和 諧 之 家
HARMONY HOUSE

年報
Annual Report
2025-2026



伴您同行和諧路
Walking Harmony Way Together

關於我們 ABOUT US

和諧之家成立於1985年，是全港第一間爲受虐婦女及其子女提供庇護服務的機構。至今已發展成爲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，機構更爲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 organisation, with a wide range of preventive, therapeutic and developmental programmes to help families affected by domestic violence. We also organise community education programmes to promote harmonious and healthy family relationships, provide multidisciplinary 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.

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.

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 to 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.

目標 GOAL

- 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 perpetrators of violence 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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主席的話 CHAIRPERSON'S REMARKS

踏入四十周年後的新篇章，回望和諧之家一路走來的足跡，我心中充滿感恩，同時也對肩負的使命有更深感受。我們多年來始終堅守信念：保障受家庭暴力影響的個人及家庭，陪伴他們走過復元的歷程，並致力建立一個讓每個人都能在安全、有尊嚴與希望中生活的社會。

過去一年，我們體會到家庭的需要正不斷轉變。在每一個求助個案背後都有一段獨特的故事，也往往承載着恐懼、勇氣與復元交織的歷程。憑藉專業團隊的努力，以及各界夥伴的支持，和諧之家繼續與婦女、男士、兒童及家庭同行，在他們人生不同的階段提供適切支援。

回應不斷轉變的需要

家庭暴力以不同形式出現，今日家庭所面對的困難日趨複雜。情緒困擾、管教壓力、家庭關係轉變，以至數碼科技對日常生活日益深遠的影響，可能對個人及家庭的安全與福祉帶來挑戰。為回應這些需要，我們持續深化各項服務，從危機介入、住宿服務及輔導，以至預防工作、家庭支援和社區教育，全方位支援有需要的人士。與此同時，我們更加重視及早介入，協助個人和家庭及早辨識風險、建立抗逆力，並在問題惡化之前獲得合適的支援。

鞏固家庭力量　守護兒童成長

兒童一直是我們工作的重要核心。我們深信，要保護到兒童是不應在傷害發生後才介入，更重要的是營造一個讓孩子感到安全、被聆聽和獲得支持的成長環境。

深耕於處理童年逆境經驗、正向管教及兒童保護方面的工作，我們繼續支援家長了解自身的成長經歷和情緒需要，學習調節情緒，並與子女建立更健康的溝通和相處模式。透過鞏固家長及家庭的內在力量，期望可以打破暴力的跨代循環，讓孩子在更安全和有希望的環境中成長。

凝聚社區力量　攜手同行

單憑一個機構的力量是不能全面回應家庭暴力問題，要帶來持久而深遠的改變，需要社福、教育、醫療及其他專業界別，以及政府、商界和社會大眾共同力量。過去一年，我們持續拓展夥伴協作、促進專業交流，並提升公眾對家庭暴力的認識。衷心感謝每一位願意與我們同行的夥伴，讓支援網絡得以進一步延伸，接觸更多容易被忽略、聲音未被聽見的人士。

攜手邁步向前

展望未來，和諧之家會繼續與時並進，同時堅守四十年來一直引領我們前行的核心價值。我們將細心聆聽社區不斷轉變的需要，持續提升專業服務、探索新的工作策略，並為受家庭暴力影響的人士發聲。

以上一切，離不開每一位與我們同行的人士。本人謹向本會的贊助人、機構大使、董事局及委員會成員、贊助機構、捐款者、企業及社區夥伴、義工，以及盡心盡力的員工團隊致以衷心謝意。你們一直以來的信任、慷慨支持與投入，讓我們把信念化成實際行動，為有需要的家庭帶來改變。更重要的是，我希望向每一位信任和諧之家、願意與我們分享生命歷程的服務使用者表達敬意。他們的勇氣不斷提醒我們：復元從不是遙不可及的夢想。在這裡，每一個聲音都值得被聽見；即使曾經歷風雨，生命依然可以在陪伴中重新扎根、看見希望。

讓我們繼續以同理心聆聽，以勇氣回應，以關愛同行；攜手建構一個每個人都得到尊重、每個孩子都受到保護、每個家庭都能擁有安全的香港。

謝謝。

何彩華博士

As Harmony House enters a new chapter following our 40th anniversary, I am filled with gratitude for how far we have come and, equally, with a strong sense of purpose for the journey ahead. For four decades, our commitment has remained steadfast: to protect individuals and families affected by domestic violence, support their journey towards healing, and work towards a community where every person can live with safety, dignity and hope.

The past year has reminded us that the needs of families continue to evolve. Behind every request for help is a unique story, and often a complex journey of fear, courage and recovery. Through the dedication of our professional team and the support of our partners, Harmony House has continued to walk alongside women, men, children and families at different stages of that journey.

Responding to Changing Needs

Domestic violence takes many forms, and the challenges faced by families are becoming increasingly complex. Emotional distress, parenting pressures, changing family dynamics and the growing influence of the digital world can all affect the safety and well-being of individuals and families. In response, we have continued to strengthen our services, from crisis intervention and accommodation to counselling, prevention, family support and community education. Just as importantly, we seek to reach people earlier, helping them recognise risks, build resilience and get support before problems grow.

Strengthening Families, Protecting Children

Children are at the heart of everything we do. Protecting them means more than just responding to harm, but also creating an environment where every child feels safe, heard, and supported.

Building on our work around adverse childhood experiences, positive parenting and child protection, we continued to support parents in understanding their own experiences, managing emotions and building stronger, healthier ways to connect with their children. By strengthening parents and families, we hope to break intergenerational cycles of violence and help children grow up with greater security and hope.

Building a More Supportive Community

No single organisation can tackle domestic violence alone. Meaningful and lasting change requires the collective efforts of the social welfare, education, healthcare and professional sectors, together with government, businesses and the wider community. Throughout the year, we continued to strengthen partnerships, share professional knowledge and promote greater public understanding of domestic violence. We are grateful to all those who have opened doors for collaboration and joined us in extending support to people who might otherwise remain unseen or unheard.

Moving Forward Together

Looking ahead, Harmony House will continue to evolve while remaining deeply rooted in the foundational values that have guided us over the past four decades. We will continue to listen to the changing needs of the community, strengthen our professional practice, embrace new approaches and advocate for those affected by domestic violence.

None of this would be possible without the people who stand alongside us. On behalf of Harmony House, I extend my heartfelt appreciation to our Patron, Agency Ambassador, Board Directors, Committee members, funders, donors, corporate and community partners, volunteers and dedicated staff team. Your trust, generosity and commitment enable us to turn our mission into meaningful action every day. Most importantly, I would like to acknowledge the courage of the individuals and families who have counted on Harmony House during their time of need. Their journeys remind us that recovery is possible, that every voice deserves to be heard, and that hope can be rebuilt even after the most difficult experiences.

As we move forward together, may we continue to listen with empathy, respond with courage and act with compassion, creating a Hong Kong where every individual is respected, every child is protected and every home can be a place of safety.

Thank you.

Dr. Dora C.W. HO

總幹事報告 EXECUTIVE DIRECTOR'S REPORT

適逢和諧之家成立四十周年，我們迎來一個重要的里程碑。過去一年，我們積極籌備和推行多項具影響力的服務，繼續致力預防家庭暴力，促進安全及和諧的家庭關係。為應付受家暴影響人士及家庭的迫切需要，本會一直堅守使命，提供適時的介入、保護及支援，協助他們提升抗逆能力，逐步重拾力量與希望。

過去四十年，和諧之家始終秉持維護尊嚴、互相尊重、對暴力零容忍、性別平等、保護兒童、關愛教養、個人充權及家庭和諧的核心價值。這些信念一直引領本會的策略方向及服務發展，並貫徹於各項服務計劃之中，包括庇護中心、服務熱線、社區外展及流動教育等。

本年度，本會錄得超過169,000的服務人次，反映社會對相關服務有殷切的持續需求。當中為婦女、男士及兒童而設的專線共處理逾11,800個來電，提供適時及專業的支援。此外，超過390名個人及家庭，包括賽馬會「男海啟航」支援計劃的服務使用者，在有迫切需要時，及時獲得緊急住宿及危機介入服務。

支援曾經歷童年逆境的人士是本年度其中一項重點工作。我們深信，協助受影響人士從童年逆境的影響中逐步復元，是打破跨代暴力的重要一環。本會透過「賽馬會跨步彩虹計劃」、「賽馬會『童』抱抱計劃」及「青源路計劃」，持續推展以創傷知情為本的服務，支援年輕成人及家長，陪伴他們成長。

隨着《強制舉報虐待兒童條例》於2026年1月實施，本會因應服務需求增加，進一步拓展保護兒童服務。外展工作覆蓋近200間學校及社區中心，接觸約6,900名學生及3,400名家長，當中超過3,500人接受了家庭暴力風險評估。同時，本會亦提供培訓課程，加強專業人員對預防虐兒的認識，並提升其風險評估能力，攜手建立更穩健的兒童保護網絡。

我們的治療小組錄得逾 3,200人次參與；接觸了超過7,000人次的網上平台「家庭頻道」則以自我認識、情緒健康、壓力管理及溝通等為主題，推出一系列活動。當中，男士的報名及參與情況踴躍，反映他們對情緒支援及精神健康資訊的需求日益增加。自2025年11月起，此平台亦為受大埔宏福苑火災事故影響的居民及社區人士提供創傷知情教育和情緒支援，加深社區對創傷及精神健康的認識，並讓參加者掌握實用的情緒調適及自我照顧方法。此外，經優化後的親密伴侶暴力風險評估工具亦協助506位人士更了解自己在親密關係中的處境，並會主動尋求合適的支援。

本會於2025年7月推出全新的機構網站，進一步便利公眾認識和接觸到我們的服務，並擴大社區參與及社交媒體的接觸層面。新網站亦有助我們及早接觸及識別有潛在風險的家庭，並協助有需要人士連繫合適的支援服務。

在委任認可人士及工料測量師後，庇護中心的翻新工程正在穩步推進。在2026年春季行政大樓金屬屋頂更換工程已經展開，預計於2026年7月完成。工程期間，庇護中心仍維持正常運作，持續接收危機個案，服務未受影響。同工也一直堅守崗位，全力維持24小時緊急支援服務，為受虐婦女及兒童提供適時的保護與支援。

「種籽心林計劃」於元朗的和諧家庭空間為區內單親家庭提供服務，為面對較高虐兒風險的兒童提供針對性的親職教育及抗逆能力提升項目。

本年度，我們亦成功推展多項重點籌款及社區參與活動。和諧之家於2025年8月首次舉行賣旗日，並參與了「渣打香港馬拉松慈善計劃2026」，分別籌得港幣421,033元及港幣296,600元。此外，本會亦善用了約港幣600,000元的捐款，推行一項為期9個月的創傷支援計劃，於2025年12月起為受大埔宏福苑火災事故影響的家庭提供支援。面對非資助服務成本分攤要求、社會福利署削減津助的情況，以及預期香港公益金撥款下調所帶來的財政壓力，各項籌款工作得以讓本會可以持續推展服務。

於2025年11月，和諧之家與聖方濟各大學合辦研討會，邀請本地及海外專家就童年逆境經驗及正向親職分享專業知識及服務經驗。活動吸引逾220人參與，並促進業界就預防跨代暴力及推動創傷知情照顧進行交流與探討。

本會衷心感謝所有資助機構、合作夥伴、義工及社區支持者一直以來的信任與慷慨支持。因著大家的支持，和諧之家得以持續實踐使命，為受家暴影響人士及家庭提供適切的服務與支援。

讓我們繼續攜手同行，締造更安全的環境，陪伴家暴倖存者走過復元之路，為香港有需要的家庭燃點希望。

李劉素英

In marking its 40th anniversary, Harmony House celebrated a significant milestone with a year of impactful initiatives and sustained efforts dedicated to ending domestic violence and promoting safe, harmonious family relationships. The Organisation remained steadfast in addressing the urgent needs of individuals and families affected by family violence, providing timely intervention, protection, and support that foster resilience and hope.

Over the past four decades, Harmony House has been guided by its core values: upholding human dignity, mutual respect, zero tolerance for violence, gender equality, child protection, compassionate parenting, individual empowerment, and family harmony. These principles underpinned the Organisation's strategic direction and service delivery across shelters, hotlines, and community outreach initiatives, including its mobile education programmes.

During the reporting year, the Organisation recorded over 169,000 service engagements, reflecting the continued demand for its services. Dedicated hotlines for women, men, and children handled more than 11,800 calls, offering prompt and professional support. In addition, over 390 individuals and families, including beneficiaries of the "Jockey Club Project Ocean: Men Support Service", received assistance through emergency accommodations and crisis intervention during periods of acute need.

A key focus was supporting individuals affected by Adverse Childhood Experiences (ACEs), recognising recovery as a critical factor in breaking cycles of intergenerational violence. Trauma-informed services for young adults and parents were advanced through initiatives such as the "Jockey Club Project Stride", "Jockey Club Project Harmony Bubbles", and "HSBC Project Root to Route".

Child protection services expanded in response to increased demand following the introduction of mandatory reporting of severe child abuse cases in January 2026. Outreach extended to almost 200 schools and community centres, reaching approximately 6,900 students and 3,400 parents, with over 3,500 individuals participating in domestic violence risk assessments. Training programmes were also delivered to enhance professional knowledge and risk assessment capabilities, contributing to a more robust child protection network.

Our therapeutic group recorded over 3,200 attendances, while the online platform "Family Channel" engaged more than 7,000 participants through programmes on self-awareness, emotional well-being, stress management, and communication. Strong enrolment and participation from men highlighted a growing demand for emotional support and mental wellness resources. Started in November 2025, the platform also delivered trauma-informed education and emotional support to residents affected by the Wang Fuk Court fire incident in Tai Po and the wider community. These initiatives strengthened awareness of trauma and mental health, fostered resilience, and equipped individuals with practical coping strategies. Meanwhile, the enhanced Intimate Partner Violence Risk Assessment Tool further enabled 506 individuals to better understand their situations and seek appropriate support.

The launch of the Organisation's revamped website in July, enhanced service accessibility and public visibility, driving increased community engagement and social media reach. These developments supported early identification of at-risk families and improved linkage to services.

The Shelter renovation project was progressing steadily following the appointment of an authorised person and quantity surveyor. In Spring 2026, replacement works for the administrative building's metal roof were kicked off and was expected to be completed in July 2026. Despite ongoing works, the Shelter remained fully operational, continuing to admit crisis cases without interruption. Staff was able to demonstrate strong commitment in maintaining round-the-clock emergency services for abused women and children.

Under "Project Zonta Seeding", targeted parenting and resilience-building programmes were being delivered at the Family Harmony Space in Yuen Long, serving single-parent families and children in the district with elevated risks of child abuse.

The year also saw the successful organisation of several key fundraising and engagement initiatives. The first Flag Day of Harmony House in August 2025 and participation in the "Marathon Charity Programme of the Standard Chartered Hong Kong Marathon 2026" raised HK$421,033 and HK$296,600 respectively. In addition, about HK$600,000 was mobilised to support a nine-month trauma relief project for families affected by the Tai Po Wang Fuk Court fire incident, commencing in December 2025. These efforts responded proactively to mounting financial pressures, including cost apportionment requirements for non-subvented services, reductions in Social Welfare Department subvention, and anticipated cuts in the baseline funding from the Community Chest of Hong Kong.

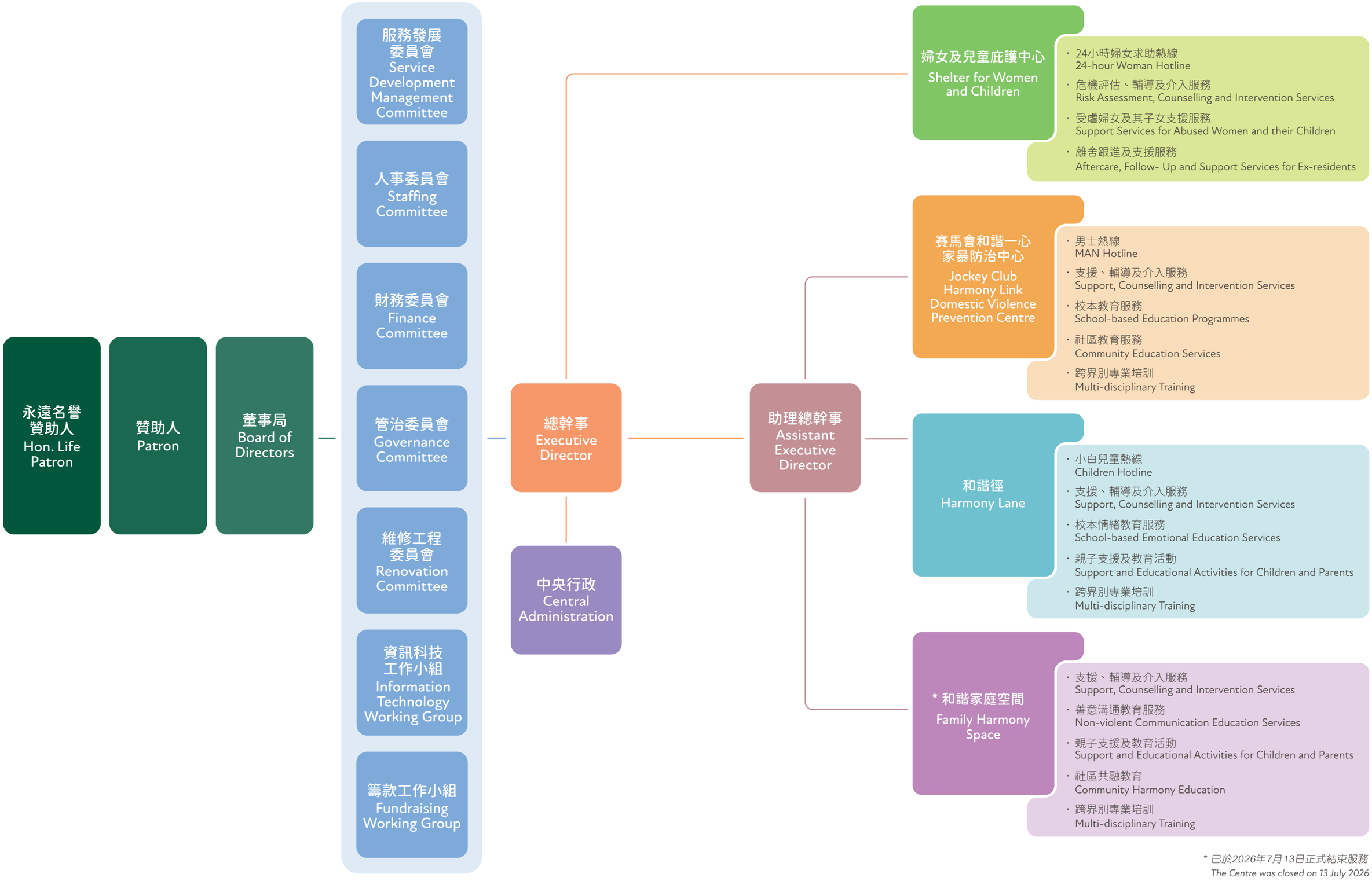
In November 2025, Harmony House collaborated with Saint Francis University to host a symposium featuring local and international experts on adverse childhood experiences and positive parenting. The event attracted over 220 participants and facilitated professional exchange on preventing intergenerational violence and promoting trauma-informed care.

