力受害者和倖存者，為他們提供不同形式的援助，充分展現社會的關懷與凝聚力。你們的善心將持續激勵我們前行。

We sincerely thank numerous benevolent organisations and passionate individuals for their generous support and donations. Together, we have demonstrated our care for victims and survivors of domestic violence by providing various forms of assistance, exemplifying society's compassion and solidarity. Your kindness and collaboration are of great significance to our work and will continue to motivate us to move forward.



感謝Partners Capital Asia Limited (HK branch) 捐助超市現金券予我們的服務使用者，支援他們的日常所需。
Thank you to Partners Capital Asia Limited (HK branch) for their generous donation of supermarket cash vouchers for our service users, helping with their daily needs.



Faith Charity Foundation到訪本中心與我們的服務使用一同玩遊戲及唱歌，並捐助食物及日常用品減輕離舍婦女的日常生活開支。
Faith Charity Foundation visited our centre, joined our service users for games and singing and donated food and daily necessities to help ease their daily expenses.



衷心感謝灣仔扶輪社多年來對本會服務的持續支持。每年，灣仔扶輪社不只贊助本會的聖誕活動，讓服務使用者能夠享受溫馨愉快的聖誕派對，其義工團隊亦積極參與活動，與我們一同建立歡樂氛圍。透過這些互動，讓服務使用者得以與社會不同階層的人士進行交流與連繫，令服務使用者感受到更多的關懷與支持。

We express our heartfelt gratitude to the Wan Chai Rotary Club for their unwavering support of our services over the years. Every year, not only did the Club sponsor our Christmas activities, allowing service users to enjoy warm and joyful celebrations, but their volunteers also actively participated in the events. These interactions created a festive atmosphere and offered valuable opportunities for our service users to connect with people from different walks of life, fostering a greater sense of care and community support.

明珠獅子會於新年期間向本會服務使用者贈送新年禮物，讓他們感受到節日的喜悅與社會的關懷。
The Pearl Lion Club generously presented Lunar New Year gifts to our service users, bringing festive joy and a sense of care during the celebration.



我們衷心感謝九龍倉集團的慷慨贊助，讓服務使用者有機會前往海洋公園，親身探訪可愛的大熊貓。活動當日，家長與孩子們都洋溢笑容，享受難忘的親子時光。每位孩子更獲贈熊貓造型頭箍，為參與家庭留下溫馨而美好的回憶。
Thanks to the generous support of the Wharf Group, our service users had the opportunity to visit Ocean Park and see the adorable giant pandas in person. Parents and children alike were delighted. Each child also received a panda-themed headband, creating joyful memories for the participating families.



警隊家庭衝突及性暴力政策組邀請我們出席和參與以禁毒及保護兒童為主題的大型嘉年華「童你T.A.L.K. LOL Party」，向家長及兒童宣傳保護兒童及家長自我關懷的訊息。
We were invited to participate in the carnival "Let's T.A.L.K. LOL Party" organised by the Police Force's Family Conflict and Sexual Violence Policy Unit, themed on anti-drug initiatives and child protection, to promote messages on child safeguarding and parental self-care to parents and children.

05 ... 傳媒聯絡 Media Contact

我們一直與媒體保持良好的合作關係，主動聯繫不同的媒體合作夥伴，分享本會的多元預防及支援服務。透過媒體平台，我們致力提升公眾對家庭暴力的認識，推廣非暴力溝通與和諧家庭理念，鼓勵受害者尋求協助，同時擴大本會服務的影響力，支援更多有需要的人士。

It has long been our practice to maintain strong and collaborative relationships with the media. We proactively engage with various media partners to raise public awareness on domestic violence, promote non-violent communication and harmonious family values, encourage victims and survivors to seek help, and expand the reach of our services to those in need.



元朗家暴個案位榜首 和諧之家推廣友善溝通



家長排滿諮詢和命令

am730
元朗家暴個案位榜首 和諧之家推廣友善溝通
📅 18/06/2024



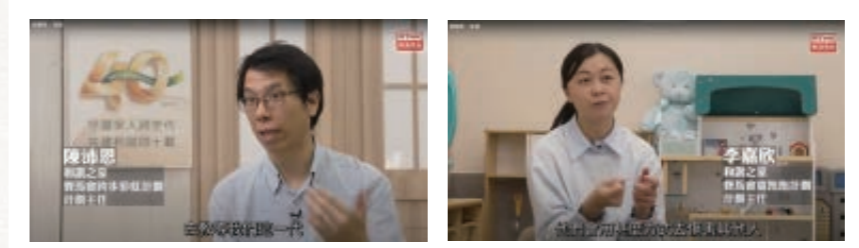
東網
精神暴力每年達千宗 六成言語虐待 部分事主受虐不自知
📅 22/11/2024



東方日報
和諧之家年均接達千宗暴力求助個案
📅 23/11/2024



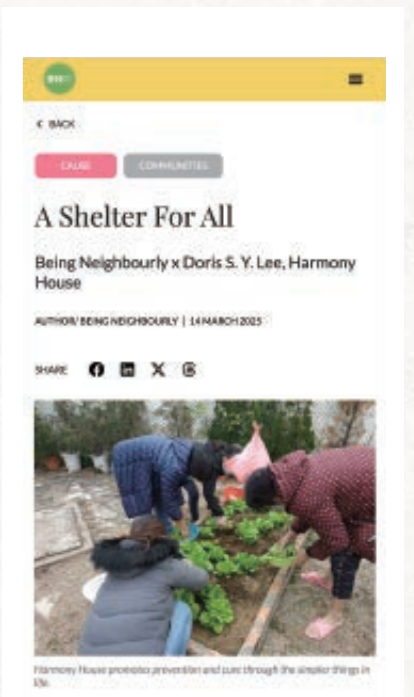
大紀元時報
和諧之家：涉身體傷害家暴求助減 精神虐待求助增
📅 24/11/2024