The Organisation also had to extend its sincere appreciation to all funders, partners, volunteers, and community supporters for their continued trust and generosity. Their support enabled Harmony House to advance its mission and sustain essential services for those in need.

Together, we are creating safer environments, supporting healing, and building hope for families in need in Hong Kong.

Mrs. Doris S.Y. LEE

組織架構 ORGANISATION STRUCTURE



** 已於2026年7月13日正式結束服務*
The Centre was closed on 13 July 2026

董事局及委員會 BOARD OF DIRECTORS AND COMMITTEES

永遠名譽贊助人 HON. LIFE PATRON

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	黃慧敏女士（2025年12月15日起辭任）		Ms. Deanna W. M. Wong (resigned on 15 December 2025)
	黃婉霞教授		Prof. Janet Y. H. Wong
	黃慧儀女士		Ms. Louisa W. Y. Wong
公司秘書：	皋翊企業服務（香港）有限公司	Company Secretary:	Ascentium Corporate Services (HK) Limited

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	林靜雯教授		Prof. Ching Man Lam
	黃慧儀女士		Ms. Louisa W. Y. Wong
	顧區焯明女士		Mrs. Anna C. M. Koo

財務委員會 FINANCE COMMITTEE

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	吳燦榕先生		Mr. Keith S. Y. Ng

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	李素萍女士		Mrs. Penny S. P. Crosbie-Walsh
	甘澤華醫生		Dr. Chak Wah Kam
	顧區焯明女士		Mrs. Anna C. M. Koo
	吳燦榕先生		Mr. Keith S. Y. Ng

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	彭朗先生		Mr. Luigi Pang

資訊科技工作小組 INFORMATION TECHNOLOGY WORKING GROUP

主席：	黃慧敏女士（2025年12月15日起辭任）	Chairperson:	Ms. Deanna W. M. Wong (resigned on 15 December 2025)
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	梁家璐女士		Ms. Caroline K. L. Leung

籌款工作小組 FUNDRAISING WORKING GROUP

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委員：	陳靜蘭女士	Members:	Ms. Jean C. L. Chan
	徐子欣女士		Ms. Daisy C. Y. Chui
	李素萍女士		Mrs. Penny S. P. Crosbie-Walsh
	黃慧儀女士		Ms. Louisa W. Y. Wong

服務成效摘要 SERVICE IMPACT HIGHLIGHTS 2025-2026

熱線及中心求助來電
Hotline & Centre Calls
11,800+

庇護服務
Shelter Service
367
婦女及兒童
Women and Children

小組工作
Group Work
564
節數
No. of Sessions
~3,200
人次
Participant Attendance

個案工作
Casework
503 個案數目 No. of Cases
~2,400 節數 No. of Sessions

社區教育及支援服務
Community Education & Support Service
218
機構數目
No. of Organisations
1,700+
節數
No. of Sessions
人次（實體及網上）
Participant Attendance
(in person & online)
~147,000

義工服務
Volunteer Service
~1,680
服務時數
Service Hours
900+
人次
Participant Attendance

跨界別專業培訓
Multi-disciplinary Training
90
機構數目
No. of Organisations
51
節數
No. of Sessions
2,300+ 人次
Participant Attendance

169,000+
受惠者總人次
Total Service Attendance

特色項目 — 澄心計劃
SPECIAL PROJECT: PROJECT WEAVING



服務方向 SERVICE DIRECTION

「澄心計劃」是專爲受大埔宏福苑火災事件影響的居民及社區人士而設，提供即時及中長期的心理及社區支援。計劃以「互相連結，拾回安全感」爲核心理念，透過個人輔導、身心整合及表達藝術治療等介入服務，陪伴受影響人士梳理創傷經歷與情緒困擾，逐步重建安全感及提升心理韌性。

我們積極推廣「創傷知情」理念及爲社群提供實用的情緒調節技巧，協助個人及家庭認識和回應創傷所帶來的影響，減輕其長遠衝擊。同時，透過跨界別協作，我們強化社區支援網絡的承載力與連結性，促進社區療癒、重燃希望，並凝聚互助關愛的力量。

"Project Weaving" was established to provide timely and longer-term psychological and social support for residents and community members affected by the Tai Po Wang Fuk Court fire incident. Guided by the principle of "Building Connections and Reclaiming Safety", the Project delivered individual counselling, mind-body integration programmes, and expressive arts interventions to support affected individuals in processing traumatic experiences and emotional distress, rebuilding their sense of safety, and strengthening psychological resilience.

The Project actively promoted "trauma-informed practices" and equipped communities with practical emotional regulation skills to help individuals and families better understand and respond to the impact of trauma, thereby reducing its long-term effects. Through cross-sector collaborations, we also strengthened the capacity and connectedness of community support networks, fostering community healing, restoring hope, and cultivating a culture of care and mutual support.

創傷知情是一種以理解創傷經歷及其影響爲基礎的服務理念，重視創傷可能對個人的情緒、行爲、人際關係及日常生活所帶來的影響。服務過程著重建立安全感與信任，尊重服務使用者的自主及選擇，並致力避免造成再次傷害，協助他們逐步恢復身心穩定及生活適應。

Trauma-informed is a service approach grounded in an understanding of traumatic experiences and their impact on individuals, including their emotions, behaviours, interpersonal relationships, and daily lives. The approach emphasises creating a sense of safety and trust, respecting service users' autonomy and choices, and minimising the risk of re-traumatisation. It aims to support individuals in gradually restoring emotional and psychological stability and adjusting to everyday life.

服務摘要 SERVICE HIGHLIGHTS

01 創傷知情輔導及治療支援 Trauma-informed Counselling and Therapeutic Support

在2025至26年度，計劃透過個人輔導、表達藝術治療、治療小組及藝術工作坊，為受火災事件影響的成人及兒童提供情緒及心理支援。

服務以創傷知情為基礎，按參加者的不同需要，以個別面談、小組互動、藝術創作及反思，協助他們表達及整理因事件而產生的恐懼、失落、焦慮及不安等情緒，理解創傷經歷對情緒、日常生活及人際關係的影響，並重新連結自身的優勢及善用內在力量。

In 2025/26, the Project provided emotional and psychological support to adults and children affected by the fire incident through individual counselling, expressive arts therapy, therapeutic groups, and art workshops.

Grounded in a trauma-informed approach, the services were tailored to the diverse needs of participants. Through individual sessions, group interactions, creative arts activities, and reflection, participants were supported to express and process emotions arising from the incidents, including fear, grief, anxiety, and distress. They were also helped to understand the impact of traumatic experiences on their emotional well-being, daily lives, and interpersonal relationships, while reconnecting with their personal strengths and inner strength.





服務使用者表示我們的服務協助他們逐步重建安全感、重掌生活、提升情緒調節及面對失去與轉變的能力。此外，我們的小組及工作坊亦提供彼此分享與連結的空間，讓他們得以從同伴的支持中獲得力量，逐步累積復原力、信心與希望。

Service users reported that our support helped them gradually to rebuild a sense of safety, regain control over their lives, strengthen their emotional regulation, and enhance their ability to cope with loss and change. In addition, our groups and workshops provided a supportive space for sharing and connection, enabling participants to draw strength from peer support and gradually build resilience, confidence, and hope.









02 社區外展及情緒支援 Community Outreach and Emotional Support

我們定期於大埔區提供流動情緒支援服務，主動接觸宏福苑及鄰近社區居民，了解他們在火災事件後的情緒及心理需要，並提供即時情緒支援、心理諮詢及適切的服務轉介。

We provided regular mobile emotional support services across the Tai Po District, proactively reaching out to residents of Wang Fuk Court and neighbouring communities to understand their emotional and psychological needs following the fire incident. Immediate emotional support, psychological consultation and appropriate service referrals were provided according to individual needs.

服務同時結合藝術體驗及創意活動，讓居民以不同方式表達及整理情緒。我們持續走進社區，為居民提供便捷及適切的支援，促進他們的情緒表達、人際連結及社區互助，並及早識別有需要人士，連繫適合援助服務。

Arts-based and creative activities were also incorporated to offer residents different ways of expressing and processing their emotions. We continued to reach out into the community, offering accessible and appropriate support to promote emotional expression, interpersonal connections and mutual support within the community. Through these efforts, we also aimed to identify individuals in need at an early stage and connect them with appropriate support services.









03 社區教育及心理健康推廣 Community Education and Mental Health Promotion

我們舉辦網上社區教育講座及繪本故事分享，將創傷知情及心理健康資訊帶給受火災事件影響的居民、家庭及公眾人士。

We organised online community education talks and picture-book storytelling sessions to bring trauma-informed and mental health information to residents, families and members of the public affected by the fire incident.

社區教育講座的主題涵蓋創傷事件後常見的身心反應、情緒調適、自我照顧，以及支援家人和身邊有需要人士的方法；繪本故事分享則透過故事及聲音，以較生活化和容易接觸的形式，協助兒童、家庭及社區人士認識和表達與哀傷、失去、恐懼及改變相關的情緒。

The community education talks addressed common physical and psychological responses following traumatic events, emotional regulation, self-care strategies, and ways to support family members and others in need. Picture-book storytelling offered an accessible and relatable approach for children, families and community members to recognise and express emotions related to grief, loss, fear and change.

藉著多元化的社區教育活動，我們希望提升公眾對創傷及心理健康的理解，讓居民掌握實用的自我照顧及支援技巧，同時將關懷、連結及希望持續帶進社區。

These community education initiatives helped strengthen public understanding of trauma and mental health, equip community members with practical self-care and support strategies, and foster a continued sense of care, connection and hope within the community.



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

和諧之家持續爲受家庭暴力影響的男士和女士（包括受虐者及施虐者）提供專業輔導、治療介入及危機支援服務。透過創傷知情的支援模式、行爲改變計劃及正向溝通訓練，協助服務使用者處理情緒及行爲問題、修復創傷，建立健康的人際關係，並營造更安全和諧的家庭環境。此外，互助支援小組透過「同路人同行」來分享經驗及連結資源，增強參加者的社區支援網絡和抗逆力，促進個人成長，推動持續而正向的改變。

Harmony House continued to provide professional counselling, therapeutic intervention and crisis support services for individuals affected by domestic violence. Through trauma-informed support, behaviour change programmes and positive communication training, we helped victims and perpetrators build healthier relationships and safer family environments. Peer support groups further strengthened social connections, resilience and accessed to community resources, fostering positive and lasting change.

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2025至26年度，我們合共為308位女士提供合共1,690節的輔導服務，當中包括了使用暴力者和倖存者。

In 2025/26, we provided 1,690 counselling sessions to 308 women, including those who had used violence in intimate relationships and survivors of 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2025至26年度，熱線共接獲8,917個求助電話，當中約71%（即6,398個）涉及家庭暴力問題；而最後共有332名婦女及兒童透過熱線轉介入住我們的庇護中心，當中有63個家庭（28.6%）是午夜時段入住，反映24小時熱線能有效地提供即時緊急支援。

Our hotline has been providing immediate emotional support and counselling to callers affected by domestic violence since 1986. In 2025/26, 8,917 calls were received and around 71% (6,398 calls) were related to domestic violence. From these calls, a total of 332 women and their children were admitted to our Shelter, of which 63 families (28.6%) were admitted at midnight. These figures showed that the 24-hour hotline service played a significant role in providing round-the-clock immediate protection for battered women and their children effectively.

自2003年10月起，熱線曾為致電求助但未有入住庇護中心及缺乏社會服務支援的受虐婦女提供情緒支援及輔導跟進服務，而我們在去年處理了共70個熱線跟進個案，協助求助者建立社區支援網絡，加強她們對家庭暴力及自我保護的認知。

Since October 2003, the hotline service has included follow-up services for phone-in victims who did not take refuge in the shelter, but still in need of other supportive services. Last year, we provided such follow-up services via the hotline to 70 new non-residential service users. This helped them re-establish social support networks, heighten their awareness towards domestic violence, and enhance their knowledge of self-protection.

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。在2025至26年度，共有246名婦女及121名子女曾入住庇護中心，全年平均使用率達到63%。

宿舍設有73個宿位，專為受虐婦女及其子女提供緊急臨時住宿及支援服務，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，同時也積極保護曾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。

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

Our Shelter for Women and Children is dedicated to providing a safe and emergency refuge for women and children. In 2025/26, a total of 246 women and 121 children stayed at the shelter, with an average occupancy rate of 63%.

The Shelter was equipped with 73 beds to offer urgent temporary accommodation, helping service users escape from violence, get through difficult times, and alleviate the trauma caused by abuse. We provided 24-hour immediate support and referral services to ensure that families and partners affected by domestic violence could quickly access the assistance they need. We aimed to help abused women rebuild their dignity and establish harmonious, stable lives. At the same time, we were committed to providing protection and support to children affected by or witnessing domestic violence, empowering them to overcome trauma and facilitating their physical, emotional and psychosocial recovery.

爲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婦女及其子女提供一個安全和關懷的環境。在專業人員的帶領及同儕支持下，參加者得以處理及整理由情緒困擾、受虐經歷所帶來的心理創傷，並面對生活及社交上的挑戰，從而促進復元、提升抗逆力及實現個人成長。

Therapeutic groups for women and children offered a safe and nurturing environment where residents of the refuge received professional support to process emotional distress, heal from the negative effects of being abused and of trauma, and strengthen their social and emotional well-being. Through the group experience, participants built resilience, regained confidence, and worked towards recovery and personal growth.





服務使用者透過治療性的互助小組促進情緒復原，在互相支持與陪伴中重建希望與力量
Service users were fostered emotional healing, mutual support and resilience through therapeutic mutual support groups



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。本年度共有1,526兒童人次使用有關服務，反映婦女對兒童照顧支援的切實需要。

To enhance support for children and their mothers during their temporary stay at the shelter, we provided childcare services to help reduce parenting stress. This also gave shelter residents time to settle their matters. During the year, we recorded 1,526 times of service usage, reflecting women's practical need for childcare support.

爲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

庇護中心定期舉辦互助及成長活動，為宿友提供安全及共融的環境，讓她們分享經歷、表達感受及建立社交連繫。透過參與朋輩互動及小組活動，宿友得以建立支援網絡，增強自信，並提升面對挑戰的能力。

The Shelter regularly organised mutual support and developmental programmes for residents, providing a safe and inclusive environment for sharing experiences, expressing emotions, and building social connections. Through peer interaction and group participation, residents strengthened support networks, enhanced confidence, and developed greater capacity to cope with challenges.



透過按摩互動體驗放鬆身心，在溫暖陪伴中增進情感連結，促進親子關係
Parents and children strengthened emotional bonds through a parent-child massage activity, enjoying quality time and meaningful connection together



服務使用者在夏日水上活動中得以放鬆身心，釋放壓力，重拾快樂與活力
Service users enjoyed a summer water play activity, relieving stress and rediscovering joy through fun and connections

離舍後跟進服務
Aftercare Follow-up Services

為支援受虐婦女踏上復元之路，重建獨立生活能力，促進其融入社區生活，庇護中心提供離舍後跟進服務，持續支援服務使用者，協助她們建立穩定生活及連結社區資源。服務包括定期電話聯絡、家訪、跨服務協作及社區資源轉介，以支援她們身心復元及融入社區。

To support women affected by abuse in their journey towards recovery, independence and reintegration into the community, the Shelter provided aftercare follow-up services for former residents, helping them maintain stability and access community resources. Services included regular telephone contacts, home visits, cross-service collaborations, and referrals to appropriate community support, facilitating their recovery and community reintegration.

中心尚有提供離舍互助支援服務，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，提升婦女的自信心、獨立能力及社區適應力。

The Shelter also offered a range of post-discharge support services, including pre-discharge preparation groups, mutual support groups, skills training, peer support, and resource matching. These services were tailored to individual needs and designed to enhance women's confidence, independence, and adaptability within the community.

我們鼓勵前宿友互相支持，中心成立了「婦女大使」義工小組，建立正向支援網絡。此外，中心定期舉辦社區教育、親職教育及親子活動，提升正向管教技巧，促進社區連結，並支持婦女及家庭持續發展。

To foster mutual support among former residents, the Shelter established the "Women Ambassadors" - a volunteer group that encouraged peer support and the development of positive support networks. The Shelter also organised community education programmes, parenting education, and parent-child activities to strengthen positive parenting practices, promote community connectedness, and support the ongoing development of women and their families.



婦女透過伸展活動放鬆身心，紓緩壓力，提升身心健康
Women practised stretching exercises to relax, relieve stress and enhance their overall well-being



離舍婦女及其子女參與義工培訓，培養服務社區的能力，並將關愛延續，積極回饋社會
Former shelter residents and their children participated in volunteer training to build up their skills and confidence to give back to the community



集體遊戲提供了一個安全和關愛的環境，令參加者可促進身心健康及彼此連結
Group games fostered social connections, well-being and caring moments of joy



服務使用者參與親子戶外參觀活動，在歡笑與互動中增進親子連結，享受珍貴的家庭時光
At a parent-child outing, families broadened their horizons, strengthened bonds and enjoyed quality time together

04 小組工作 Group Work

除了為入住庇護中心的婦女提供多元化支援服務外，本會轄下另外三個服務單位亦積極回應在社區中正面對與配偶或同居伴侶有機會出現高衝突風險婦女的需要。這些婦女可能是家庭暴力的受虐者，也可能曾於親密伴侶關係中使用暴力。

In addition to providing a wide range of support services for women residing in the Shelter, three other service units under our Organisation actively responded to the needs of women in the community who were at risk of high levels of conflicts with their spouses or cohabiting partners. These women may be survivors of domestic violence or may have used violence within their intimate relationships.

透過有系統的小組介入服務，我們協助參加者認識暴力行為對伴侶及自身所帶來的影響，提升她們自我覺察能力，並學習建立更健康的溝通模式及親密關係。

Through structured group intervention programmes, participants were able to understand the impact of violence on both themselves and their partners, enhancing self-awareness, and developing healthier communication skills and relationship patterns.

這類型的小組不僅有助減低家庭衝突及家庭暴力的風險，亦能促進婦女復元情緒及心理層面的創傷，協助她們重建穩定、和諧的生活，並培育持續發展的正向關係。

These types of groups not only helped reduce the risk of family conflict and domestic violence, but also promoted emotional recovery and psychological well-being. Women were then empowered to rebuild stable and harmonious lives and foster healthier relationships for the future.

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

女性倖存者支援小組利用體驗式活動及藝術創作，為參加者創造一個安全、接納的空間，讓她們自由表達情感與故事。小組協助她們探索和梳理受創經歷，釋放積壓情緒，並在彼此分享和支持中重拾力量。透過建立信任和連結，參加者得以逐步復元，重建自信，邁向更積極和自主的人生。

The Supportive Group for Women Survivors created a safe and accepting space where participants could explore and express their emotions and personal stories through experiential activities and creative arts. The programme supported women in processing traumatic experiences, releasing pent-up emotions, and drawing strength from shared experiences and peer support. By fostering trust, connection, and mutual encouragement, participants were empowered to heal, rebuild confidence, and move forward with greater resilience and self-determination.

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

女性使用暴力者輔導小組旨在協助參加者認識健康、平等及互相尊重的親密關係模式，學習以正向和非暴力的方式表達關愛、情感及需要。透過自我照顧、自我接納及情緒管理等技巧訓練，小組協助參加者提升個人幸福感和情緒穩定性，增強面對壓力及關係挑戰的能力。

The Counselling Group for Women Using Force aimed to help participants develop a better understanding of healthy, equitable, and respectful intimate relationships, while learning positive and non-violent ways to express care, emotions, and personal needs. Through self-care, self-acceptance, and emotional management practices, the programme supported participants in enhancing their well-being, strengthening emotional stability, and building resilience in coping with stress and relationship challenges.

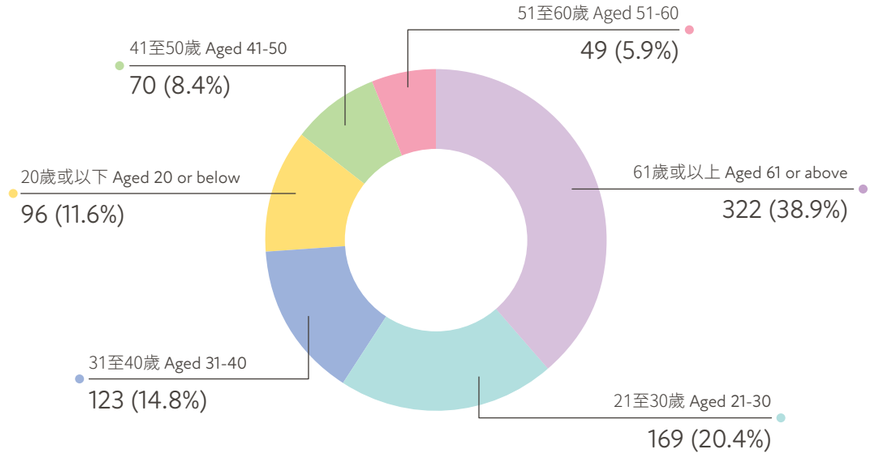
此外，小組安排了互動活動及經驗分享，促進組員之間的連結與交流，建立互相支持的氛圍，並鼓勵參加者培養同理心，學習以尊重和善意的方式與伴侶溝通，從而建立更健康、和諧及互相尊重的親密關係。

The session covered interactive activities and shared learning experiences. The group therefore promoted connection and engagement among members, fostering an atmosphere of mutual support and encouragement. Participants were encouraged to develop greater empathy and adopt respectful and constructive communication strategies with their partners, enabling them to cultivate healthier, more harmonious, and mutually respectful relationships.

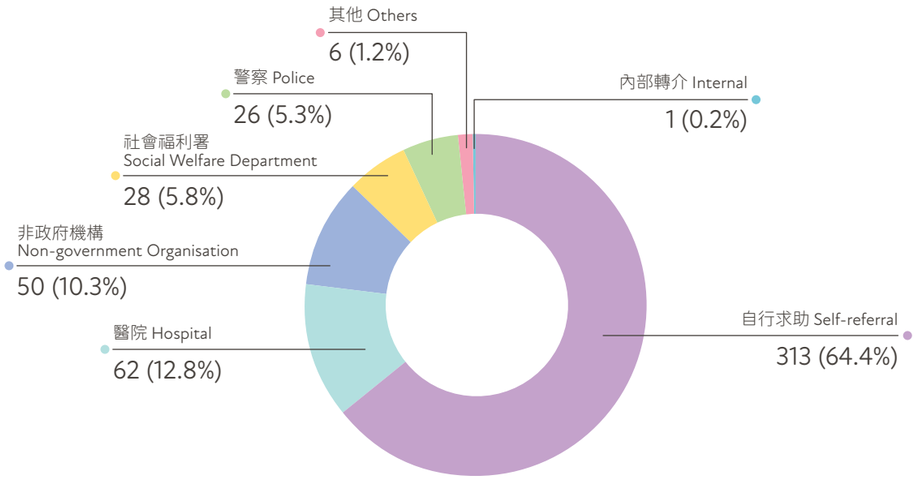
婦女熱線來電者資料概述
PROFILE OF WOMEN HOTLINE CALLERS

統計共829個有關家庭暴力的熱線來電者
Statistics of 829 Domestic Violence-related Hotline Callers

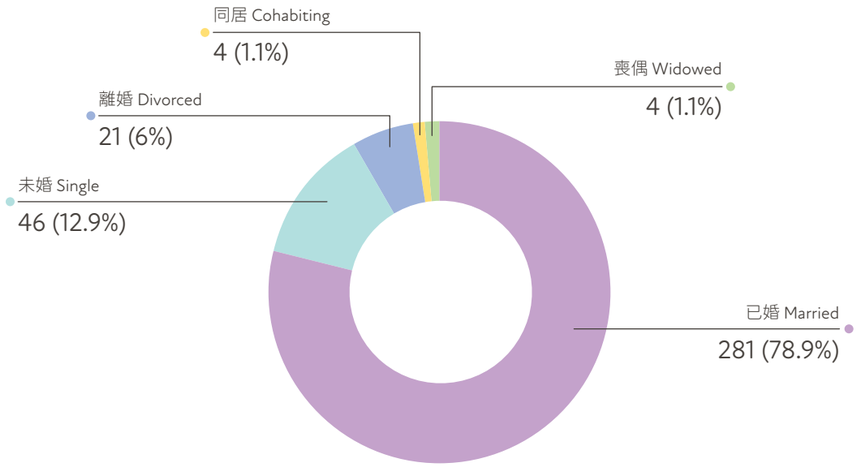
年齡 Age



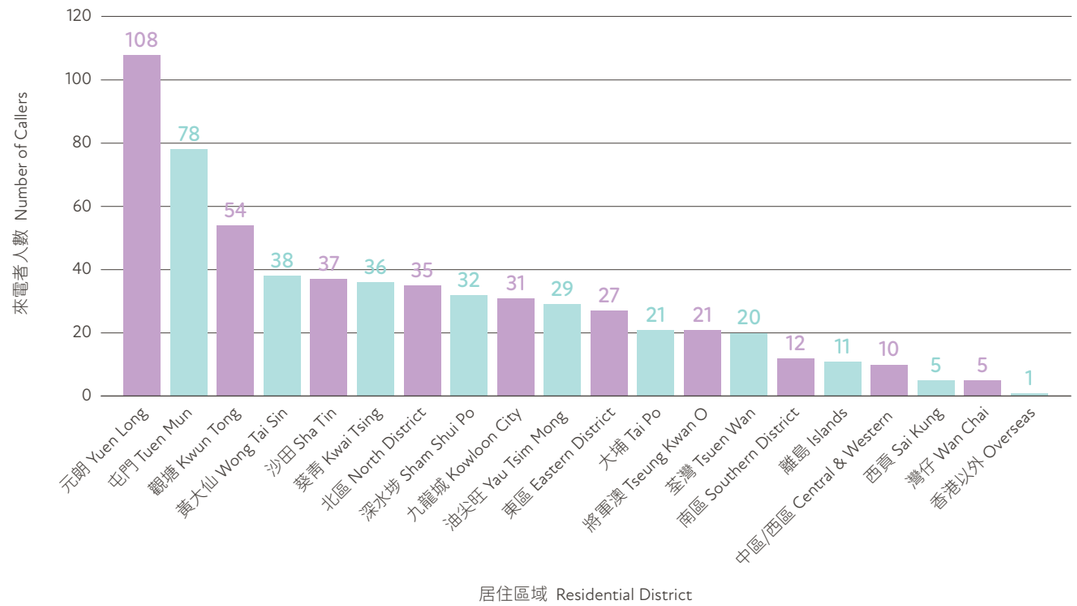
486位來電者的求助途徑
Channels through which 486 callers sought help



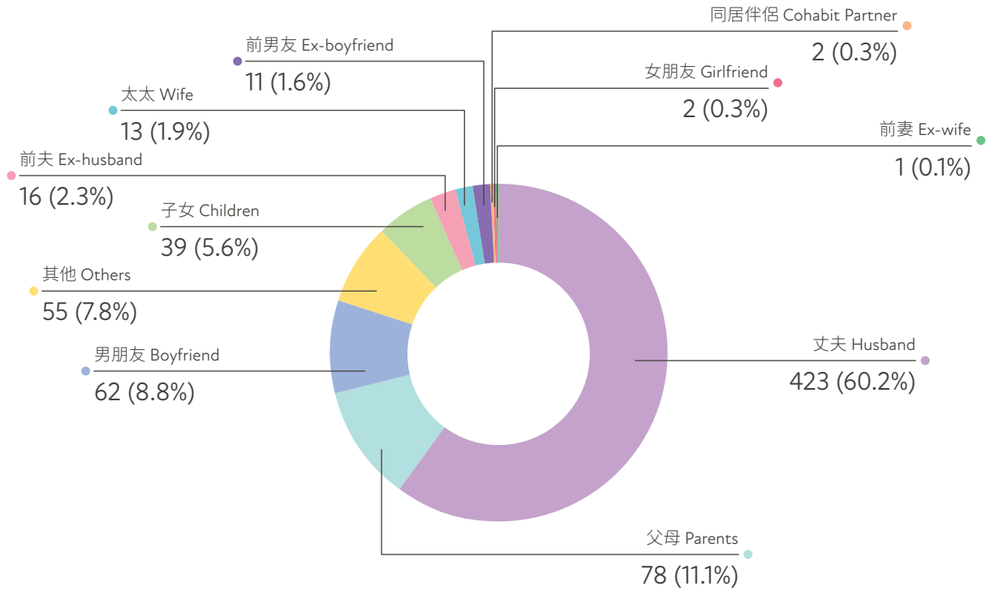
婚姻狀況（356位來電者透露其婚姻狀況）
Marital Status (356 callers disclosed their marital status)



居住區域（611位來電者願意透露居住地區）
Residential Districts (611 callers willing to disclose their residential district)



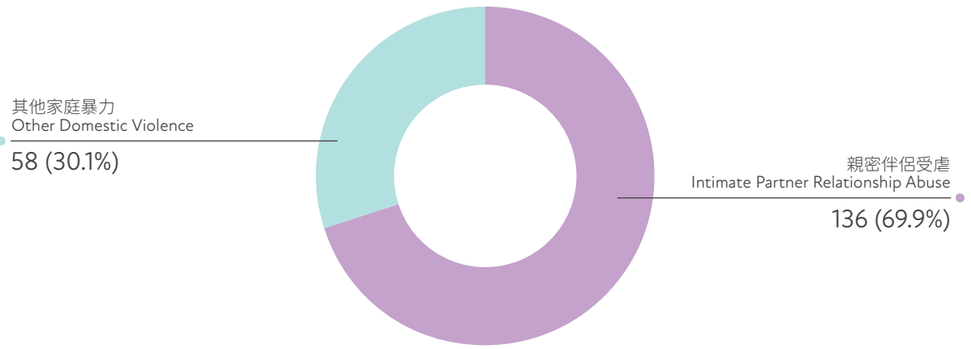
702位來電者透露與施虐者關係
702 callers disclosed their relationship with the abusers



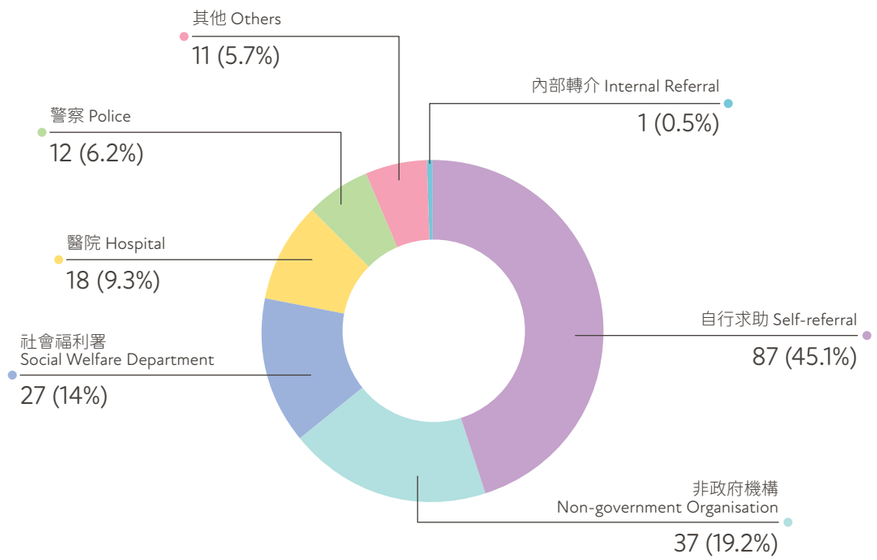
入住庇護中心婦女資料
PROFILES OF SHELTER RESIDENTS – WOMEN

統計共193名新入住婦女
Statistics of 193 Newly Admitted Women to the Shelter

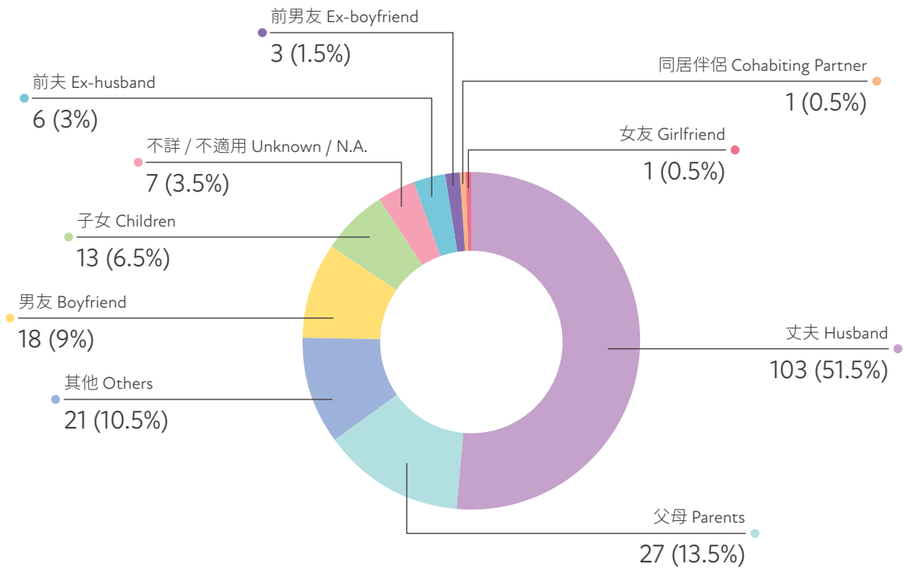
個案類別 Case Nature



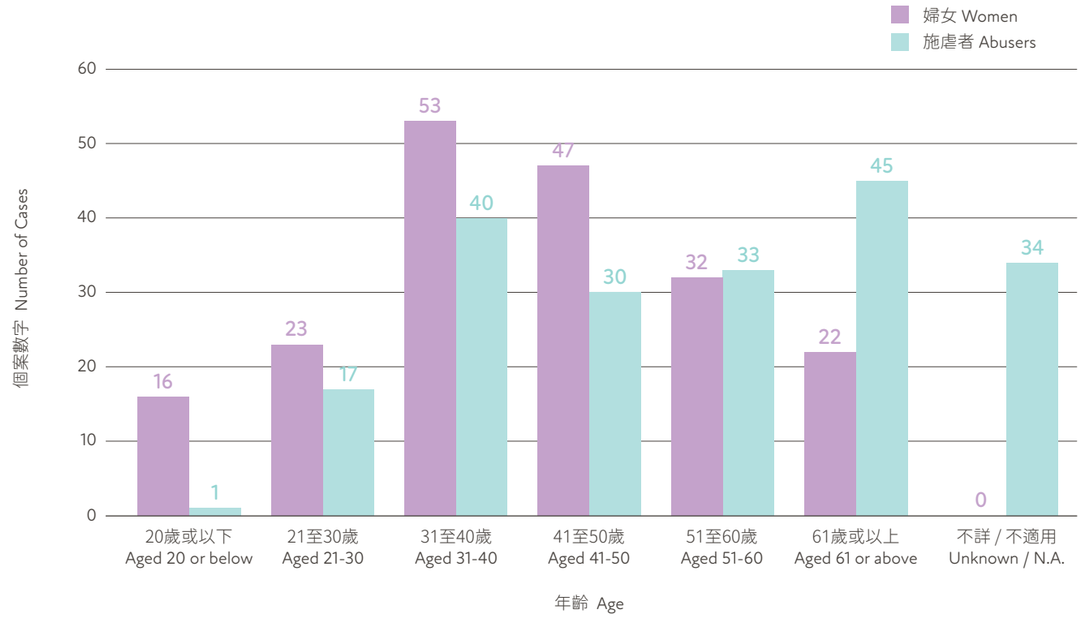
轉介來源 Referral



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)

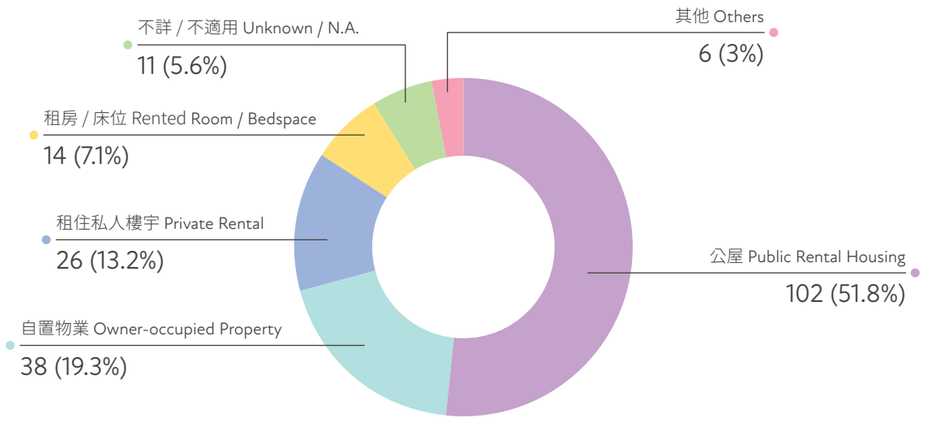


婦女與施虐者的年齡 Age of Women and Abusers

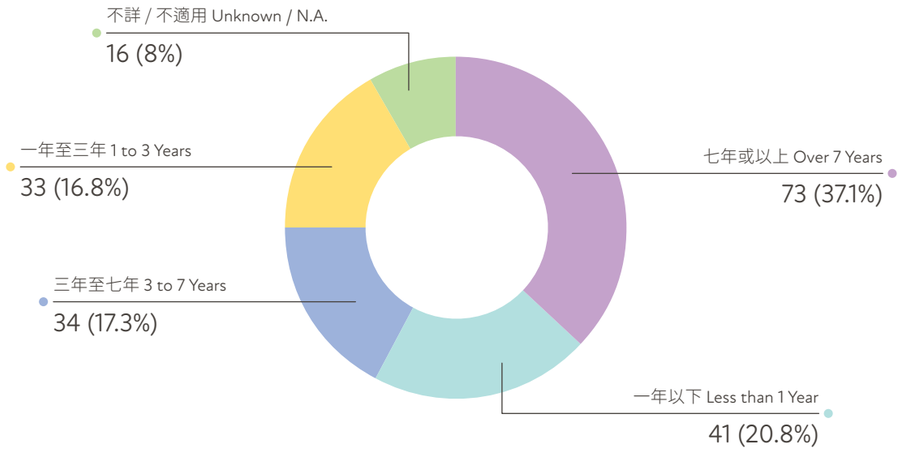


統計197份入住婦女完成問卷
Statistics of 197 Questionnaires Completed by Women Admitted to the Shelter