香港電台
鏗鏘集：家暴
📅 23/01/2025



大紀元時報
和諧之家翻新項目 支援跟進虐兒個案
📅 25/01/2025



beingneighbourly.com
A Shelter for All
AUTHOR: BEING NEIGHBOURLY | 14 MARCH 2025



beingneighbourly.com
A Shelter for All
📅 14/03/2025

審核財務報告

AUDITED FINANCIAL STATEMENTS

以下的財務報告乃節錄自和諧之家截至2025年3月31日年度的審核財務報告，此報告應與審核財務報告中的附註一起閱讀，整份審核財務報告可於和諧之家網頁www.harmonyhousehk.org查閱。

The Reports and Statements presented in following pages are extracted from the Audited Financial Statements of Harmony House Limited for the year ended 31 March 2025. These should be read in conjunction with notes to the financial statements which can be viewed, together with the full set of Audited Financial Statements, on the Company's website www.harmonyhousehk.org.

根據社會福利署整筆撥款手冊編制之周年財務報告可於和諧之家網頁www.harmonyhousehk.org查閱。

The Annual Financial Report (AFR) prepared in accordance with the requirements as set out by the Social Welfare Department Lump Sum Grant Manual can be viewed on the Company's website www.harmonyhousehk.org.



HARMONY HOUSE LIMITED 和諧之家有限公司

DIRECTORS' REPORT

The directors have the pleasure of presenting their annual report together with the audited financial statements of Harmony House Limited ("the Company") for the year ended 31st March 2025.

Principal activities

The principal activity of the Company is to provide comprehensive services to individuals and families affected by domestic violence including a rent free shelter for abused women and children. Over the years, we have expanded our work to include therapeutic and preventative services that aim to help domestic violence victims of all genders and races with the goal of promoting harmonious family relationships. In addition, our activities also include community education, school outreach, crisis intervention, case counselling, supportive group therapy, hotline services, training to multi-disciplinary professionals, and advocacy for policies and legislations changes on behalf of victims of violence, their families and communities.

The shelter premises are provided by the Government of the Hong Kong Special Administrative Region.

Financial statements

The financial performance of the Company for the year ended 31st March 2025 and the financial position of the Company as at that date are set out in the financial statements on pages 10 to 35.

Directors

The directors of the Company during the year and up to the date of this report are as follows:

Dr. Ho Choi Wa (Chairperson)	
Ms. Chui Chi Yan Daisy (Vice - Chairperson)	
Ms. Yu Suk Wai	(appointed on 4th June 2024)
Ms. Chan Ching Lam Jean	(resigned on 12th September 2024)
Dr. Chui Wing Ho William	
Mrs. Crosbie-Walsh Penny Soh Peng	
Dr. Kam Chak Wah	
Mrs. Koo Au Cheuk Ming Anna	(retired on 22nd November 2024)
Prof. Lam Ching Man	
Mr. Leung Hong Shun Alexander	
Ms. Leung Ka Lo Caroline	
Mr. Ng Shan Yung	(appointed on 24th September 2024)
Ms. Wong Wai Man Deanna	
Ms. Wong Wai Yee Louisa	
Prof. Wong Yuen Ha	

In accordance with Article 43 of the Company's Articles of Association for Rotation of Directors, the following directors shall retire and being eligible, may offer themselves for re-election for the forthcoming year:

Dr. Chui Wing Ho William
Dr. Kam Chak Wah
Ms. Leung Ka Lo Caroline
Ms. Wong Wai Man Deanna

Material interests in transactions, arrangements or contracts

No transactions, arrangements or contracts of significance in relation to the Company's business to which the Company was a party and in which a director of the Company or an entity connected with a director had a material interest, whether directly or indirectly, subsisted during or at the end of the financial year.

Arrangements to purchase shares or debentures

At no time during the year was the Company a party to any arrangements to enable the directors of the Company to acquire benefits by means of the acquisition of debentures of the Company or any shares in or debentures of other body corporate.

Results and financial position

The results of the Company for the financial year ended 31st March 2025 are set out in the statement of profit or loss and other comprehensive income on page 10 to Page 11.

The financial position of the Company at 31st March 2025 is set out in the statement of financial position on page 12.

Business review

Harmony House is celebrating its 40th anniversary in 2025. To mark this milestone, a number of impactful and meaningful events have been planned to engage with the public and continue to increase awareness of actions that can be taken to prevent domestic violence which in turn, will help to foster harmony in families. Our educational "Mobile Truck", an important tool used by the Harmony Lane Centre, will be touring various locations across Hong Kong to provide an opportunity for children to experience self-discovery of emotions through fun activities. Our very first Flag Day in August will bring together service users, Board members, staff and families for a good cause of raising funds for Harmony House to continue to serve the community needs. A symposium in November will gather both local and international speakers to share their expertise on Adverse Childhood Experiences, an important aspect in better parenting to protect children. Through these events and activities, we aim to unite our Patron, Agency Ambassador and community partners in the promotion of loving family relationships, creating safe home environment and to advocate a society free from violence.

In the past year, Harmony House has served 136,400 person-times of service through various programs and services offered to different communities. A total of 11,400 calls were received on the 24-hour Woman Hotline, the Man Hotline, the Children Hotline and 3 service centres, which continues to provide immediate emotional support to those in need. More than 320 abused women and children were admitted to our Shelter, and more than 10 male victims were offered short-term hotel accommodation along with contingency safety plan, vital information and access to relevant community resources. Victims with children also receive childcare support at our Shelter.

Business review (continued)

Children protection and parenting education services, to prevent child abuse and intergenerational transmission of domestic violence, are core to our missions. Through outreach to schools and the community, we connected with over 60 schools and community centres, served more than 5,600 school students and approximately 2,500 of these students have participated in domestic violence risk assessments. For batterers, survivors, couples experiencing high conflicts, mutual violence and parenting difficulties, we are committed to helping them cultivate empathy, manage emotions, learn non-violent communication education and receive trauma-informed support to improve their mental wellness and family relationships. These group services have effectively served more than 5,800 person-times. Our community education service and training for professionals have made a significant impact, reaching over 420 organizations, including kindergartens, schools, government departments, NGOs and corporations to promote domestic violence prevention. The "Family Channel," our online platform promoting emotion regulation, conflict resolution, individual empowerment and self-protection had over 6,000 participants.