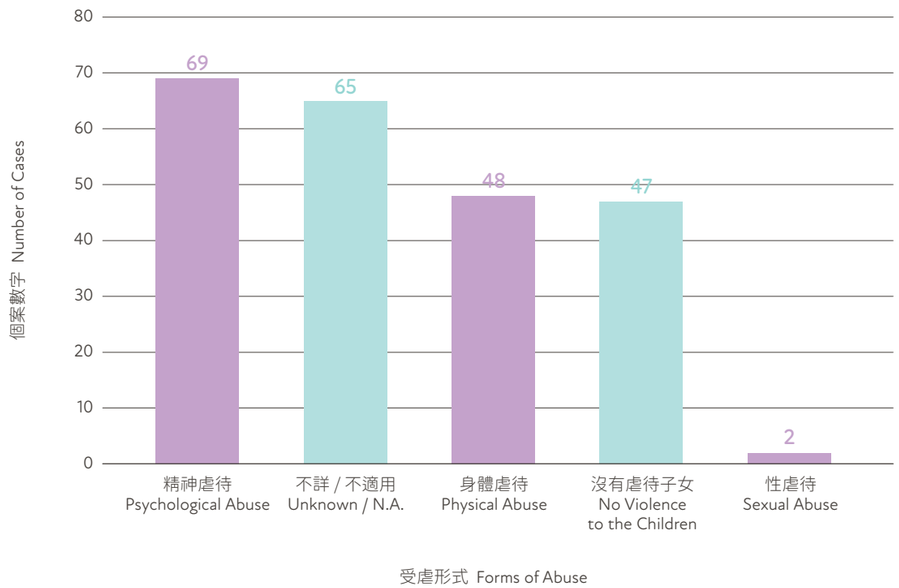
婦女入住庇護中心前的住屋類別
Type of Housing Prior to Admission to the Women's Shelter



受虐年期 Duration of Abuse

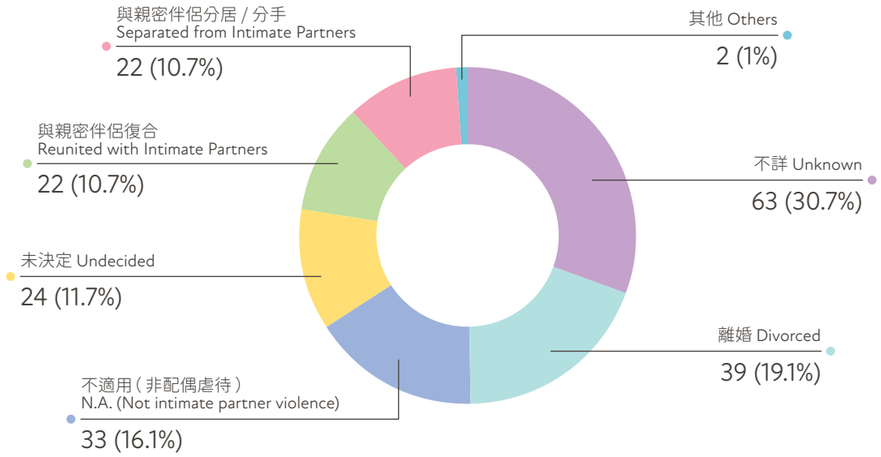


入住婦女反映施虐者虐待子女/兒童的形式（包括身體、精神及/或性虐待）（可選擇多項）
Types of Child Abuse Caused by Abusers (Including Physical, Psychological and/or Sexual Abuse) Reported by the Admitted Women (More than one choice may be selected)

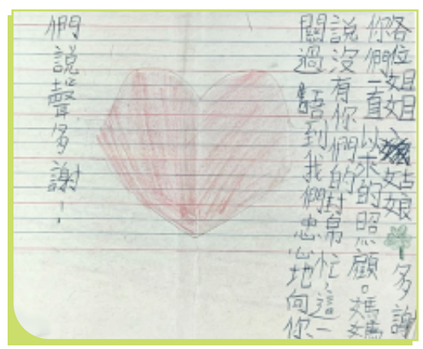


統計共205份婦女離舍完成問卷
Statistics of 205 Questionnaires Completed by Women Discharged from the Shelter

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



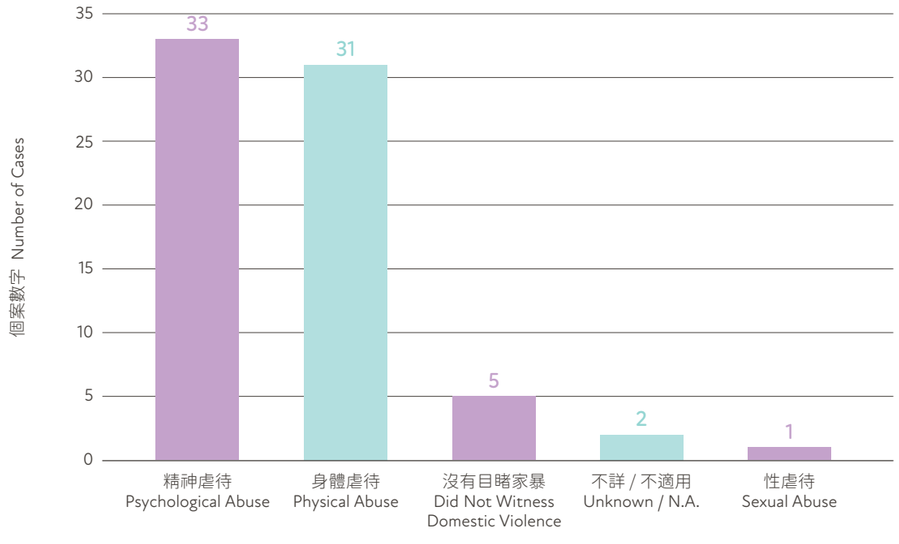




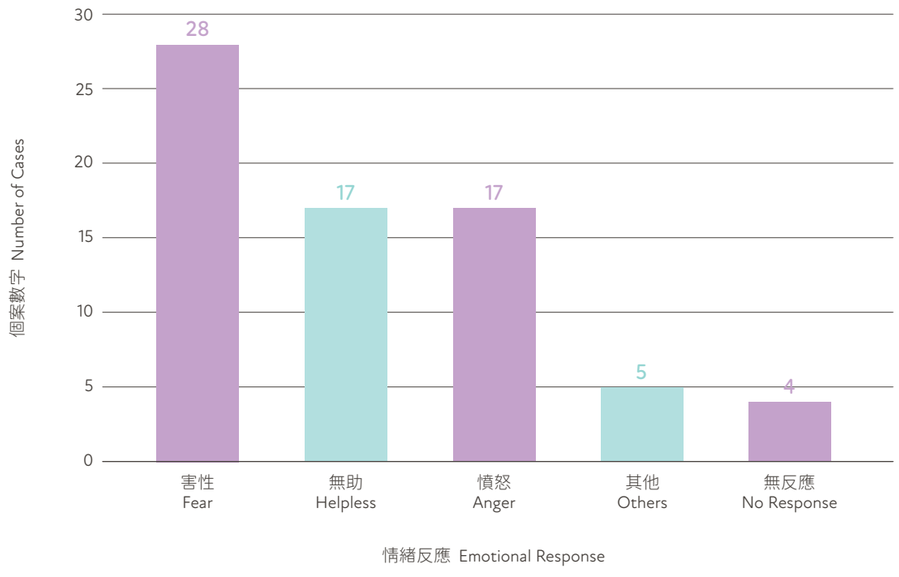
入住庇護中心兒童資料
PROFILE OF SHELTER RESIDENTS – CHILDREN

統計55份入住兒童完成的問卷
Statistics of 55 Questionnaires Completed by Children Admitted to the Shelter

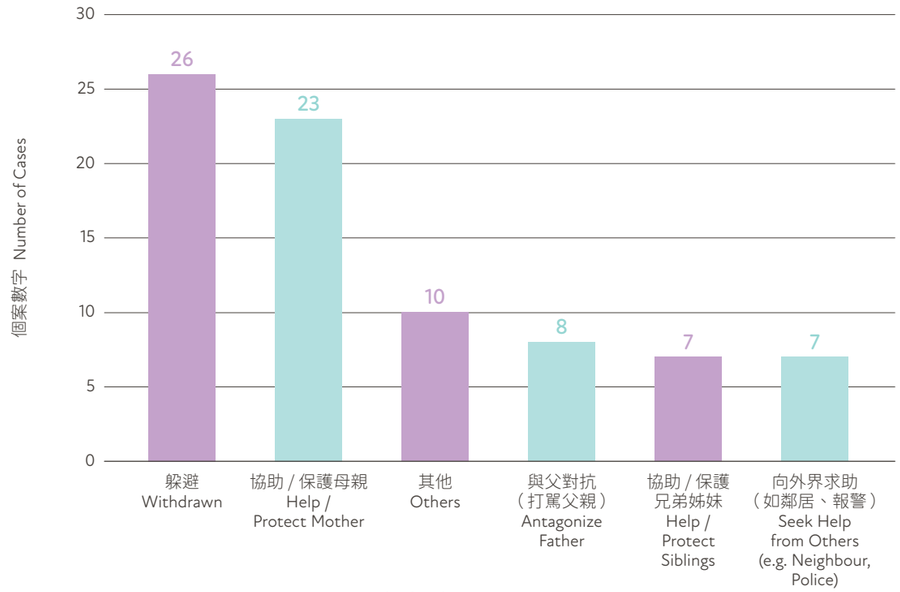
兒童目睹家庭暴力的種類（可選擇多項）
Types of Abuse Witnessed by Children (More than one choice may be selected)



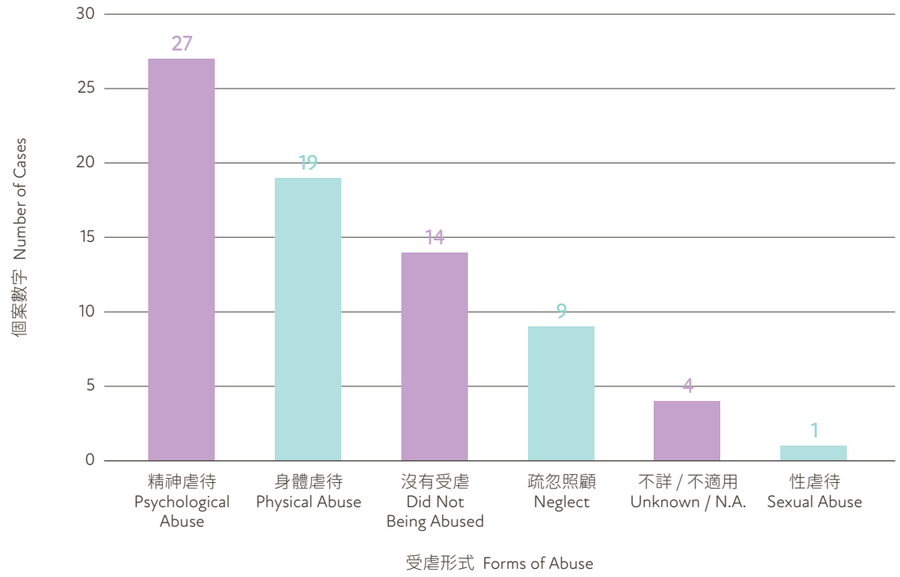
兒童目睹家暴的情緒反應（可選擇多項）
Emotional Response(s) of Children Witnessing Domestic Violence (More than one choice may be selected)



兒童目睹家暴的行爲反應（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 SERVICE STATISTICS (2025-26)

24小時婦女求助熱線來電
24-hour Woman Hotline Calls
8,917 來電 Incoming Calls

庇護服務
Shelter Service
246 婦女 Women 及 and 121 兒童 Children

婦女治療小組
Therapeutic Groups for Women
19 小組 Groups　79 節 Sessions　376 人次 Attendance

婦女個案
Casework for Women
308 個案 Cases
1,690 節 Sessions

離舍後跟進服務
Aftercare Follow-up Services
1,141 次數 Times

婦女教育及發展活動
Educational and Developmental Programmes for Women
69 節 Sessions　1,186 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 Ambassadors" Volunteer Groups
209 節 Sessions
1,577 人次 Attendance

男士服務 SERVICES FOR MEN

在2025至26年度，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「香港賽馬會社區資助計劃——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, provided the following services for men in the year 2025/26.

01 個案及輔導服務 Casework and Counselling Services

在2025至26年度，我們合共為36個男士提供合共168節的輔導服務，當中包括了施虐者和受虐者。

In 2025/26, we served 36 male service users and provided 168 individual counselling sessions for abusers and victims of domestic violence.

02 MAN（男士）熱線 MAN Hotline 2295 1386

本會提供MAN（男士）熱線，為受家庭暴力影響的男性提供即時危機支援、情緒輔導及資源轉介服務，協助他們應對困難、紓緩情緒壓力，並連結適切的社區支援。熱線同時為有暴力行為的男性提供專業諮詢及輔導，協助他們認識暴力行為對個人及家庭造成的影響，學習以健康和正向的方式處理情緒及衝突。此外，熱線是一個安全及保密的平台，讓受虐男士獲得情感支持、相關資訊及適切介入服務，促進其身心健康及復元，並共同推動家庭及社區的和諧與安全。於2025至26年度，我們透過MAN（男士）熱線接獲146個服務來電，主要牽涉家庭暴力或婚姻問題。

Our Organisation operated the MAN Hotline, which provided immediate crisis support, emotional counselling, and resource referral services for men affected by domestic violence. The hotline supported service users in addressing their challenges, managing emotional distress, and accessing appropriate community resources. The hotline also offered professional consultation and counselling services for men who had used violence, helping them recognise the impact of their behaviour on themselves and their families; and then develop healthier ways of managing emotions and resolving conflicts. In addition, the hotline served as a safe and confidential platform where victims could access emotional support, relevant information, and timely intervention services. Through these services, we sought to promote their well-being and recovery while contributing to safer and more harmonious families and communities. In 2025/26, we received 146 service calls, the majority of which were related to domestic violence or marital and relationship issues.

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並不足，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住宿支援服務，在2025至26年度，我們為24位為受影響男士提供一個安全的臨時住宿及休憩空間，並提供專業輔導服務，協助他們重建個人韌性及家庭關係。

Due to the limited availability of services of providing accommodation assistance for men experiencing family conflicts in the community, with funding support from The Hong Kong Jockey Club Charities Trust, we partnered with a hotel to launch a support service for men affected by family conflicts, emotional distress, or domestic violence. In 2025/26, the service supported 24 men by offering short-term "calm down" accommodations, resource referrals and professional counselling. By providing a safe temporary space away from stressful situations, the service enabled participants to rest, regain emotional stability, strengthen their resilience, and address family and relationship difficulties.





04 小組工作 Group Work

- **男士治療小組 Therapeutic Group for At-risk Men**

男士治療小組協助參加者加深對家庭關係及互動模式的認識，學習在維持個人獨立性的同時，如何建立健康的親密關係，以應對伴侶衝突及親職挑戰。透過溝通技巧訓練及小組互動，參加者提升處理家庭及職場衝突的能力，增強抗逆力和復原力。此外，小組引導參加者覺察及調整固有行為模式，促進家庭成員之間的情感連結與和諧關係，並提升壓力管理及整體身心健康。

The Therapeutic Group for At-risk Men helped participants gain a deeper understanding of family relationships and interaction patterns, enabling them to build healthy intimate relationships while maintaining personal autonomy and effectively managing relationship and parenting challenges. Through communication skills training and group interaction, participants strengthened their abilities in managing conflicts at home and in the workplace, while enhancing personal resilience and coping capacity. The programme also supported participants in identifying and modifying entrenched behavioural patterns, fostering stronger family connections, healthier relationships, and improved stress management and overall well-being.

- **男士施虐者小組 Male Abuser Group**

男士施虐者小組協助參加者認識家庭暴力的成因及對其伴侶和家庭的影響，提升自我覺察及責任感，從而停止暴力行為，建立健康及互相尊重的關係。透過情緒管理及溝通技巧訓練，參加者學習以非暴力和建設性的方式表達情緒與需要，並在互相支持的環境中實踐持續改變。

The Male Abuser Group helped participants understand the causes and impact of domestic violence on their partners and families, enhanced self-awareness and accountability to support the cessation of abusive behaviours and the development of healthy, respectful relationships. Through training in emotional regulation and communication skills, participants learned to express emotions and needs in constructive, non- violent ways while being supported to sustain positive behavioural change in a safe group environment.



服務統計 SERVICE STATISTICS (2025-26)

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

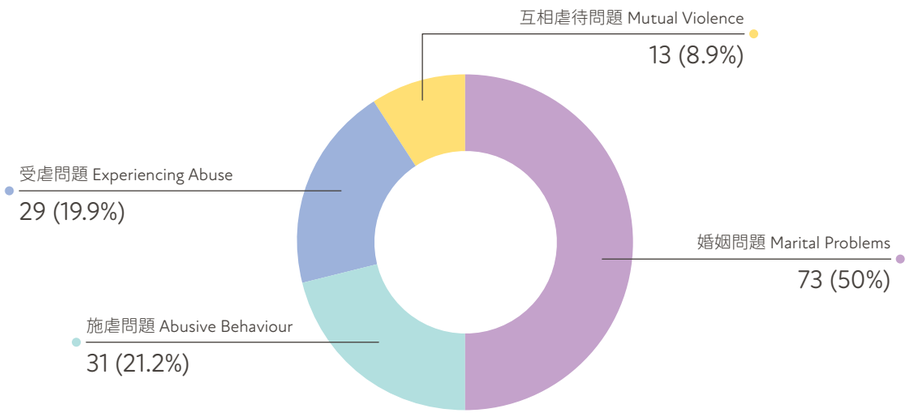
36 個案 Cases
168 節 Sessions
男士個案
Casework for Men

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

男士治療小組
Therapeutic Groups for Men
4 小組 Groups
18 節 Sessions
94 人次 Attendance

男士熱線來電統計
SUMMARY OF MAN HOTLINE

統計146個有關家庭暴力的熱線求助個案
Statistics of 146 Calls Seeking Help with Domestic Violence Problems



夫妻 / 伴侶 SERVICE FOR COUPLES AND PARTNERS

由香港賽馬會慈善信託基金捐助的「香港賽馬會社區資助計劃——踏步向前家暴防治計劃」提供夫妻／伴侶輔導及小組服務，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, provided 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 aimed to reduce misunderstandings and tensions by helping couples build healthier, more resilient relationships. Through practical skills and emotional support, we empowered couples to navigate life's challenges together and foster lasting harmony within their families.

01 個案及輔導服務 Casework and Counselling Services

在2025至26年度，我們為有需要的夫婦提供共87節的輔導服務，支援他們面對婚姻困境、溝通困難及家庭壓力等問題。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。

In 2025/26, we provided 87 counselling sessions to couples in need, supporting them in navigating marital challenges, communication difficulties and family-related stress. Through case counselling and emotional support, we helped couples rebuild mutual trust and understanding, foster a more harmonious and supportive family environment.

02 夫妻支援小組 Couples Support Group

在2025至26年度，我們舉辦了兩個夫妻支援小組，協助參與其中的已婚及同居伴侶增進溝通、深化情感連結及鞏固伴侶關係。透過非暴力溝通、同理對話及情緒表達等介入手法，參加者學習建立互信與理解，提升共同面對家庭及生活挑戰的能力。小組結合體驗式及創意活動，促進伴侶間的互動與交流，並涵蓋親職及育兒相關議題，鼓勵伴侶分享教養經驗、建立合作育兒模式及強化彼此支持。透過小組參與，伴侶得以建立更健康穩固的關係，促進家庭和諧及整體家庭福祉。



In 2025/26, we delivered two Couples Support Groups to strengthen communication, emotional connection and relationship well-being among participating married and cohabiting couples. Through non-violent communication, empathetic dialogue and emotional expression, participants were supported in building mutual trust and understanding, while enhancing their ability to navigate family and life challenges together. The groups incorporated experiential and creative activities to encourage meaningful interaction and emotional connection between partners. Parenting and co-parenting topics were also explored, providing opportunities for couples to share parenting experiences, develop collaborative parenting approaches and strengthen mutual support. Through participation in the groups, couples were empowered to build healthier and more resilient relationships, contributing to family harmony and overall family well-being.

03 法律講座 Legal Talk

在2025至26年度，我們舉辦了超過30場法律講座，共有480人次參與，為面對婚姻衝突的伴侶提供法律資訊及支援。講座由法律專業人士主講，內容涵蓋婚姻法、子女管養安排、財產分配、家庭暴力相關法例及離婚程序等議題，協助參加者了解其法律權益與責任。透過提供清晰、實用的法律資訊，講座有助提升參加者在面對婚姻及家庭問題時的法律意識和應對能力，促進知情決策、理性溝通及和平處理衝突，從而支持建立更健康和穩定的家庭關係。



In 2025/26, we organised over 30 Legal Talks, attracting a total attendance of 480 participants. Designed for couples experiencing marital conflict, the talks were delivered by legal professionals and covered key topics including family law, child custody arrangements, property division, domestic violence, and divorce procedures, helping participants better understand their legal rights and responsibilities. By providing clear and practical legal information, the talks enhanced participants' legal awareness and ability to navigate marital and family challenges. They also supported informed decision-making, encouraged constructive communication, and promoted the peaceful resolution of conflicts, contributing to healthier and more stable family relationships.

服務統計 SERVICE STATISTICS (2025-26)

夫妻 / 伴侶個案 Casework for Couples and Partners
13 個案 Cases
87 節 Sessions

法律講座 Legal Talks
32 節 Sessions
480 人次 Attendance

治療小組 Therapeutic Groups
2 小組 Groups
8 節 Sessions
60 人次 Attendance

保護受虐兒童及青少年服務
PROTECTION SERVICES FOR ABUSED CHILDREN AND ADOLESCENTS



服務方向 SERVICE DIRECTION

在香港賽馬會慈善信託基金的支持下，「賽馬會『童』抱抱計劃」及「踏步向前家暴防治計劃」透過到校服務、專業篩查及評估，及早識別受家庭暴力影響或有受虐風險的兒童，並提供適切支援與資源轉介。同時，透過家長支援、正向管教訓練及情緒支援服務，提升家庭抗逆力，促進正向親子關係，爲兒童締造安全、健康和關愛的成長環境。

Supported by The Hong Kong Jockey Club Charities Trust, the "Jockey Club Harmony Bubbles Project" and the "Moving Forward Against Domestic Violence Project" provided early identification and support for children affected by domestic violence or at risk of abuse through school-based services, professional screening and assessment. Appropriate support and referrals were offered to address identified needs. The projects also strengthened family resilience through parenting support, positive parenting programmes and emotional support services. By promoting positive parent-child relationships and reducing family conflicts, they helped create a safer, healthier and more nurturing environment for children to thrive.

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2025至26年度，我們合共支援了58位兒童及其家庭，並為他們及其家人提供了257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 2025/26, we supported 58 children and their families through 257 counselling sessions, including individual counselling, play therapy and parent-child counselling services.

02 小白兒童熱線 Children Hotline 2751 8822

小白兒童熱線為兒童提供情緒支援、輔導及資訊服務，並推廣預防家庭暴力及個人安全教育，協助及早識別受家庭暴力影響的兒童。對有需要的兒童，熱線會提供適切的輔導及支援服務，協助他們應對情緒及成長上的挑戰。

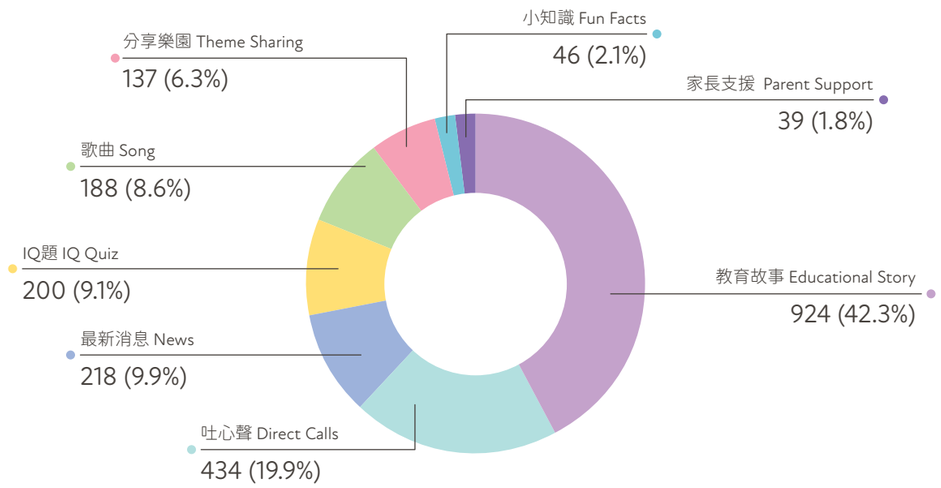
The Children Hotline provided emotional support, counselling, and information services for children. The service also promoted awareness of domestic violence prevention and personal safety, while facilitating the early identification of children affected by family violence. Children in need were offered timely counselling and appropriate support to address emotional and behavioural concerns.

於2025至26年度，小白兒童熱線共接獲2,186個來電，其中53個兒童接受了我們的輔導服務，輔導內容涉及個人成長、社交、情緒困擾、學校和家庭問題等事宜，而小白WhatsApp則收到了208個查詢。

In 2025/26, the Children Hotline received 2,186 calls. A total of 53 children received counselling support covering issues related to personal growth, peer relationships, emotions, school adjustment, and family matters. The Children's WhatsApp Service also received 208 enquiries.

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

統計共2,186個熱線來電（可選多項服務）
Statistics from 2,186 Hotline Calls (More than one service may be selected)



03 小組工作 Group Work

於2025至26年度，我們於幼稚園、小學及社區推行多個兒童情緒教育及支援小組，為不同情緒及家庭背景需要的兒童提供適切支援，協助他們在安全及關愛的環境中建立正向成長基礎。

In 2025/26, we delivered a range of Children's Emotional Education and Support Groups in kindergartens, primary schools and community settings, providing targeted support for children with diverse emotional and family needs in a safe and nurturing environment.

兒童接納與承諾治療小組
Children's Acceptance and Commitment Therapy (ACT) Group

本小組專為身處潛在家庭暴力環境的學生而設。透過靜觀練習、體驗遊戲與互動討論，引導兒童學習以新的方式應對負面情緒及想法，探索並實踐個人核心價值，增強心理靈活性，從而提升逆境中的抗壓與應變能力。

This group was designed for students who might be living in environments where there was a risk of domestic violence. Through mindfulness exercises, experiential games, and interactive discussions, children were guided to develop new ways of responding to difficult emotions and thoughts. They were encouraged to explore and put their core values into practice, thereby helping them develop healthier ways of responding to difficult emotions and challenges.

目睹家庭暴力兒童支援小組
Support Group for Children Exposed to Domestic Violence

小組是為曾目睹家庭暴力的兒童提供支援，協助他們提升社交及情緒管理能力，建立正向朋輩關係，增強自信心及抗逆力，以應對家庭暴力所帶來的影響。

This group helped children who had witnessed domestic violence develop social and emotional skills, build positive peer relationships, strengthen self-confidence, and better cope with the impact of family violence.

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

透過遊戲、繪本及創意表達活動，此小組致力協助兒童提升情緒認知、人際溝通及情緒調節能力，培養同理心、自信心和抗逆力，促進健康的情緒及社交發展。

Through play-based and creative activities, this group supported children experiencing emotional and behavioural challenges. Participants were then able to develop emotional awareness, empathy, resilience and interpersonal skills, fostering positive relationships and healthy emotional development.







兒童透過繪本故事及相關活動學習如何與情緒相處

Children were learning how to cope with emotions through picture book stories and related activities

04 多元教育活動 Multiple Educational Programmes

情緒教育活動
Emotional Education Programmes for Children

為預防家庭暴力和促進及早介入支援，我們於2025至26年度走訪多間幼稚園、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。透過多元化的教育及體驗形式，協助學童認識情緒、學習正向表達情緒的方法，以及提升自我保護意識和能力，從而建立健康的人際關係。「和諧快線」情緒教育車更在本年度更新了課程，以「接納與承諾治療」（ACT）為核心理論，並結合虛擬實境（VR）互動科技，協助學童覺察當下感受，從負面思維中解纏，並引導其探索與實踐個人核心價值，提升應對逆境的心理韌性。

To prevent domestic violence and promote early intervention, we organised a range of emotional education activities for students of kindergartens, primary schools, and secondary schools during 2025/26. These included talks, storytelling workshops, experiential activities, and the "Harmony Express" Emotional Education Vehicle. Through these programmes, students learned to recognise and express their emotions positively, strengthen their awareness of personal safety and self-protection, and develop healthy interpersonal relationships. This year, the "Harmony Express" Emotional Education Vehicle also introduced an enhanced curriculum based on Acceptance and Commitment Therapy (ACT), integrated with Virtual Reality (VR) interactive technology. The programme helped children develop greater awareness of their thoughts and emotions, explore their personal values, and strengthen their ability to cope with challenges.

接納與承諾治療（ACT）旨在提升個人的心理彈性，協助我們接納困難的情緒和想法、專注當下、了解自己的價值與重視的事，並朝著這些方向採取行動。

Acceptance and Commitment Therapy (ACT) aims to enhance psychological flexibility by helping us accept difficult emotions and thoughts, stay present, understand our values and what truly matters to us, and take action in line with these values.



活動讓兒童一起探索自己重視的價值

An activity that helped children discover and explore their personal values





「和諧快線」到訪各學校，以「接納與承諾治療」為框架，推行情緒教育活動。

Harmony Express conducted emotional learning activities in schools using the Acceptance and Commitment Therapy (ACT) approach



除了到校活動外，我們亦於中心舉辦兒童情緒教育工作坊，為社區兒童提供多元化的情緒學習及支援服務。工作坊透過唱歌、遊戲、故事分享及創意活動，讓兒童在輕鬆愉快的環境中認識和表達情緒。

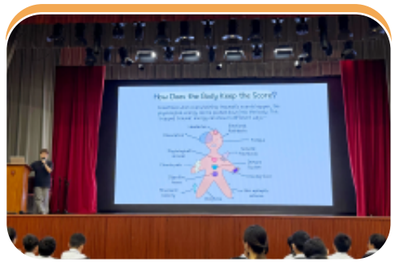
活動全是以兒童為本，鼓勵他們利用互動體驗探索感受，提升情緒識別及表達能力，並培養同理心、自信心及社交技巧。透過安全及互相支持的學習環境，兒童學習建立正向人際關係，同時協助有需要的家庭及早獲得適切支援。

In addition to school-based programmes, we organised emotional education workshops at our Centre for children in the community. Through singing, games, storytelling, and creative activities, children learned how to recognise and express their emotions in a relaxed and engaging environment.

Designed with a child-centred approach, the workshops encouraged children to explore their feelings through interactive experiences, enhancing their emotional awareness, communication skills, empathy, self-confidence, and social development. The workshops also provided a safe and supportive environment that fostered positive relationships and enabled the early identification of children and families who might benefit from additional support.



兒童透過講座提升對情緒的認識，學習覺察及辨識情緒
Children learned how to recognise and understand emotions through educational talks







以繪本及手工創作提升兒童的情緒識別能力及表達技巧
Enhanced children's emotional recognition and expression skills through storybooks and creative crafts



透過音樂活動提升兒童的情緒覺察、辨識及表達能力
Children enhanced their emotional awareness, recognition and expression through music-based activities

服務統計 SERVICE STATISTICS (2025-26)

個案 Casework

58 個案 Cases　257 節 Sessions

治療小組 Therapeutic Groups

29 小組 Groups
125 節 Sessions
637 人次 Attendance

多元教育活動 Multiple Educational Programmes

到校活動（幼稚園） School-based Programmes (Kindergartens)

35 間合作機構 Organisations
60 節 Sessions
1,423 人次 Attendance

到校活動（小學） School-based Programmes (Primary Schools)

31 間合作機構 Organisations
59 節 Sessions
4,509 人次 Attendance

到校活動（中學） School-based Programmes (Secondary Schools)

10 間合作機構 Organisations
10 節 Sessions
571 人次 Attendance

中心活動 Centre-based Programmes

63 節 Sessions　401 人次 Attendance

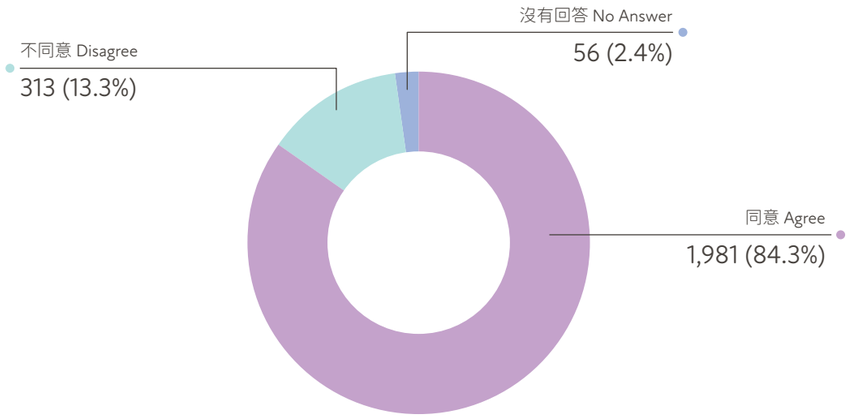
情緒教育服務問卷調查統計
SURVEY ON EMOTIONAL EDUCATION SERVICES

統計2,350份幼稚園及小學學童問卷結果
Findings from the Statistics of 2,350 Questionnaires Completed by Kindergarten and Primary School Students

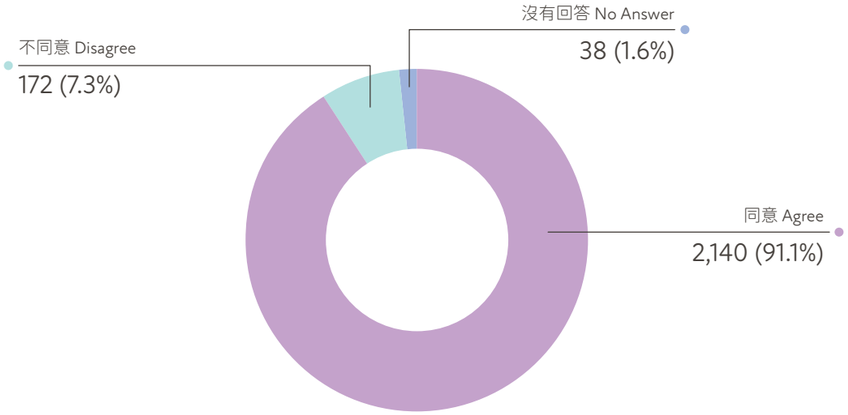
在2025至26年度，我們舉行了119節兒童教育活動，共服務了5,932位兒童。當中更為2,350位兒童進行了家暴問卷評估。調查中，我們發現分別有72%及43%的受訪學童表示曾目睹父母吵架及打架；另分別有78%及60%的受訪學童表示曾被家人責罵及受到身體傷害。經問卷篩查被識別為高風險的學生，將轉介予學校社工跟進及提供適切支援。

In 2025/26, we served 5,932 students, held 119 sessions of emotional education programmes, and conducted risk assessments of domestic violence with 2,350 of the children by questionnaires. According to the survey, 72% of respondents witnessed quarrels between their parents, while 43% witnessed physical violence. Meanwhile, 78% reported being scolded by family members, and 60% reported having experienced physical punishment or physical violence at home. Students identified as high-risk through the questionnaire screening were be referred to school social workers for appropriate follow-up and support.

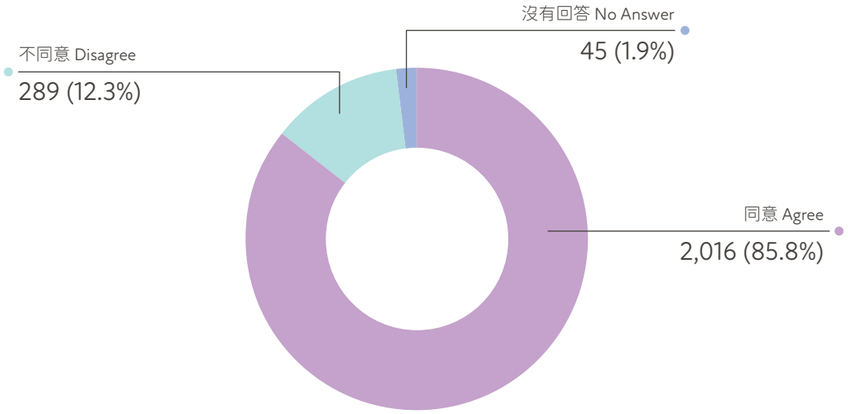
學童表示喜歡活動內容 Satisfaction with the Service



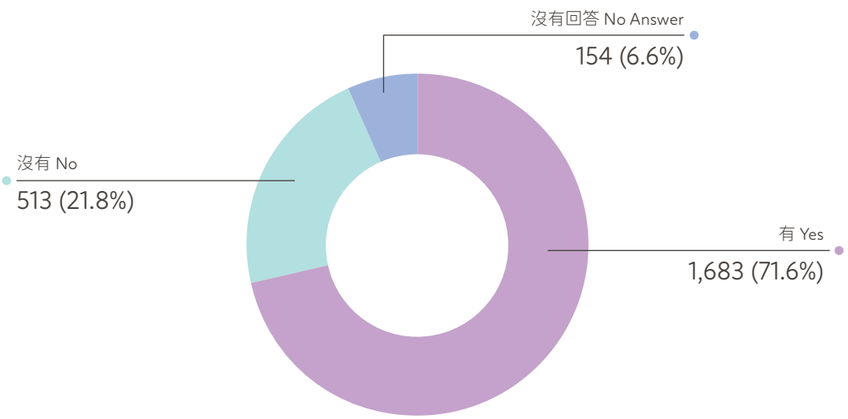
學童表示增加了對情緒的認識 Increased Understandings towards Emotion