The Agency's website was revamped with an enhanced and more user-friendly "intimate partner violence risk assessment" tool. Over 730 individuals have already used the tool to practise self-protection and seek help since it was launched in August 2024. The data collected will also help assessing the need for and develop more effective domestic violence prevention services.

Financial performance

Harmony House's primary source of funds for the year was subvention from the Social Welfare Department ("SWD"). Other ongoing funders included the Hong Kong Jockey Club Charities Trust ("HKJC"), one of the Agency's major funders, the Community Chest of Hong Kong, Bank of China (Hong Kong) Limited, Zonta Club of Kowloon, other corporate donors and individuals. During the year, The SWD Lotteries Fund approved an amount of \$15.7 million of funding for the much needed renovation of the Shelter which was last carried out in 2008. The Zonta Club of Kowloon also donated \$200,000 to fund a 2-year project that provides support to single parents and their children, who were subject to domestic abuse, in the Yuen Long district. Other than these designated program and project funding, we also successfully raised over \$330,000 from the 2025 Standard Chartered Hong Kong Marathon Charity Programme to strengthen our financial sustainability.

Corporate governance

The Agency has complied with all the requirements stipulated in the Social Welfare Department's Lump Sum Grant Manual, Lotteries Fund Manual, 16 Service Quality Standards (SQS) and Funding Service Agreement. Our Board of Directors (the "Board"), comprising individuals with diverse professional qualifications and experience, regularly provides guidance to senior management of Harmony House who undertakes the responsibility for ensuring compliance with all relevant legal obligations, including but not limited to the Employment Ordinance and Personal Data (Privacy) Ordinance, in the operation of all the agency's service centres.

Business review (continued)

Corporate governance (continued)

There are five Board committees, namely Staffing Committee, Finance Committee, Governance Committee, Service Development Management Committee and Renovation Committee which have been delegated with the task of supporting senior management in its roles and responsibilities on Harmony House's service provision, risk management, corporate governance, financial accountability and environmental safety.

Key relationships

(i) Service users

Our service users are mainly from abused relationships and at-risk families with conflicts. We serve all races and religions. Our service targets are abused women and their children, male and female batterers, male victims, abused elders, children witnessing domestic violence, parents facing parenting difficulties, abused children and the general public that would benefit from learning about domestic violence prevention and promotion of family harmony.

(ii) Community stakeholders

The support of other community professionals is crucial to combating domestic violence in the communities. Ongoing collaboration with police, lawyers, medical practitioners, nurses, social workers, counsellors, teachers and academia are important work that the Agency engages in to enable us to better help abused individuals.

(iii) Staff

As of 31 March 2025, we have a solid workforce of over 50 staff, comprising of Social Workers, Counsellors, Counselling Psychologists, Accounting professionals, and administrative and support staff to help deliver quality services and maintain efficiency in operating and running the Agency.

(iv) Funders and external support

The Agency works closely with governmental departments, funders and strategic partners to promote and provide services to benefit those affected by domestic violence and the community as a whole. We are honored to have Mrs. Janet Lee, the wife of the Chief Executive, as our Patron to show her support of Harmony House's work. Ms. Christy Leung, a prominent TV travel show host in Hong Kong, who has a positive image of being able to manage work-life balance and promotes a healthy family lifestyle, has also committed to be the Harmony House's Ambassador to promote family harmony. Throughout the year, senior management and service unit supervisors joined a number of committees and working groups of different nature, run by the Social Welfare Department and The Hong Kong Council of Social Service, to advocate for policies and service development relating to domestic violence issues. With these commitments, Harmony House continues to work hard in its vision of building a harmonious community without violence.

Business review (continued)

Principal challenges and uncertainties

Over the years, Harmony House has strived to expand services that provide more supportive and preventative measures. These are non-subsented projects that require sustainable ongoing funding. The multi-year funding for "Project 40 Minutes @ Harmony Space" sponsored by the Bank of China (HK) Charitable Foundation, and "JC Project Stride on the prevention of Intergenerational Transmission of Domestic Violence" both concluded in December 2024 and September 2025 respectively. We believe that the services provided by these projects are crucial to the Agency's mission, therefore, despite uncertainties and challenges in service planning and sustainability, we have actively sought new funding to enable us to maintain the Harmony Space Centre and continue to provide the services to Yuen Long and surrounding communities, ensuring that service users can continue to benefit from non-violent communication skills for individuals and families. Furthermore, trauma-informed work for helping individuals with adverse childhood experiences must carry on to aid the recovery of those vulnerable from abusive relationships.

SWD's implementation of a new approach to the apportionment of central administrative costs for non-subsented services starting from April 2024 will also create pressure on Harmony House to source more unrestricted funding. We will adopt diverse strategies and approach to obtain stable and sustainable sources of funding, and also impart on funders the crucial need for their support of central administrative costs with the increase in amounts allocated to those expenses.

The significant funding cuts of 12 % in 2027-28 and 25% from 2028-29 onwards from The Community Chest Baseline Allocations will severely affect both the 24-hour Woman Hotline and after care services for discharged Shelter residents. In addition, the 1 % reduction of SWD subvention due to the implementation of Programme Productivity Enhancement in 2026-27, followed by a 3 % reduction in 2027-28 will further strain manpower resources and challenge the Agency's ability to meet the service needs of conflictual families in the years ahead.

Manpower shortages continued to hit hard on the Agency's operation last year. We are grateful for the concerted efforts of our staff who did their best to maintain the quality of services and proactively partnered with various community collaborators. The retention of a quality and stable workforce will continue to be challenging under a labour market facing an imbalance supply of social workers in the coming years. The Board, Staffing Committee and senior management have been working hard on providing a working environment that attracts and retains talents, with good training to staff and plans for transferring of knowledge and experience across the different service units.

Future outlook

Child protection and effective parenting education will continue to be the key focus areas in the coming year. With the imminent implementation of mandatory reporting of suspected child abuse in January 2026, Harmony House will further strengthen staff competencies in early detection and timely intervention for children and caregivers at risk of violence. We will strive to secure additional resources and expand our school-based supportive services, grounded in evidence-based practices for child welfare and parenting education to better support more vulnerable families, school personnel, community organizations and the general public in protecting our young generations from all forms of harm. To help strengthen service promotion and brand building, the agency's revamped website will hopefully enhance user engagement, improve visibility and able to better meet evolving societal needs. Further enhancement will include a key feature of a user-friendly interface that will facilitate help seeking and provide easy access to relevant community resources.

HARMONY HOUSE LIMITED
和譜之家有限公司
DIRECTORS' REPORT

Business review (continued)

Future outlook (continued)

With the funding from SWD Lotteries Fund, we anticipate the Shelter renovation project will commence soon, following the successful appointment of an Authorized Person and Quantity Surveyor. We are pleased to see this project progressing as it will significantly enhance the safety and the therapeutic environment for all Shelter residents by providing a better space for rest, recovery and planning their new lives.

To meet growing service demands amid unstable funding and potential subvention cuts, it is essential for Harmony House to enhance its fundraising efforts and strengthen corporate engagement. Diversifying revenue sources through strategic partnerships, sponsorships, fee charging programs, and donor cultivation is vital to stabilizing the agency's financial health. By proactively developing resources and building strong relationships with corporates and other funders, we hope to safeguard our mission and continue delivering impactful services to the community.

Information technology plays a crucial role in enhancing work efficiency and driving service innovation. Following the implementation of Microsoft 365 in May 2025, Harmony House will provide comprehensive staff training and sharing sessions to maximize the use of this and other technology tools. With effective use of these AI-powered features in program planning, publicity, data analysis, design work and meeting documentation, we believe that the agency can leverage on technology to build a strong, creative and tech-savvy team that embraces innovation to meet community needs.

Auditors

A resolution proposing that F.S. Li & Co., Certified Public Accountants, be appointed as auditors of the Company will be put to the Annual General Meeting.

On behalf of the directors



Dr. Ho Choi Wa
Director

Hong Kong, 9th October 2025.

F. S. Li & Co.
CERTIFIED PUBLIC ACCOUNTANTS
1001 Admiralty Centre Tower 1, 18 Harcourt Road, Hong Kong.
Tel : 2861 1717 Fax : 2865 6828 Email : mail@fslco.com

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF HARMONY HOUSE LIMITED
和譜之家有限公司
(incorporated in Hong Kong with liability limited by guarantee)

Opinion

We have audited the financial statements of Harmony House Limited (the "Company") set out on pages 10 to 35, which comprise the statement of financial position as at 31st March 2025, and the statement of profit or loss and other comprehensive income, the statement of changes in total funds and the statement of cash flows for the year then ended, and notes to the financial statements, including material accounting policies information.

In our opinion, the financial statements give a true and fair view of the financial position of the Company as at 31st March 2025, and of its financial performance and its cash flows for the year then ended in accordance with HKFRS Accounting Standards issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

Basis for Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSA") issued by the HKICPA. Our responsibilities under those standards are further described in the "Auditor's Responsibilities for the Audit of the Financial Statements" section of our report. We are independent of the Company in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

The directors of the Company are responsible for the other information. The other information comprises the information included in the directors' report.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

HARMONY HOUSE LIMITED
和譜之家有限公司
INDEPENDENT AUDITOR'S REPORT

Directors' Responsibilities for the Financial Statements

The directors of the Company are responsible for the preparation of financial statements that give a true and fair view in accordance with HKFRS Accounting Standards issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Company or to cease operations, or have no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. The report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSA's will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSA's, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.

HARMONY HOUSE LIMITED
和譜之家有限公司
INDEPENDENT AUDITOR'S REPORT

Auditor's Responsibilities for the Audit of the Financial Statements (continued)

- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The engagement partner on the audit resulting in this independent auditor's report is Mr. Kenneth Fan Wa Chiu (practising certificate number: P02099).

F.S. Li & Co.
Certified Public Accountants

Hong Kong, 9th October 2025

HARMONY HOUSE LIMITED
和諧之家有限公司

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31ST MARCH 2025

Note	Shelter LSG HK\$	Shelter Others HK\$	Community Chest Baseline HK\$	Project Moving Forward HK\$	Project Stride HK\$	Project Ocean HK\$	Project Smart Kids HK\$	Project Harmony Bubbles HK\$	Project 40 Min @Harmony Space HK\$	Other Activities HK\$	2025 HK\$	2024 HK\$
INCOME												
Social Welfare Department ("SWD")												
- Lump Sum Grant ("LSG")	12,253,551	-	-	-	-	-	-	-	-	-	12,253,551	11,907,958
Subvention	-	5,288	-	-	-	-	-	-	-	-	5,288	22,316
- Lotteries fund/SWD fund	-	-	-	-	-	-	-	-	-	-	-	-
- Rent and rates subsidy	-	-	-	-	-	-	-	-	-	281,648	281,648	280,648
Community Chest - Baseline allocations	-	-	1,078,900	-	-	-	-	-	-	-	1,078,900	1,186,790
The Hong Kong Jo-kyou Club Charities Trust ("HKJC")	-	-	-	3,032,000	1,921,825	1,256,393	1,069,397	4,711,148	-	-	11,990,763	10,697,491
Bank of China (Hong Kong) Limited ("BOCHK")	-	174,722	-	-	-	-	-	-	1,502,141	-	1,502,141	3,003,955
Other donations	6,338	-	-	-	-	-	-	-	23,223	557,360	755,305	352,565
Interest income	54,099	-	-	22,290	-	-	-	-	4,171	73,400	79,738	77,655
Deferred income brought forward	-	-	66,288	1,327,405	1,366,000	1,221,000	(183,086)	184,954	333,429	65,495	4,315,990	4,385,828
Deferred income carried forward	-	-	(192,898)	(1,804,420)	(1,366,000)	(1,221,000)	-	70,270	-	-	(4,514,048)	(4,682,162)
Accrued income	-	-	-	2,115,361	1,097,623	-	-	-	-	-	3,212,984	2,882,031
Fund for accrued expenses	-	-	-	(1,307,441)	(505,193)	-	(886,311)	-	-	-	(2,698,945)	(3,299,356)
Fund for acquisitions of assets	-	-	-	(14,590)	(3,560)	-	(492,820)	-	-	-	(510,970)	(269,420)
	12,313,988	180,010	952,290	2,577,275	2,715,155	1,845,263	-	4,473,552	1,862,964	977,903	27,898,400	26,679,077
Deferred income for capital grants recognised	-	43,742	-	7,450	10,923	8,839	-	232,041	19,964	386,356	709,315	853,589
	12,313,988	223,752	952,290	2,584,725	2,726,078	1,854,102	-	4,705,593	1,882,928	1,364,259	28,607,715	27,532,666