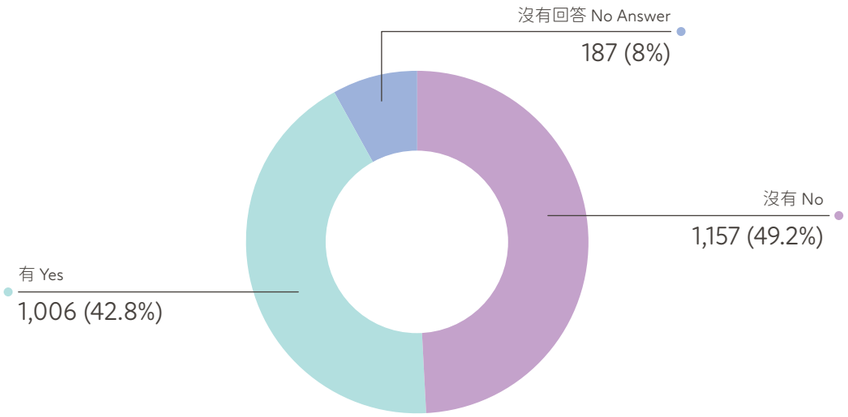
學童表示遇到問題時，會主動找人幫助 Sought Help Proactively when Facing Adversity



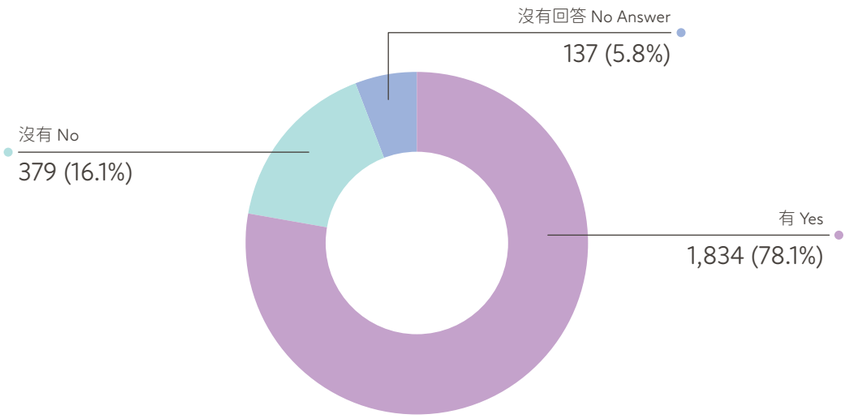
學童曾目睹家人吵架 Witnessed Quarrels between Family Members



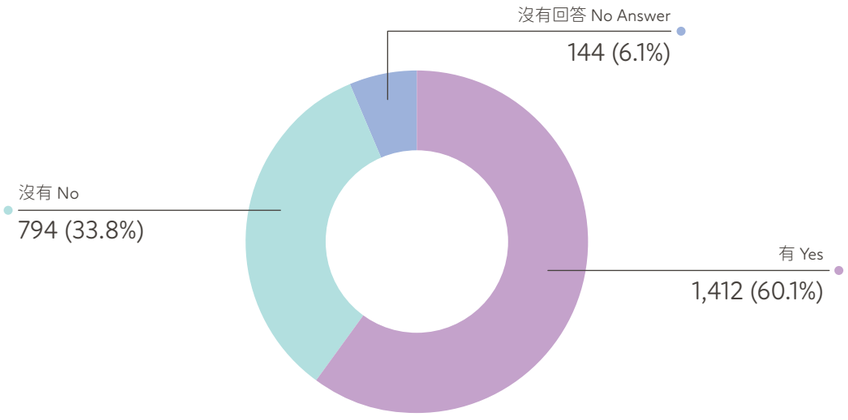
學童曾目睹家人打架 Witnessed Brawls between Family Members



學童曾被家人罵 Scolded by 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2025至26年度，我們合共提供54節的輔導服務予家長和照顧者。

In 2025/26, we provided 54 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，我們繼續在小白兒童熱線設有「家長支援」選項，為家長提供了情緒支援、實用的子女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, the Children Hotline provided a dedicated “Parent Support” option, offering emotional support, parenting resources and practical strategies 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 Group

本年度，我們舉辦一系列以正向管教、情緒覺察及善意溝通為主題的家長小組，協助家長提升親職技巧、情緒健康及改善家庭關係。透過體驗式學習、小組討論及經驗分享，家長掌握實用的教養策略，並建立互相支持的同儕網絡。

This year, a series of parent groups focusing on positive parenting, emotional awareness and compassionate communication was conducted to strengthen parenting skills, emotional well-being and family relationships. Through experiential learning, group discussions and peer sharing, parents gained practical strategies for positive parenting while building supportive networks with one another.

小組融入正念、自我關懷及情緒覺察元素，協助家長提升自我認識、情緒調節能力及心理韌力。同時，透過推廣善意溝通理念，鼓勵家長以尊重、同理及非暴力的方式與子女互動，建立互信、關愛及和諧的親子關係，共同營造正向家庭環境。

The group incorporated mindfulness, self-compassion and emotional awareness practices to help parents enhance self-understanding, emotional regulation and resilience. In addition, compassionate communication principles were introduced to promote respectful, non-violent and empathetic interactions within families. By modelling empathy and positive communication, parents were supported in fostering stronger parent-child relationships and creating caring, trusting and harmonious family environments.





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

為支援在管教子女方面面對挑戰的家長，我們設立小組，協助家長學習以非暴力及正向方式管教子女，減少體罰及不當管教行為，並改善親子溝通。透過小組學習、經驗分享及情緒管理訓練，家長提升情緒調節能力和親職技巧，增進對子女需要的理解，建立互信及正向的親子關係，共同營造和諧的家庭環境。

The group was designed to support parents experiencing challenges in caring for and disciplining their children. The programme encouraged the adoption of non-violent and positive parenting approaches, helping parents reduce the use of physical punishment and strengthen communication with their children. Through group learning, experience sharing and emotional management training, parents enhanced their emotional regulation and parenting skills, gained a better understanding of their children's needs, and fostered trusting and positive parent-child relationships, contributing to a more harmonious family environment.

親子溝通及遊戲共學小組
Father-Child Communication and Play Learning Group

小組透過遊戲治療理念及體驗式學習活動，協助父親建立更正向的親子互動模式，促進親子溝通與情感連結。小組結合理論講解、技巧訓練及親子遊戲實踐，讓父親學習以遊戲作為與子女溝通的媒介，理解子女的情緒、需要及表達方式。透過共同參與合作遊戲及互動活動，參加者加深了對親職角色的認識，提升回應子女需要的能力，並促進更緊密及和諧的親子關係。

The group was designed to strengthen father-child relationships through play-based learning and experiential activities. Drawing on play therapy principles, the programme equipped fathers with practical communication and play-facilitation skills to better understand their children's emotions, needs, and developmental growth. Through a combination of parent education, skill-building exercises, and interactive parent-child activities, participants learned how to use play as a meaningful channel for connection and communication. The programme fostered positive family interactions, enhanced parenting confidence, and promoted stronger emotional bonds between fathers and their children.





父職教養小組
Fatherhood Education Group

小組旨在協助父親了解當代青少年在成長過程中所面對的挑戰，包括學業壓力、情緒健康、自我認同及兩性關係等範疇，並提升其親職效能。小組透過體驗活動、桌上遊戲、角色扮演及互動討論等多元手法，引導參加者從青少年視角出發，反思不同世代的價值觀差異，學習以同理心與子女溝通。活動亦結合冰山理論、「我訊息」及積極聆聽等實用技巧，協助父親建立更正向的親子互動模式。參加者同意活動有助加深對子女需要的理解，提升家庭溝通能力及親職信心，並對活動內容及形式給予高度肯定。



The group was designed to support fathers in better understanding the challenges faced by today's adolescents, including academic pressure, emotional well-being, identity development, relationships, and emerging social trends. Through experiential learning activities, board games, role-playing, and guided discussions, participants were encouraged to explore youths' perspectives, reflect on intergenerational differences, and develop greater empathy in their parenting approach. The programme also introduced practical communication and parenting tools, such as the Iceberg Model, "I-messages," and active listening skills, to strengthen positive parent-child interactions. Participants agreed that the group enhanced their understanding of children's needs, increased confidence in their parenting role, and improved communication strategies for fostering healthier family relationships.



「青春翻譯所」父職教養線上共讀課程
Online Fatherhood Parenting Reading Group

「青春翻譯所」父職教養線上共讀課程透過共讀心理學書籍、互動討論及經驗分享，協助父親深入了解青少年成長階段的心理需要與發展挑戰。課程涵蓋親子溝通、社交媒體使用、自我認同、人際關係、逆反行為、拖延問題及生涯發展等議題，引導參加者從青少年角度理解子女的處境，反思自身的教養模式。透過同儕交流及專業引導，父親們學習更具同理心及正向的管教方法，提升親職效能，並建立支持網絡，共同面對培育青少年的挑戰。



The Reading Group was designed to strengthen fathers' understanding of adolescent development through guided reading, reflective discussions, and peer learning. Covering topics such as parent-child communication, social media use, identity formation, interpersonal relationships, teenage rebellion, procrastination, and personal development, the programme encouraged participants to view challenges from the perspective of adolescents and reflect on their own parenting approaches. Through professional facilitation and mutual support, fathers enhanced their empathy, parenting confidence, and practical skills in building positive relationships with their teenage children, while developing a supportive network with fellow fathers.

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2025至26年度，我們推行了一系列以家庭為本的支援服務，致力促進親子關係、提升家長的教養能力，以及增進家庭整體福祉。

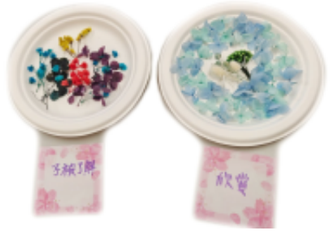
In 2025/26, we delivered a range of family-centred programmes designed to strengthen parent-child relationships, enhance parenting skills and promote family well-being.

透過家庭增潤工作坊及體驗式活動，家長學習以正向和有效的方式與子女溝通，增進彼此的理解和情感連結，培養互相尊重、關愛和支持的家庭關係，建立和諧健康的家庭氛圍。

Through Family Enrichment Workshops and Experiential Activities, parents were supported in developing positive communication skills and strengthening emotional connections with their children. These activities encouraged understanding, mutual respect and positive interactions, helping families build nurturing and supportive relationships.



家長透過小組活動學習面對及接納自己的不同情緒
Through group activities, parents learned to recognise, face, and accept their different emotions



為關顧家長的身心健康，我們亦舉辦多元化的家長身心健康及減壓活動，透過表達藝術及其他治療性介入手法，提升家長的自我關顧意識、情緒管理能力及抗逆力，協助他們更從容地面對家庭生活中的挑戰。

To support parents' well-being, a variety of Parent Wellness and Stress Management Activities were organised. Using expressive arts and other therapeutic approaches, these programmes promoted self-care, stress management and emotional resilience, enabling parents to better balance the demands of family life.







家長透過花藝、飾物及陶藝創作，學習自我關顧及情緒管理，以提升心理韌力
Parents learned self-care and emotional management through floral art, jewellery-making and pottery activities, strengthening their resilience and overall well-being

此外，我們舉辦一系列 家長教育講座，為家長提供以下範疇的實用知識及技巧：

1. 提升教養技巧及親子溝通能力
   協助家長掌握有效的溝通技巧，了解子女的情緒及行為需要，促進親子關係及減少家庭衝突。

2. 增強情緒健康及自我關顧能力
   透過正念及壓力管理技巧，提升家長的情緒韌力及自我照顧能力，促進正向教養。

3. 推廣同理心及正向管教
   鼓勵家長以同理心及非暴力方式回應子女需要，建立互信、尊重及關愛的家庭關係。

A series of Parent Education Talks was also conducted to provide practical knowledge and skills in the following areas:

1. **Enhancing Parenting Skills and Parent-Child Communication**
   Parents learned practical communication strategies to better understand their children's emotions and behaviours, strengthen parent-child relationships, and reduce family conflicts.

2. **Strengthening Emotional Well-being and Self-Care**
   Parents explored self-care, mindfulness, and stress management techniques to enhance emotional resilience and support positive parenting.

3. **Promoting Empathy and Positive Parenting**
   Parents were encouraged to adopt empathetic and non-violent parenting approaches, fostering trust, respect, and positive interactions within the family.



定期舉辦的每月運動活動，有助照顧者紓緩壓力，促進她們的身心健康
Regular monthly sports activities helped caregivers relieve stress and enhance their well-being





家長享受藝術帶來「當下寧靜」的感覺
Parents experienced a sense of calm and mindfulness through art activities





家長透過親子互動體驗，學習以尊重和同理心為本的溝通技巧，增進親子理解，促進和諧家庭關係
Parents strengthened communication and family relationships through parent-child interactive activities

4. 提升對家庭及社會議題的認識

   加深家長對家庭創傷、跨代暴力及兒童精神健康的認識，提升支援子女成長的能力。

5. 加強對保護兒童及《強制舉報虐兒條例》的認識

   協助家長認識不同形式的虐待兒童行為、懷疑虐兒個案的應對方法，以及《強制舉報虐兒條例》的內容，提升保護兒童的意識及責任。

4. **Raising Awareness of Family and Social Issues**

   Parents gained a greater understanding of family trauma, intergenerational violence, and children's mental health needs, enhancing their capacity to support their children's development.

5. **Enhancing Understanding of Child Protection and the Mandatory Reporting of Child Abuse Ordinance**

   Parents learned about different forms of child abuse, appropriate responses to suspected abuse cases, and the Mandatory Reporting of Child Abuse Ordinance, strengthening awareness of their role in safeguarding children.



家長透過培訓講座加深對《保護兒童條例》的認識
Parents deepened their understanding of child protection legislation through training workshops

服務統計 SERVICE STATISTICS (2025-26)

個案
Casework

28 個案 Cases　**54** 節 Sessions

治療小組
Therapeutic Groups

54 小組 Groups
252 節 Sessions
1,602 人次 Attendance

多元教育活動
Multiple Educational Programmes

119 間合作機構 Organisations
205 節 Sessions
3,416 人次 Attendance

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

本年度，我們為1,191位家長進行了身心倦怠情況調查。結果發現，30%受訪家長的身心倦怠情況屬中等程度，更有7%受訪家長屬嚴重程度，而整體平均值達41.77（50-70分為中度倦怠），情況值得關注。

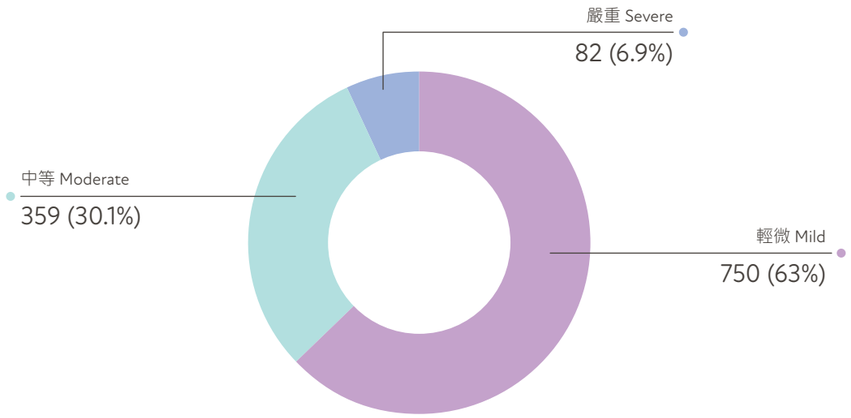
This year, we conducted a survey on perceived burnout of 1,191 parents. Results showed that 30% of the respondents experienced moderate levels of burnout, while 7% experienced severe burnout. The average score was 41.77 (with score between 50 and 70 indicating a moderate level), indicating a level of concern that warrants continued attention.

對於身心倦怠程度屬中度或嚴重的家長，我們會主動聯繫及邀請他們參與家長舒壓活動及親職教育講座，為有需要的家長提供適切支援。

For parents experiencing moderate or severe levels of burnout, we proactively reached out and invite them to participate in stress-relief activities and parenting education programmes, and provided appropriate support to those in need.

統計1,191份家長問卷
Statistics of 1,191 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

支援童年逆境經驗人士服務

SUPPORT SERVICES FOR ADULTS WITH ADVERSE CHILDHOOD EXPERIENCES (ACES)



服務方向 SERVICE DIRECTION

童年時期經歷失落、創傷或暴力等逆境，往往會對個人心理健康和人際關係帶來深遠影響。由香港賽馬會慈善信託基金捐助的「賽馬會跨步彩虹計劃」於2025年9月圓滿完成，致力協助經歷童年逆境人士提升抗逆力，建立更健康的人際及家庭關係。承接計劃經驗，本會於2025年10月推出由滙豐香港社區夥伴計劃資助的「青源路計劃」，爲18至30歲修讀或投身社會工作、輔導、教育及護理等助人專業的青年提供支援，引導他們認識童年經驗對成長及專業發展的影響，繼而將個人挑戰轉化爲成長動力。我們同時持續推動公衆認識家庭暴力及跨代創傷議題，並深化與助人專業同工的交流及協作，共同促進家庭和諧、保護兒童及推動社會服務發展。

Adverse childhood experiences (ACEs), such as loss, trauma, and violence, can cause lasting effects on mental well-being and relationships for the victims. Sponsored by The Hong Kong Jockey Club Charities Trust, the “Jockey Club Project Stride” concluded in September 2025, supporting individuals affected by childhood adversity in strengthening resilience and building healthier relationships. Building on the Project's experience, we launched “Project Root to Route” in October 2025 with support from The HSBC Hong Kong Community Partnership Programme. The Project targets were young adults aged 18 to 30 who studied or worked in helping professions, including social services, counselling, education, and nursing. Through exploring the impact of childhood experiences and personal growth, we supported participants in transforming challenges into strengths for their personal and professional development. We also promoted public awareness of domestic violence and intergenerational trauma while strengthening collaboration with helping professionals. Together, we sought to foster healthier families, support child protection, and contribute to the development of social services.

童年逆境經驗（ACEs） ADVERSE CHILDHOOD EXPERIENCES (ACES)

童年逆境經驗（ACEs）是指18歲以前曾經歷一些嚴重或持續的困難，例如受到虐待或疏忽、目睹家庭暴力，或家庭出現不同問題。這些經歷可能影響孩子的情緒、安全感、人際關係及成長，部分影響亦可能延續至成年。

Adverse Childhood Experiences (ACEs) refer to serious or ongoing difficulties experienced before the age of 18, such as abuse or neglect, witnessing domestic violence, or facing various challenges within the family. These experiences may affect a child’s emotional well-being, sense of safety, relationships, and overall development, with some effects potentially continuing into adulthood.

抗逆力 RESILIENCE

抗逆力是指一個人在面對困難、壓力或挫折時，能夠運用自身能力及身邊的支援，作出適應和調整，逐步恢復生活，並繼續面對未來挑戰的能力。

Resilience refers to an individual’s ability and process of adapting and adjusting when faced with adversity, stress, trauma, or significant life challenges. It involves drawing on personal strengths and available support and resources to maintain or gradually restore psychological and social functioning, and to continue to grow and move forward.

服務摘要 SERVICE HIGHLIGHTS

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

在2025至26年度，我們共為57位人士提供輔導服務。透過輔導，服務使用者探索童年逆境及原生家庭經驗對其情緒、人際關係及自我價值感的影響。在安全及接納的輔導關係中，他們逐步提升自我覺察，學習建立健康的人際界線，並發展更正向的自我及人際關係模式。

In 2025/26, we provided counselling services to 57 individuals affected by adverse childhood experiences. Through counselling, service users explored how childhood and family experiences had influenced their emotions, relationships, and self-perception. Within a supportive environment, they developed greater self-awareness, strengthened their ability to establish healthy boundaries, and explored more positive ways of relating to themselves and others.