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HARMONY HOUSE LIMITED
和諧之家有限公司

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31ST MARCH 2025

Note	Shelter LSG HK\$	Shelter Others HK\$	Community Chest Baseline HK\$	Project Moving Forward HK\$	Project Stride HK\$	Project Ocean HK\$	Project Smart Kids HK\$	Project Harmony Bubbles HK\$	Project 40 Min @Harmony Space HK\$	Other Activities HK\$	2025 HK\$	2024 HK\$
EXPENSES												
Administrative expenses	98,229	-	440	213,078	139,309	102,981	-	237,254	99,781	38,854	929,926	985,190
Auditor's remuneration	55,440	-	-	-	-	-	-	-	20,500	19,660	95,600	138,600
Computer software	53,120	-	-	7,285	4,257	-	-	2,339	1,713	17,032	85,746	25,789
Depreciation of property, plant and equipment	-	43,742	-	7,450	10,923	8,839	-	232,041	19,964	386,356	709,315	853,589
Depreciation of right-of-use-assets	-	-	-	-	-	-	-	189,030	268,495	329,686	787,211	611,073
Employee costs	10,237,779	-	902,593	2,056,999	2,266,929	1,511,775	-	3,548,667	1,111,510	940,181	22,576,433	21,329,021
Food and household supplies	2,236	-	-	35,030	27,946	25,038	-	-	-	-	2,236	4,507
Insurance	219,926	-	14,838	-	-	-	-	52,889	19,126	15,243	410,036	318,900
Interest expense on lease liabilities	-	-	-	-	-	-	-	17,706	5,295	10,784	33,785	34,409
Miscellaneous	14,878	800	-	1,297	674	148	-	1,777	851	12,688	33,113	30,018
Programmes	162,318	172,822	32,148	160,186	193,238	157,061	-	296,065	245,061	80,578	1,499,477	1,740,420
Publicity/publication	2,338	-	-	-	18,985	13,961	-	-	20,264	584	56,132	148,608
Rates	76,400	-	-	-	-	-	-	4,370	55,237	44,887	180,894	167,325
Staff training and development	25,145	-	628	9,303	5,164	3,101	-	37,364	651	42,020	123,376	112,423
Stores and equipment	645,301	5,288	400	64,941	33,558	12,425	-	65,519	4,960	93,529	925,921	956,282
Travelling	19,663	1,100	1,243	4,735	674	2,492	-	4,110	1,994	710	36,721	35,890
Utilities	282,192	-	-	24,421	24,421	16,281	-	16,462	7,526	17,270	388,573	464,304
Overhead costs recovery	-	-	-	-	-	-	-	-	-	(706,054)	(706,054)	(683,540)
	11,894,965	223,752	952,290	2,584,725	2,726,078	1,854,102	-	4,705,593	1,882,928	1,344,008	28,168,441	27,272,808
Net operating surplus/(deficit)	419,023	-	-	-	-	-	-	-	-	20,251	439,274	259,858
Surplus of staff provident fund to SWD	-	-	-	-	-	-	-	-	-	(69,676)	(69,676)	(54,946)
Surplus of shelter rent and rates refunded to SWD	-	-	-	-	-	-	-	-	-	(3,064)	(3,064)	(4,064)
Net surplus for the year	-	-	-	-	-	-	-	-	-	366,534	366,534	200,848


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和譜之家有限公司
HARMONY HOUSE LIMITED

STATEMENT OF FINANCIAL POSITION AS AT 31ST MARCH 2025

	Note	HK\$	2025 HK\$	2024 HK\$
NON-CURRENT ASSETS				
Property, plant and equipment	12		595,105	724,572
Right-of-use assets	13		693,883	956,163
			<u>1,288,988</u>	<u>1,680,735</u>
CURRENT ASSETS				
Utility deposits and prepayments		687,048		589,859
Other receivables		4,492,966		4,163,109
Cash and bank balances		16,657,766		16,828,745
		<u>21,837,780</u>		<u>21,581,713</u>
CURRENT LIABILITIES				
Accounts payable and accruals		1,560,966		2,112,773
Amount payable to Social Welfare Department	14	3,064		4,064
Lease liabilities	15	494,627		705,213
Staff provident fund	16	1,432,662		1,362,342
Donations for specific purposes	17	8,476,951		7,755,428
Cash advance from HKJC		4,321,150		4,282,445
Cash advance from BOCHK		-		333,429
Lotteries fund	18	1,629,480		1,642,867
Deferred income for capital grants	19	595,105		724,572
		<u>18,514,005</u>		<u>18,923,133</u>
NET CURRENT ASSETS			<u>3,323,775</u>	<u>2,658,580</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>4,612,763</u>	<u>4,339,315</u>
NON-CURRENT LIABILITIES				
Lease liabilities	15		199,256	250,950
NET ASSETS			<u>4,413,507</u>	<u>4,088,365</u>
<i>Represented by:</i>				
CAPITAL	21		354,911	354,911
SPECIFIC FUNDS	22		384,672	426,064
LUMP SUM GRANT RESERVE	23		3,040,639	2,645,111
ACCUMULATED FUNDS	24		633,285	662,279
			<u>4,413,507</u>	<u>4,088,365</u>

The financial statements on pages 10 to 35 were approved by the Board of Directors on 9th October 2025 and were signed on its behalf by


Dr. Ho Choi Wa
Director


Ms. Yu Suk Wai
Director

和譜之家有限公司
HARMONY HOUSE LIMITED

STATEMENT OF CHANGES IN TOTAL FUNDS

FOR THE YEAR ENDED 31ST MARCH 2025

	Capital HK\$	Specific funds HK\$	Lump Sum grant reserve HK\$	Accumulated funds HK\$	Total HK\$
At 1st April 2023	354,911	430,809	2,533,338	573,204	3,892,262
Net surplus for the year	-	-	-	200,848	200,848
Transfer (Notes 23 and 24)	-	-	111,773	(111,773)	-
Fund utilised (Note 22)	-	(4,745)	-	-	(4,745)
At 31st March 2024	354,911	426,064	2,645,111	662,279	4,088,365
Net surplus for the year	-	-	-	366,534	366,534
Transfer (Notes 23 and 24)	-	-	395,528	(395,528)	-
Fund utilised (Note 22)	-	(41,392)	-	-	(41,392)
At 31st March 2025	<u>354,911</u>	<u>384,672</u>	<u>3,040,639</u>	<u>633,285</u>	<u>4,413,507</u>

和譜之家有限公司
HARMONY HOUSE LIMITED
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31ST MARCH 2025

	2025 HK\$	2024 HK\$
CASH FLOWS FROM OPERATING ACTIVITIES		
Net surplus for the year	366,534	200,848
Adjustments for:		
Depreciation of property, plant and equipment	709,315	853,589
Depreciation on right-of-use assets	787,211	611,073
Interest expense on lease liabilities	33,785	34,409
Capital grants recognised as income	(709,315)	(853,589)
Interest income	(146,055)	(132,778)
OPERATING SURPLUS BEFORE WORKING CAPITAL	1,041,475	713,552
Increase in utility deposits and prepayments	(97,189)	(45,403)
(Increase)/decrease in other receivables	(329,857)	1,451,595
(Decrease)/increase in accounts payable and accruals	(551,807)	482,612
Increase in amount payable to Social Welfare Department	3,064	4,064
Increase in staff provident fund	70,320	55,701
Increase in donations for specific purposes	721,523	800,669
Increase in cash advance from HKJC	38,705	33,024
(Decrease)/increase in cash advance from BOCHK	(333,429)	164,269
(Decrease)/Increase in lotteries fund	(13,387)	60,547
Decrease in staff development fund	(41,392)	(4,745)
NET CASH FROM OPERATING ACTIVITIES	508,026	3,715,885
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchases of property, plant and equipment	(579,848)	(407,263)
Increase in time deposits with maturity over 3 months from date of deposit	(7,700,000)	-
Interest received	146,055	132,778
NET CASH USED IN INVESTING ACTIVITIES	(8,133,793)	(274,485)
CASH FLOWS FROM FINANCING ACTIVITIES		
Capital grants received	579,848	407,263
Clawback by SWD	(4,064)	(16,064)
Repayment of principal portion of the lease liabilities	(787,211)	(611,073)
Interest paid on lease liabilities	(33,785)	(34,409)
NET CASH USED IN FINANCING ACTIVITIES	(245,212)	(254,283)
NET (DECREASE)/INCREASE IN CASH AND CASH EQUIVALENTS	(7,870,979)	3,187,117
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	16,828,745	13,641,628
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	8,957,766	16,828,745
ANALYSIS OF CASH AND CASH EQUIVALENTS		
Bank and cash balance	16,657,766	16,828,745
Less: Time deposits with maturity over 3 months from date of deposit	(7,700,000)	-
Cash and cash equivalents	8,957,766	16,828,745

過去一年，承蒙不同的政府部門、團體、機構、公司、學校及社會各界人士的慷慨捐助及支持，謹此致以衷心謝意。

We would like to express our most sincere thanks to the following government departments, groups, organisations, corporates, schools and donors for their generous support during the past year.



政府部門 Government Departments

教育局 民政事務處 社會福利署獎券基金 社會福利署 香港警務處	房屋署 荃灣及葵青區處理家庭暴力聯絡小組 土瓜灣綜合家庭服務中心 天水圍(北)綜合家庭服務中心 天水圍綜合家庭服務中心	牛頭角綜合家庭服務中心 西屯門綜合家庭服務中心 西葵涌綜合家庭服務中心 西葵涌綜合家庭服務中心 南大埔綜合家庭服務中心	南屯門綜合家庭服務中心 高街綜合家庭服務中心 深水埗(西)綜合家庭服務中心 東華三院朗情綜合家庭服務中心 元朗區議會譚德開議員辦事處 元朗區議會王曉山區議員辦事處
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機構 / 團體 / 公司 Organisations / Groups / Corporates