02 小組工作 Group Work

我們為曾經歷童年逆境的成年人及青年舉辦治療及成長小組，透過體驗活動、表達藝術及小組分享，協助參加者探索原生家庭經驗的影響，提升自我覺察，並促進個人成長。在2025至26年度，我們共舉辦37節小組，總參與達198人次。參加者表示，小組有助他們從不同角度理解自身經歷及家庭關係，提升抗逆能力和自我信心，並以更正向的方式面對生活及人際關係。

We organised therapeutic and developmental groups for adults with adverse childhood experiences and young adults at different stages of personal and career development. Through experiential learning, expressive arts activities, and group sharing, participants explored the influence of family-of-origin experiences, enhanced self-awareness, and reflected on their personal growth after the sessions. In 2025/26, 37 group sessions were conducted, with a total attendance of 198. They understood more about themselves and their family experiences, strengthened resilience, and increased confidence in navigating relationships and life transitions.





此外，我們舉辦探討童年逆境經驗的網上讀書小組，透過導讀、討論及同儕分享，協助參加者認識童年經驗對個人成長及家庭關係的影響。此服務已於2025年9月圓滿完成，而在2025至26年度內的37節小組，總共有270人次參與其中。

We also scheduled online reading groups on childhood adversity. Through guided discussions and peer sharing, participants explored the impacts of childhood experiences on their lives and relationships, while gaining new perspectives and support from fellow participants. The service concluded in September 2025. During 2025/26, 37 sessions were conducted, recording a total attendance of 270.

03 主題探索展覽 Thematic Exhibition

配合「賽馬會跨步彩虹計劃」研究發佈，我們於2025年6月26日至29日舉辦《我所看見的童年》主題探索展覽。展覽結合服務經驗、參加者生命故事及研究成果，透過裝置藝術、互動體驗及心理教育活動，引導公眾認識童年逆境經驗對個人成長的影響。展覽期間亦舉辦研究發佈會、專業培訓、公眾教育講座及親子工作坊，促進社會對兒童保護及跨代創傷議題的認識和討論。四日展期共吸引逾570人次參與，相關社交媒體活動觸及約45,000人。

To coincide with the research launch of the “Jockey Club Project Stride”, we presented “The Childhood I See” thematic exhibition from 26 to 29 June 2025. Drawing on project experiences, participants’ stories, and research findings, the exhibition invited the public to explore the impact of adverse childhood experiences through installation art, interactive exhibits, and psychoeducational activities. The exhibition was complemented by a series of programmes, including a research launch, professional training, public talks, and parent-child workshops, further encouraged dialogue on child protection and intergenerational trauma. The four-day exhibition attracted over 570 participants, while related social media activities reached approximately 45,000 people.









04 知識分享活動 Knowledge-sharing Sessions

我們為10間院校修讀助人專業的學生舉辦知識分享活動，內容涵蓋家庭暴力、童年逆境經驗及兒童保護等議題。透過知識分享及經驗交流，參加者加深了對童年逆境經驗的理解，並提升對兒童及家庭需要的敏感度，為未來投身助人工作做好準備。

We delivered knowledge-sharing sessions for students from ten tertiary institutions pursuing helping professions. Topics included domestic violence, adverse childhood experiences, and child protection. Through these sessions, participants enhanced their understanding of childhood adversity and developed greater awareness of the needs of vulnerable children and families before entering professional practice.





服務統計 SERVICE STATISTICS (2025-26)

個案 Casework

57 個案 Cases　176 節 Sessions

治療及共學小組 Therapeutic Groups and Online Reading Groups

18 小組 Groups　74 節 Sessions　468 人次 Attendance

知識分享活動 Knowledge-sharing Sessions

10 間合作機構 Organisations　29 節 Sessions　1,635 人次 Attendance

社區教育及專業交流分享
COMMUNITY EDUCATION AND PROFESSIONAL SHARING



服務方向 SERVICE DIRECTION

和諧之家持續透過公眾教育、利用數碼平台及與跨專業協作，提升社會大眾和專業人士對家庭暴力的認識及關注。我們舉辦講座、工作坊、展覽、以及線上家庭頻道（Family Channel）和自我評估工具，提供預防家庭暴力的資訊與支援，鼓勵及早識別風險及尋求協助。同時，我們推動跨專業交流與合作，促進知識共享和提升專業能力，加強社區預防及應對家庭暴力的整體效能，共同建設安全、尊重及關愛的社區。

Harmony House continued to raise public and professional awareness of domestic violence through community education, digital platforms and cross-sector collaborations. By different formats like talks, workshops, exhibitions, the Family Channel and online self-assessment tools, we provided accessible information and support, encouraging early identification of risks and timely help-seeking. We also promoted cross-disciplinary collaboration to strengthen knowledge sharing and professional capacity, enhancing community-wide efforts to prevent and respond to domestic violence while fostering a safe, respectful and caring community.

服務摘要 SERVICE HIGHLIGHTS

專業人士服務 SERVICE FOR PROFESSIONALS

01 和諧之家40周年研討會——療癒童年創傷：改善親職 保護兒童
Harmony House 40th Anniversary Symposium – Healing Adverse Childhood Experiences: Better Parenting for Child Protection

和諧之家40周年研討會「療癒童年創傷：改善親職　保護兒童」於2025年11月25日圓滿舉行，吸引來自政府部門、非政府社福機構、大專院校、私人執業專業人士及公眾人士逾200人參與。

Harmony House's 40th Anniversary Symposium, 'Healing Adverse Childhood Experiences: Better Parenting for Child Protection', was successfully held on 25 November 2025 and attracted over 200 participants from government departments, NGOs, tertiary institutions, private practice, and the wider community.

研討會匯聚本地及海外專家學者，包括澳洲迪肯大學Professor KIM Jee Hyun、香港理工大學陳高凌教授、萬家輝博士、香港大學李嘉惠教授、溫浩然博士及彭潔玲女士，分享有關童年逆境經歷（ACEs）、創傷知情實踐、復原力培育、親職教育、兒童保護及早期介入等範疇的研究成果及實務經驗，促進跨專業交流與合作。活動反應理想，超過94%參加者認為內容符合期望，97%滿意活動整體安排。

The symposium brought together local and overseas experts, including Professor KIM Jee Hyun from Deakin University (Australia), Professor CHAN Ko-ling, Edward from The Hong Kong Polytechnic University, Dr. MANN Ka-fai, Stephen, Professor LI Ka-wai and Dr. WAN Ho-yin from The University of Hong Kong, as well as Ms. PANG Kit-ling, to share research findings and practical experience on Adverse Childhood Experiences (ACEs), trauma-informed practice, resilience, parenting, child protection, and early intervention. The event provided a valuable platform for professional exchange and cross-sector collaboration. Participant feedback was highly positive, with over 94% indicating that the symposium met their expectations and 97% expressing satisfaction with the overall event.

研討會進一步提升社會各界對童年逆境經歷及兒童保護議題的認識，同時推動創傷知情實踐在不同專業界別的應用與發展。

The symposium strengthened awareness of childhood adversity and child protection and promoted trauma-informed practice across sectors.



和諧之家與聖方濟各大學的代表與活動主禮嘉賓勞工及福利局副局長何啟明先生, JP（右三）合照

Group photo of representatives from Harmony House and Saint Francis University with the officiating guest, Mr. HO Kai Ming, JP, Under Secretary for Labour and Welfare, Labour and Welfare Bureau (third from right)



活動主辦單位代表與主題演講嘉賓澳洲迪肯大學醫學院KIM Jee Hyun教授（左五）及香港理工大學兒童與家庭福利講座教授陳高凌教授（左三）合照

Representatives of the event organisers pose for a group photo with keynote speakers Professor KIM Jee Hyun of the School of Medicine, Deakin University (fifth from left), and Professor CHAN Ko Ling, Edward, Chair Professor of The Hong Kong Polytechnic University (third from left)



一眾嘉賓合照
Group photo of the guests



活動參加者投入參與及交流
Participants actively engaged in the event and exchanged ideas with one another



嘉賓與活動參加者大合照
Group photo of the guests and participants

02 跨界別專業培訓 Multi-disciplinary Training

預防及介入家庭暴力有賴不同專業界別的共同參與和協作。我們在2025至26年度，為教育、社福、醫護、執法及幼兒教育等界別的專業人士提供培訓，內容涵蓋家庭暴力識別與介入、受虐婦女、男士及兒童支援、兒童保護、施虐者教育工作，以及相關法例與社區資源的運用。同時，我們亦就童年逆境經驗（ACEs）、非暴力溝通及小組帶領技巧等主題提供專業培訓。

The prevention of and response to domestic violence require collaboration across professional sectors. In 2025/26, we provided training for practitioners in the education, social welfare, healthcare, law enforcement, and early childhood education sectors. Training topics included the identification and intervention of domestic violence, support services for women, men, and children affected by abuse, child protection, perpetrator programmes, relevant legislation, and community resources. Professional training on Adverse Childhood Experiences (ACEs), non-violent communication, and group facilitation was also provided.

為加深參加者對我們服務的認識，我們特別安排服務中心參觀，讓不同專業人士深入了解和諧之家的服務模式、介入手法及前線實務經驗。透過專業培訓、經驗交流及跨界別協作，我們持續提升前線人員預防、識別及處理家庭暴力的能力，共同促進家庭安全與社區福祉。

To enhance participants' understanding of our services, we arranged visits to our service centres, and also provided professionals with an opportunity to gain first-hand insights into Harmony House's service models, intervention approaches, and frontline practices. Through professional training, experience sharing, and cross-sector collaboration, we kept on strengthening frontline professionals' capacity to prevent, identify, and respond to domestic violence, contributing to safer families and communities.







為不同學院的學生及專業人士提供專業培訓
Professional training for students from tertiary institutions and professionals

03 收費專業培訓工作坊 Fee-charging Professional Training Workshop

於2025年11月26日，我們舉辦首個收費專業培訓工作坊——「以大腦科學視角重塑童年創傷」，吸引來自社會服務、教育、醫療及輔導等不同專業界別接近40名專業人士參與。

On 26 November 2025, we launched our first fee-charging professional training workshop, 'Rethinking Childhood Trauma through the Lens of Neuroscience', attracting nearly 40 professionals from the social service, education, healthcare and counselling sectors.

工作坊由澳洲迪肯大學Professor KIM Jee Hyun及香港精神科專科醫生崔永豪醫生主講，分享有關創傷、腦神經科學及創傷知情實踐的最新研究與實務經驗，協助參加者理解及應用相關議題。我們樂見參加者積極投入交流與討論，反映業界對創傷知情及腦神經科學相關培訓的持續關注和需求。

Led by Professor KIM Jee Hyun of Deakin University, Australia, and Dr William CHUI Wing Ho, the workshop explored the latest developments in trauma, neuroscience, and trauma-informed practice. Participants engaged actively in professional exchange, reflecting growing interest in these topics.

憑藉超過40年家庭暴力防治及危機介入服務經驗，我們將繼續為不同專業界別提供專業培訓，促進知識交流與能力提升，共同推動家庭暴力防治及兒童保護工作。

Building on over 40 years of experience, we will continue to provide professional training to strengthen domestic violence prevention and child protection efforts.







歡迎瀏覽本會網站
了解最新收費專業培訓服務資訊
Visit our website for the latest information on our fee-charging professional training programmes and services

04 收費校本支援服務及專業合作
Fee-charging School-based Support Services and Professional Partnerships

匯聚逾40年家暴防治、兒童保護及家庭支援服務的專業知識與實務經驗，我們為幼稚園及小學提供多元化校本支援服務，涵蓋學生情緒教育、家長教育、教師培訓、專業督導、家庭輔導及兒童保護等範疇。

Drawing on over 40 years of professional knowledge and practical experience in domestic violence prevention, child protection, and family support services, we provided a range of school-based support programmes for kindergartens and primary schools. Services included student emotional education, parent education, teacher training, professional supervision, family counselling, and child protection.

服務由我們的跨專業團隊提供，包括社工督導、資深註冊社工、輔導心理學家、家庭治療師、表達藝術治療師及靜觀導師，並以「兒童為本」及「創傷知情」理念為基礎，回應學校及家庭的不同需要。

Our multidisciplinary team comprised social work supervisors, senior registered social workers, counselling psychologists, family therapists, expressive arts therapists, and mindfulness instructors. Guided by child-centred and trauma-informed principles, we delivered professional support tailored to the needs of schools and families.

多年來，我們已服務超過200間幼稚園及小學，協助學校提升學生情緒健康、促進家校合作、支援教師專業發展，以及加強兒童保護及支援網絡建設。

Over the years, we have partnered with more than 200 kindergartens and primary schools, supporting student well-being, strengthening home-school collaborations, enhancing professional development for educators, and reinforcing child protection and support networks.







誠邀學校瀏覽本會網站
了解更多和最新的收費校本合作計劃
Visit our website to learn more about our latest fee-charging school-based support services and partnership programmes

公衆教育服務 PUBLIC EDUCATION SERVICES

01 社區及公衆教育 Community Education and Public Awareness

社區教育是預防家庭暴力的重要一環。過去一年，我們透過服務中心、學校及社區平台舉辦講座、工作坊、展覽及外展活動，提升公眾對家庭暴力及健康家庭關係的認識。

Community education remained an important part of domestic violence prevention. During the year, we organised talks, workshops, exhibitions, and outreach activities through service centres, schools, and community platforms to enhance public understanding of domestic violence and healthy family relationships.

透過多元化的教育活動，我們加深公眾對家庭暴力及其相關風險因素的理解，提升社區及早識別問題及尋求協助的意識，並鼓勵有需要人士及家庭及早尋求及獲得適切支援。

These initiatives encouraged greater awareness of domestic violence, strengthened the community's ability to recognise risk factors, and promoted early help-seeking and access to support services.





提升公眾對家庭暴力及家庭和諧的認識
Raising public awareness of domestic violence and family harmony













推廣和諧之家服務，提升公眾對家庭暴力預防及和諧家庭的認識
Promoting Harmony House's services and raising awareness of domestic violence prevention and healthy family relationships



家庭頻道 Family Channel

「家庭頻道」於2023年推出，定期舉辦以家庭關係、心理健康及童年逆境經歷為主題的網上講座。平台由和諧之家同工或嘉賓講者分享相關知識與經驗，促進公眾對家庭關係、親職教育及創傷知情理念的認識。本年度每場講座都能吸引平均約200名參加者，反映社區對相關議題的持續關注。

Launched in 2023, the "Family Channel" provided regular online seminars on family relationships, mental health, and adverse childhood experiences. Through talks delivered by Harmony House staff or guest speakers, the platform promoted public understanding of family dynamics, parenting, and trauma-informed perspectives. Each session attracted an average of around 200 participants during the year. This turnout reflected sustained community interest in the issues addressed.



「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

「和諧快線」情緒教育車於年內持續走進社區，在全港各區舉辦外展教育活動，共進行9節服務，接觸近1,000名市民。透過虛擬實境（VR）互動遊戲及體驗活動，向公眾推廣兒童保護、情緒教育及和諧家庭理念，提升社區對家庭暴力預防工作的認識及關注。

The "Harmony Express" emotional education truck continued its community outreach across Hong Kong during the year, delivering 9 sessions that reached nearly 1,000 participants. Using VR interactive games and experiential learning activities, the programme promoted child protection, emotional education, and healthy family relationships, helping to raise public awareness of domestic violence prevention.



「和諧快線」走進公共屋邨推展情緒教育活動，提升社區對兒童保護的認識
"Harmony Express" delivered emotional education activities in public housing estates to promote awareness of child protection and family harmony

義工參與及貢獻 Volunteer Participation and Contributions

我們的義工團隊為和諧之家提供多方面的支援，包括社區服務推廣、兒童照顧、賣旗籌款、熱線及行政支援等。過去一年，義工累計服務時數達1,675小時。他們的熱心參與不僅支援機構服務的推展，更有助提升社區對家庭暴力議題的關注，共同推廣互相關愛、尊重與和諧的家庭文化。

Our dedicated volunteers provided valuable support across a range of services, including community outreach, fundraising, childcare, hotline support and administrative assistance. Over the past year, they contributed 1,675 volunteer service hours in total. Their commitment not only strengthened the delivery of our services but also helped raise community awareness of domestic violence and promote the values of care, respect and healthy family relationships.

線上家庭暴力自我評估工具 Online Self-assessment Tool

我們深信，及早識別風險及主動尋求協助是預防家庭暴力的重要環節。因此，和諧之家早於2011年推出網上家庭暴力自我評估工具，協助公眾了解自身關係狀況，及早辨識潛在的家庭暴力風險，繼而獲取適切的專業支援資訊。

We believe that early identification of risk and timely help-seeking are essential to the prevention of domestic violence. To this end, we launched the Online Domestic Violence Self-Assessment Tool in 2011 to help the public better understand their relationship situations, identify potential warning signs of domestic violence at an early stage, and access appropriate professional support and information.

在2025至26年度，共有506名人士完成了網上自我評估。相關數據有助分析親密伴侶關係中的風險因素及暴力行為模式，為家庭暴力的預防及介入工作提供參考，以促進家庭安全，減低家庭暴力風險。

In 2025/26, 506 individuals completed the online assessment. The data collected provides valuable insights into risk factors and behavioural patterns within intimate partner relationships, informing the development of more targeted prevention and intervention strategies. These efforts contributed to enhancing family safety and reducing the risk of domestic violence.

家庭暴力自我評估線上測驗
Domestic Violence Self-Assessment Online Tool

服務統計 SERVICE STATISTICS (2025-26)

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

90 間合作機構 Organisations
51 節 Sessions
2,367 人次 Attendance

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

13 間合作機構 Organisations
56 節 Sessions
6,917 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)

8 間合作機構 Organisations
218 節 Sessions
126,558 人次 Attendance

義工訓練和服務
Volunteer Training & Services

24 節訓練 Training Sessions
459 人次 Attendance
100 節服務 Service Sessions
444 人次 Attendance
1,675 小時服務時數 Service Hour

內部發展・外界連結
INSIDE HARMONY HOUSE • CONNECTIONS BEYOND

行政長官夫人李林麗嬋女士蒞臨和諧之家
Mrs. Janet Lee, Wife of the Chief Executive, Visited Harmony House

和諧之家十分榮幸於2025年8月8日接待行政長官夫人到訪本會婦女及兒童庇護中心，了解為受家庭暴力影響的婦女及其子女提供緊急住宿服務及服務支援計劃，並與宿友及離舍婦女親切交流。

Harmony House was honoured to welcome Mrs. Janet Lee to our Shelter for Women and Children on 8 August 2025. During the visit, she learned more about our emergency accommodation services and support programmes for women and children affected by domestic violence, and met with our current and former shelter residents.

行政長官夫人於2025年3月成為和諧之家的贊助人，一直關心我們的服務發展。是次到訪體現社會各界對家庭暴力受害者及相關服務的關注與支持，為受助家庭帶來鼓勵與關懷。

Mrs. Lee has been our Patron since March 2025. She has shown care and interest in the development of our services. Her visit demonstrated the community's care and support for victims of domestic violence and how our organisation provided services to support them. It also provided encouragements and hope to women and families on their journey towards recovery and rebuilding their lives.

和諧之家將繼續秉持保障受害者安全及促進家庭和諧的使命，協助有需要人士重建安全、穩定和有希望的生活。

Harmony House would remain committed to safeguarding those affected by domestic violence and supporting them in building safer, more stable and hopeful futures.