A Plastic Ocean Foundation Being Neighbourly Birthday Happiness Asia Bonita Style Box of Hope BSI Pacific Limited Buckjump Capital Company Limited Charitable Choice Limited Chen Yang Foo Oi Foundation Ltd Christie's Hong Kong Ltd Disneyland Dynamic View Ltd Gaudium Trading Limited Great Entertainment Group Herzfeld Ltd Hong Kong Central Church Limited (홍콩중앙교회) Hong Kong Legal Training Institute Hong Kong String Orchestra IMTRON Asia Hong Kong Limited Innovation Consultant (Asia) Limited Live Nation Ltd Love Family Charity Natural Baby New Wine Ministries HK Ltd OHBABY STAR BLESS COMPANY LIMITED	Orient Overseas Container Line Limited - OOCL Hong Kong Branch Partners Capital Asia Limited PHERFORM LIMITED Pok Oi Hospital Children and Family Services Rosa & Daniel Photography Ltd SHELTER Athletics Simply Giving PTE Ltd Sunshine Action The Amber Foundation Limited The Faith Charity Foundation The Fox Creation The Hong Kong Chinese Women's Club Winner Creative Ltd Ying Wa Girls' School Zonta Club of Kowloon 九龍倉集團 女青研兒駐校服務(大埔) 明珠獅子會 明愛樂苗學前教育及訓練中心 故事人生 香港小童群益會 香港戒毒會 香港明愛 香港青年藝術協會 香港基督教服務處賽馬會童萌計劃	香港婦女動力協會 香港義工學院 PHERFORM LIMITED 偶友街作 基督教協基社會服務部 基督教聯合醫院 將軍澳家信教會 復修辦館 循道衛理楊震社會服務處 黃智德後援會 愛家國際發展(香港)有限公司 新家園協會 路德會凝趣兒童發展中心 樂善堂深水埗社區客廳 澳門明愛 澳門婦女聯合總會 環保協進會 灣仔扶輪社 黑暗中對話(香港)基金會 香港聖公會東涌綜合服務 荃灣絲羅酒店 香港遠東絲羅酒店 荃灣地區康健中心 保信堂 深水埗社區客廳 樂華家園
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學校 Schools

Learning Habitat Education Limited 中華基督教青年會上水幼稚園 仁愛堂陳鄭玉而幼稚園暨幼兒園 仁愛堂顏寶鈴幼稚園 仁濟醫院永隆幼稚園 元朗信義會生命幼稚園 天主教聖保祿幼稚園 天主教領報幼稚園 世佛會觀自在幼兒學校 平安福音堂幼稚園 全完堂幼稚園 佛教陳策文伉儷幼稚園 佛教慈慧幼稚園 明雅中英文幼稚園 明愛聖方濟各幼稚園 東華三院呂馮鳳紀念幼稚園 東華三院李賢義伉儷幼稚園 東華三院洪王家琪幼稚園 東華三院香港鐘峯獅子會幼稚園 東華三院羅黃碧珊幼稚園 青衣商會天水圍幼稚園 保良局王少清幼稚園暨幼兒園	保良局朱李月華幼稚園暨幼兒園 保良局吳寶玲幼稚園暨幼兒園 保良局呂陳慧貞幼稚園暨幼兒園 保良局志沛幼稚園暨幼兒園 保良局李徐松聲紀念幼稚園 保良局莊啟程幼稚園暨幼兒園 保良局謝黃沛涓幼稚園暨幼兒園 宣道會上書房中英文幼稚園 宣道會秀茂坪陳李詠貞幼稚園 約克國際幼稚園 約克蒙特梭利國際幼稚園(美孚) 美林邨道光幼稚園 香海正覺蓮社佛教慧光幼稚園 香港幼稚園協會幼兒學校 香港西區婦女福利會何瑞棠紀念中英文幼稚園 香港西區婦女福利會鴨洲邨幼稚園 香港伯特利教會基甸幼稚園暨幼兒園 香港青年協會青樂幼稚園 / 青樂幼兒園(油麻地) 香港保護兒童會長沙灣幼兒學校 香港浸信會聯合會寶田幼稚園 香港神託會培恩幼稚園 香港基督教女青年會荃灣幼兒學校	香港基督教服務處李鄭屋幼兒學校 香港道教聯合會圓玄幼稚園 香港靈糧堂幼稚園 香港靈糧堂秀德幼稚園 朗屏聖恩幼稚園 啟文幼稚園 基督教中國佈道會恩創意幼稚園 基督教信義會祥華幼稚園 基督教宣道會寶湖幼兒學校 基督教粉嶺神召會恩光幼稚園 基督教聖約教會司道幼稚園暨幼兒園 康傑中英文幼稚園(馬鞍山) 救世軍大元幼兒學校 救世軍天平幼兒學校 救世軍樂民幼兒學校 救世軍錦田幼兒學校 救世軍蘇屋幼稚園 博愛醫院施淑儀幼稚園 惠平幼稚園 港九街坊婦女會丁孫慧珠幼稚園 / 幼兒園 蕾色園主辦可愛幼稚園 新九龍婦女會慈雲山幼兒園
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新界婦孺福利會上水幼兒學校
 聖公會荊冕堂葵涌幼稚園
 聖公會救主堂幼稚園
 聖公會聖約瑟堂幼稚園
 聖公會聖基道幼兒園(灣仔)
 聖馬提亞堂肖珍幼稚園
 聖雅各福群會銅鑼灣幼稚園幼兒中心
 葵涌浸信會幼稚園
 路德會沙濤堂幼稚園
 路德會良景幼兒園
 路德會陳蒙恩幼稚園
 路德會聖腓力堂幼稚園
 路德會凝趣兒童發展中心 / 特殊幼兒中心
 路德會觀塘幼稚園
 樂善堂梁泳釗幼稚園
 禮賢會嘉景幼兒園
 藍如溪盛成血教育基金邊陳之娟幼兒園 / 幼稚園
 懷恩幼稚園
 麗晶幼稚園分校
 寶血幼稚園
 歡樂創意幼稚園(將軍澳分校)
 歡樂創意幼稚園(觀塘分校)
 觀塘循道幼稚園
 中華基督教會協和小學
 中華基督教會蒙黃花沃紀念小學
 中華基督教會灣仔堂基道小學(九龍城)

五旬節新茂生小學
 仁愛堂劉皇發夫人小學
 元朗商會小學
 北角官立小學
 佛教陳榮根紀念學校
 保良局王賜豪(田心谷)小學
 保良局志豪小學
 保良局蕭漢森小學
 宣道會台山陳元喜小學
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 香港正覺蓮社佛教黃濠森學校
 香港教育大學賽馬會小學
 香港路德會增城兆霖學校
 粉嶺公立學校
 荃灣公立何傳耀紀念小學
 荃灣商會學校
 國民學校
 培基小學
 基督教神召會梁省德小學
 將軍澳循道衛理小學
 救世軍中原慈善基金皇后山學校
 梅窩學校
 深井天主教小學
 深井靈光小學

深水埗官立小學
 郭怡雅神父紀念學校
 港九街坊婦女會孫方中小學
 舊色園主辦可譽中學暨可譽小學
 塘尾道官立小學
 慈雲山聖文德天主教小學
 新會商會學校
 獅子會何德心小學
 筲箕灣官立小學
 聖公會天水圍靈愛小學
 聖公會主愛小學(梨木樹)
 聖公會田灣始南小學
 聖公會李兆強小學
 聖公會青衣主恩小學
 聖公會基德小學
 聖公會聖彼得小學
 聖公會聖紀文小學
 聖文德天主教小學
 聖母無玷聖心學校
 聖博得學校
 聖愛德華天主教小學
 聖嘉勒小學
 福德學校
 樂善堂梁鈺琚學校(分校)
 鴨洲洲街坊學校
 勵志會梁李秀娛紀念小學

獻主會傅仁小學
 靈光小學
 中華基督教會基順學校
 九龍瑪利諾書院
 仁濟醫院靚伯紀念中學
 加拿大神召會嘉智中學
 石籬天主教中學
 聖公會聖三一堂中學
 聖公會聖本德中學
 聖公會聖匠中學
 慕光英文書院
 潔心林炳炎中學
 天水圍明愛樂勤學校
 香港都會大學
 香港專業教育學院(沙田分校)
 香港中文大學
 香港教育大學
 香港大學
 香港浸會大學
 香港專業進修學校

聯絡資料 CONTACT INFORMATION

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 電話 Tel 2342 0072
 傳真 Fax 2304 7783
 電郵 Email hhl@harmonyhousehk.org
 網址 Website www.harmonyhousehk.org

賽馬會和諧一心家暴防治中心 Jockey Club Harmony Link Domestic Violence Prevention Centre

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
 電話 Tel 2342 0072
 傳真 Fax 2304 7783
 電郵 Email hhccrc@harmonyhousehk.org

婦女及兒童庇護中心 Shelter for Women and Children

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
 24小時婦女求助熱線 2522 0434
 24-hour Woman Hotline
 傳真 Fax 2336 5842
 電郵 Email hhshelter@harmonyhousehk.org

和諧徑 Harmony Lane

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 (1) Estate, Kwai Chung, New Territories
 電話 Tel 3153 5712
 傳真 Fax 3153 5715
 電郵 Email harmonylane@harmonyhousehk.org

和諧家庭空間 Family Harmony Space

地址 Address 新界元朗泰祥街2-8號大鴻輝(元朗)商業大廈10樓A室
 Unit A, 10/F, Tai Hung Fai (Yuen Long) Commercial Building, 2-8 Tai Cheung Street, Yuen Long, New Territories
 電話 Tel 2718 8821
 傳真 Fax 2506 2362
 電郵 Email harmonyspace@harmonyhousehk.org

個人 Individual

AU Cheuk Yue
 AU Siu King
 AU Stephen
 BANSROPUN Kavi
 BERRY Will
 BHUTA Chintan
 CHAN Ching Yi
 CHAN Fung Ping
 CHAN Hoi Shan
 CHAN Hon Chun
 CHAN Ka Yin
 CHAN Kai Sze
 CHAN Kei Chi
 CHAN Lok Ling
 CHAN Long Hin
 CHAN Mei Ling
 CHAN Pui Lam
 CHAN Tak Kin
 CHAN Wai Yin
 CHAN Ya King
 CHANG Ka Ling
 CHAU Sin Yee Dellie
 CHEN Yi Hui
 CHENG Brian
 CHENG Hoi Lam
 CHENG Kam Mui
 CHENG Pak Hang
 CHENG Wing Man
 CHENG Yuen Ying
 CHENUG Kuai Plk
 CHEUNG Chi Wah
 CHEUNG Yik Chi
 CHIONG Lai Chun
 CHIU Ling Yan
 CHIU Vivian
 CHIU Yuen Ming Vivian
 CHOI Helen
 CHOI Wai Ching Helen
 CHOO Kit Yee
 CHOW Kim Mei Agnes
 CHOW Tse Bee Yvonedelon
 CHU Man Ki Maggie
 CHU Po Ki
 CHUI Alyssa
 CHUI Tak Wing
 CHUNG Chi Ling
 CHUNG Wai Ying
 COPE Terence Peter
 CORTES Diana
 CROSBIE-WALSH Penny Soh Peng

DHILLON Amarinder Singh
 FILIPPO Michele De
 FU Hin Lun
 FUNG Ching Wan
 FUNG Wing Yan
 GHATE Manish Dilip
 GOYAL Prashant
 GREENHAUGH Alice
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 HO Mun Yan
 HO Pui Ling
 HUI Hau Keung
 HUI Katie
 HUI On Kee
 KO Chi Kit
 KO Simon
 KO Woo Shin Ching
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 LAI Cheuk Yin Jennifer
 LAI Chun Ho
 LAI Ho Yin Jonathan
 LAI Katharine June
 LAM Bik Siu
 LAM Hiu Fung
 LAM Man Ching Agnes
 LAM Ping Yuk
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 MAK Yee Man
 MAN Chris
 MANIAGO Robertson
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 MOK Wing Kin
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 MURGUET Edwige
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 NG Roy
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 TSENG Rosa
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(以上排名不分先後 In no particular order)



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



MAN (男士) 熱線
MAN Hotline
2295 1386



小白兒童熱線
Children Hotline
2751 8822



📍 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

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