職員發展及培訓 STAFF DEVELOPMENT AND TRAINING

01

同工參與第五屆世界婦女庇護大會
Staff Participation in the 5th World Conference of Women's Shelters

作為香港首間為受家庭暴力影響婦女及兒童提供庇護服務的非牟利機構，和諧之家一直重視專業發展及國際交流，藉此提升我們的服務水平。

As Hong Kong's first non-profit organisation providing shelter services for women and children affected by domestic violence, Harmony House is committed to professional development and international exchange, to ensure and upgrade our service quality.

在2025年9月15日至18日期間，我們的同事參與於澳洲悉尼舉行的第五屆世界婦女庇護大會，與來自超過60個國家的專業人士交流經驗，共同探討預防及終止針對婦女及兒童暴力的策略與實踐服務的方針。

會上，我們以「從安全到療癒」為題分享庇護服務發展經驗，以及創傷知情、兒童為本及實證為本的服務模式。透過參與是次國際會議，我們進一步深化與全球同業的交流與合作，持續提升服務質素。

From 15 to 18 September 2025, staff representatives attended the 5th World Conference of Women's Shelters in Sydney, Australia, joining professionals from more than 60 countries to exchange knowledge and explore strategies for preventing violence against women and children.

Our team conducted a presentation on "From Safety to Healing", sharing the development of our shelter services and our trauma-informed, child-centred, and evidence-based approach. Participation in the conference strengthened our international connections and supported the continuous enhancement of our services.





02 員工專業發展及培訓 Staff Professional Development and Training

本會一直重視員工專業發展，鼓勵同工參與內部培訓及外間進修，以持續提升專業知識及服務質素。2025至26年度，本會共籌辦及資助37項專業發展及培訓活動，支援不同職級同工持續學習，進一步提升團隊的專業能力，逐能準確地回應家庭暴力及相關社會需要。

We were committed to supporting the professional development of our staff through internal training and external learning opportunities. In 2025/26, we organised and sponsored 37 professional development and training activities, supporting staff across different levels in strengthening their professional knowledge and skills to better respond to issues related to domestic violence and family well-being.

03 職員共學小組 Staff Learning Group

於2025至26年度，本會透過服務分享、反思及體驗活動，持續推動同工交流與共學文化。年內共舉辦4場服務分享會，並成立6個共學小組，涵蓋兒童服務、身心靈介入、親密伴侶工作、情緒導向介入、遊戲治療及創傷知情實踐等主題。部分同工亦參與跨單位工作體驗計劃，加深對不同服務的認識。我們將繼續鼓勵持續學習及專業交流，提升服務質素，並促進團隊合作與員工之間的溝通。

In 2025/26, we continued to foster a culture of knowledge sharing and collaborative learning. Four service-sharing sessions and six staff learning groups were organised, covering topics such as children's services, body-mind-spirit approaches, intimate partner interventions, emotion-focused practice, play therapy, and trauma-informed services. Some staff also participated in cross-unit learning opportunities to deepen their understanding of different service areas. These initiatives strengthened professional development, team collaboration, and communication.





04 職員退修日 Staff Retreat Day

本年度職員退修日於2026年1月15日舉行，共有45名同工參與。活動首次結合桌上角色扮演遊戲（T.R.P.G.）及機構發展討論，透過體驗學習及交流反思，加深同工對服務使用者處境的理解。

同工其後就機構未來的服務發展方向進行討論，並就社區預防及跨界別合作提出建議。問卷結果顯示，參加的同事普遍認同活動有助促進跨團隊交流，並加強團隊凝聚力及共同願景。

A Staff Retreat Day was held on 15 January 2026, with 45 staff members participating. The retreat combined tabletop role-playing games (T.R.P.G.) and strategic discussions for the first time. Through experiential learning and reflection, staff gained deeper insights into the experiences of service users.

Participants also explored priorities for the Organisation's future development and shared ideas on community prevention and cross-sector collaboration. Feedback indicated that the retreat strengthened cross-team communication, team cohesion, and shared understanding of future directions.





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

為表彰職員多年來對機構及受家庭暴力影響人士的熱誠服務與寶貴貢獻，我們每年向長期服務職員頒發感謝狀及獎項，以感謝他們對機構使命及服務發展的支持與投入。

Each year, we recognise long-serving staff through certificates of appreciation and service awards in acknowledgement of their dedication, professionalism, and valuable contributions to the Organisation and our mission.







董事局主席何彩華博士及副主席徐子欣女士向獲得長期服務獎的職員頒發感謝狀

Chairperson Dr. HO Choi-wah, Dora, and Vice-Chairperson Ms. CHUI Chi-yan, Daisy, presented certificates of appreciation to long-serving staff members

資源發展及推廣 RESOURCE DEVELOPMENT AND PUBLICITY

01 「預防家暴・擁抱和諧」賣旗日 "Avert Domestic Violence • Embrace Harmony" Flag Day

為慶祝和諧之家成立40週年，本會於2025年首次舉辦「預防家暴・擁抱和諧」港島區賣旗日，並於8月16日順利舉行。衷心感謝當日參與的企業、機構及每一位義工的鼎力支持。活動共籌得近42萬港元善款，以支持家庭暴力預防、社區教育及輔導服務，惠及受家庭暴力影響的婦女、兒童及家庭。

In celebration of Harmony House's 40th anniversary, we hosted our first Hong Kong Island Flag Day on 16 August 2025, themed "Avert Domestic Violence • Embrace Harmony". We would like to express our sincere appreciation to all corporations, organisations, volunteers and donors for their generous support. The event successfully raised nearly HK$420,000, with proceeds supporting domestic violence prevention, community education and counselling services for women, children and families affected by domestic violence.







02 渣打香港馬拉松慈善計劃2026
Marathon Charity Programme of The Standard Chartered Hong Kong Marathon 2026

和諧之家很榮幸繼續成為渣打香港馬拉松慈善計劃2026的受惠機構之一。我們於馬拉松博覽會設置展位，向公眾介紹服務及推廣家庭暴力預防信息。

Harmony House was honoured to continue as a beneficiary of Marathon Charity Programme of The Standard Chartered Hong Kong Marathon 2026. Our booth at the Marathon Expo introduced our services and promoted awareness of domestic violence prevention.

賽事當日，除了70位熱心支持和諧之家的慈善跑手參與外，我們亦衷心感謝捐款者的慷慨支持，讓10位服務使用者得以參與賽事及賽前訓練，在同儕支持下建立自信及抗逆力。活動共籌得近港幣28萬元善款，支持和諧之家持續推展家庭暴力預防、支援及復元服務，惠及受家庭暴力影響的婦女、兒童及家庭。

On the race day, in addition to the participation of 70 dedicated charity runners supporting Harmony House, we were grateful for the generous support of our donors, which enabled 10 service users to take part in both the pre-race training programme and the marathon event. Through this experience, participants built confidence, resilience and mutual support while working towards their personal goals. The event raised nearly HK$280,000 in support of Harmony House's domestic violence prevention, support and recovery services, benefiting women, children and families affected by domestic violence.







03 夥伴合作 Collaboration

衷心感謝各合作夥伴、企業及熱心人士的慷慨支持與同行，攜手為受家庭暴力影響的人士提供適切援助，展現社會的關愛與凝聚力。

We sincerely thanked our partner organisations, corporations and individual supporters for their generous support and commitment. Together, we were able to provide meaningful assistance to individuals and families affected by domestic violence, demonstrating the strength of community care and solidarity.

你們的信任與支持是我們持續前行的重要動力。我們期待在未來與各界深化合作，共同推動家庭暴力防治工作，建設更安全、關愛及和諧的社區。

Your trust and support continued to inspire our work. We looked forward to strengthening our partnerships and working together to advance domestic violence prevention, while building a safer, more caring and harmonious community.

歡迎瀏覽本會網站，了解更多企業及團體合作機會，與我們攜手共建零暴力、關愛和諧的社會。
Visit our website to learn more about partnership opportunities and join us in building a violence-free, caring and harmonious community.



感謝佳士得於國際婦女節期間與和諧之家合辦慈善活動及講座，支持服務使用者參與義賣及推廣公眾教育

Thanks to Christie's Hong Kong for partnering with Harmony House on an International Women's Day charity event, supporting service-user participation and public education



衷心感謝灣仔扶輪社多年來持續支持本會服務，透過贊助活動及義工參與，為服務使用者帶來關懷與鼓勵

Our sincere thanks to the Rotary Club of Wanchai for its longstanding support through sponsorship and volunteer service, bringing care and encouragement to our service users



感謝運動家邀請和諧之家參與健力士世界紀錄™挑戰活動，與服務使用者共同見證團結與堅持的力量

Thanks to Sportshouse for inviting Harmony House to participate in the Guinness World Records™ Challenge Event, celebrating the power of unity and perseverance with our service users

感謝香港麗晶酒店於國際婦女節送上愛心禮物及鼓勵卡，向受家庭暴力影響的婦女及兒童表達關懷與支持
Thanks to Regent Hong Kong for preparing care packages and handwritten messages of encouragement for women and children affected by domestic violence during International Women's Day









感謝西九龍獅子會向婦女及兒童庇護中心捐贈愛心物資，並贊助新春花藝工作坊，為受家庭暴力影響的婦女及兒童送上關懷與支持，讓服務使用者透過藝術創作紓緩壓力及提升自信
Thanks to the Lions Club of West Kowloon for donating essential supplies to our Women and Child Shelter and sponsoring a Lunar New Year floral art workshop, bringing care and support to women and children affected by domestic violence while promoting self-expression, stress relief, and confidence building

承蒙香港警務處家庭衝突及性暴力政策組邀請出席新春團拜，促進跨界別交流與合作
Invited by the Family Conflict and Sexual Violence Policy Unit of the Hong Kong Police Force to attend its Lunar New Year gathering, strengthening professional exchange and cross-sector collaboration





感謝義工團體LC115贊助快樂農莊日活動，讓兒童透過多元體驗學習社交、溝通及團隊合作技巧
Thanks to volunteer group LC115 for sponsoring a Farm Day that promoted social, communication, and teamwork skills through experiential learning

感謝美國商會邀請和諧之家參與「具影響力女性系列」活動，促進跨界別交流與合作
Thanks to the American Chamber of Commerce in Hong Kong for inviting Harmony House to participate in its Women of Influence Series, fostering cross-sector exchange and collaboration









感謝Papabubble Hong Kong贊助糖果創意體驗活動，讓照顧者放鬆身心，促進家庭成員間之互動
Thanks to Papabubble Hong Kong for sponsoring a creative candy-making experience that promoted relaxation and enhanced bonding among family members

04 傳媒聯絡 Media Engagement

我們一直與傳媒保持緊密合作，透過不同媒體平台宣傳防治家庭暴力的資訊及本會的多元化服務。藉著媒體報道及合作機會，我們持續提升公眾對家庭暴力的認識，推廣非暴力溝通及健康家庭關係，鼓勵有需要人士及早尋求協助，並擴大服務的覆蓋面和社會影響力。

We maintained close and constructive partnerships with the media to share information on domestic violence prevention and our range of support services. Through media reports and collaborations, we sought to raise public awareness of domestic violence, promote non-violent communication and healthy family relationships, encourage those in need to seek help early, and extend the reach and impact of our services in the community.

記者招待會——提升兒童保護意識 回應《強制舉報虐待兒童條例》
Press Conference – Enhancing Child Protection Awareness in Response to the Mandatory Reporting of Child Abuse Ordinance

本會於2025年5月18日在賽馬會和諧一心家暴防治中心舉行記者招待會，就《強制舉報虐待兒童條例》的推行及跨代暴力議題分享專業意見，呼籲社會各界共同關注兒童保護及家庭暴力預防工作。11間傳媒機構採訪報道是次記者會的資訊，進一步提升公眾對童年逆境經驗、跨代暴力及兒童保護議題的認識。

On 18 May 2025, Harmony House held a press conference at the Jockey Club Harmony Link Domestic Violence Prevention Centre to elaborate our professional perspectives on the implementation of the “Mandatory Reporting of Child Abuse Ordinance” and the issue of intergenerational violence. The press conference received coverage from 11 media organisations, enhanced public understanding of issues like Adverse Childhood Experiences (ACEs), intergenerational violence, and child protection.





電台訪問 Radio Features and Interviews

於2025年5月及6月，本會獲邀參與商業電台《有誰共鳴》節目，分享男性家庭暴力、情緒健康及家庭暴力跨代影響等議題，並推廣及早介入及支援的重要性，提升公眾對相關議題的認識。

In May and June 2025, Harmony House was invited to participate in Commercial Radio’s programme “Share My Song” to discuss domestic violence affecting men, men’s emotional well-being, and the intergenerational impact of domestic violence. The programme also promoted the importance of early intervention and support, helping to enhance public awareness of these issues.





於2026年2月，「賽馬會男海啟航支援計劃」同工獲邀參與香港電台第五台節目，討論男士精神健康議題，探討男性在壓力、社會角色期望及求助過程中面對的挑戰，並介紹支援男士情緒健康及家庭關係的相關服務，提升公眾對男士精神健康的認識。

In February 2026, staff from the “Jockey Club Project Ocean: Men Support Service” were invited to a programme on RTHK Radio 5 to discuss men’s mental health. The discussion explored the challenges men faced in coping with stress, societal expectations, and help-seeking, while introducing services that support men’s emotional well-being and family relationships. The programme also helped raise public awareness of men’s mental health needs.



港聞 / 突發

中環雙屍｜「以老護老」問題普遍 社福機構籲各界支援雙老家庭

撰文：凌逸德
出版：2025-05-08 18:05　更新：2025-05-08 18:05



中環一對七旬夫婦昨日（5月7日）燒炭雙亡，據知兩老均有病患，當中妻子行動不便，出入需用拐杖，由丈夫長期照顧。非牟利社會服務機構和諧之家發新聞稿，對事件深感哀傷難過，並指本港「以老護老」現象普遍存在，應通過資訊教育、社區關懷和資源支持，協助高齡照顧者，減輕他們的負擔，並預防類似悲劇的再次發生。

2025 8 MAY

香港01

中環雙屍｜「以老護老」問題普遍 社福機構籲各界支援雙老家庭



53%港人指曾經歷童年逆境 研究：暴力管教或延下一代

2025 27 JUN

AM730

53%港人指曾經歷童年逆境 研究：暴力管教或延下一代

和諧之家籲關注家庭和諧及精神健康



2025 28 JUL

商業電台

和諧之家籲關注 家庭和諧及精神健康

男士壓力情緒崩 訴苦抒懷勿啞忍



如果家人無法即時解決問題，亦可能予陪伴，讓受困人士得知有人會一同面對。

疫後經濟衰情緒身 自殺風險超增

油麻地金華大廈於前日發生燒烤命案，一名男子疑因債務問題，被裏期名子女後企圖自殺，他目前仍然留醫，情況危殆。明愛向晴軒高級督導主任關冰詩指出，疫情後出現更多有自殺風險的求助人負債之現象，她指出2023/24年度有1,779宗個案，較上一年度增加453宗，大增34%，其中三分之一的個案受到債務困擾，個案涉及人不數女，種神及受騷擾情況，她呼籲親人多陪伴少質疑，共同面對困境，或尋求專業協助。

機構求助個案 逾3成受財所困

境跨不少支援服務都要事主主動求助，猛冰詩指男士很多時其實更有壓力，但礙於社會角色期望，要表達有困難並不容易，所以親人朋友都應主動關心，當有人願意分享困難時，應多陪伴，少質疑，「聽伍講都好重要」。華總指，即使家人無法即時解決問題，亦可給予陪伴，讓受困人士得知有人會一同面對，「一齊面對都係一個支持」，亦可幫助回復日常生活照顧，甚至一同尋求協助。

和諧之家高級社區教育主任林少敏指出，近年有數宗因友會而發生的家庭慘劇，認為香港男士面對的困難並不少，即使沒有欠債，現時經濟環境差，亦有機會面臨失業等情況。然而社福界對男士支援服務的覆活性並不高，加上礙於社會風氣等問題，男士較少尋求專業協助，經常找出個無傷大雅的藉口，「嗰陣次的真係好難幫到你」。

林少敏建及和諧之家專設男士聽牌提供輔導等服務，大部分求助者都受困經濟壓力、工作壓力，感情與家庭有爭執，她又形容男士求助的時間通常都「慢慢」，會盡力自行解決困境，或短忍一段時間才尋求協助，因此呼籲男士無論在工作、經濟、家庭或感情上面對任何問題，應盡早接觸社會服務機構求助。

耐心陪伴 關聆聽已很大幫助

林又指出曾有個案分享後，當向朋友分享困擾困難時，被朋友「當講笑」，繼而不再向朋友求助。她鼓勵當聽到身邊的男士訴苦，表示有困難時，應耐心陪伴，「有時都有好大程度幫助」，亦可鼓勵他們向專業人士求助。她又建議多留意本人及身邊朋友會否出現失眠等行為異常，困擾可能是有關壓症，應多加關心。

2025 29 AUG

東網

男士壓力情緒崩 訴苦抒懷勿啞忍



副刊　Happy Pa Ma

家長以身作則 做好情緒管理

【明報專訊】和諧之家助理總幹事陳浩基（Gabriel）指，社會一般認為影響小朋友情緒健康的原因，多指學業、社交有關，但其中一個不可忽略的原因乃源自家庭。他以「香港青少年生活及精神健康狀況調查」於2023年11月至2025年5月的電話調查網絡，以及與16個於當年時曾經歷嚴重困難、精神虐待、身體虐待等逆境經驗（Adverse Childhood Experiences: ACEs）的成年人作深度訪談，發現兩極歷過ACEs的上一代當中，有33%人會以暴力方式教育下一代。

Gabriel強調曾經歷不愉快童年的家長，有時會不自覺地以其自身經歷去管教子女，他提醒社會注重學童精神健康的同時，也要注意家長的精神健康。父母亦要做好自己的情緒管理，以身教等子女如何處理情緒。



副刊　Happy Pa Ma

親子溝通：維護良好家庭關係 構建安全網

【明報專訊】和諧之家教馬會「童抱煲」計劃主任李嘉欣（Joanne）鼓勵政府將三期應急機制推展至長小階段，她認為精神健康問題很多時都是從小累積，並非突然到了青春期才會出現。不過，踏根究柢，她認為現時學童壓力來源涉及多種因素，或是學業競爭、期望歎浸、功課繁重等，而良好家庭關係絕對是小朋友最重要的安全網。只要他們明白無論發生任何事，同家仍可得到父母的支持和保護，這會對他們的精神健康帶來莫大的幫助，她提醒家長對於以下6點，不可不記：

(1)Joanne指出，家長要向子女表明，不是因為他們乖，或總能夠才會對他們好，而是要讓他們感受到父母的愛是無條件的，從小給子女營養的安全感。

(2) 經常陪伴子女。家長在子女身旁，不單於真在與他們「同在」，在子女想表達感受時，應全神貫注聆聽，跟據他們感到被接納及重視，如孩子說「覺得人生沒意思」，不要敬開嘴：「不要去想它吧！」又或否定其說法：「人生怎會沒意思？」反而要多鼓勵他們表達。雖此理解他們內心的真正想法。

(3) 培養子女情緒控制能力，引導他們說口表達情緒，例如問：「你現在好開心？」，「你現在不開心？」讓他們察覺到自己有不同情緒，再學習如何處理。

(4) 讓孩子知道無論他們表露正面或負面情緒，父母均願意接納，這樣他們會更願意分享心事。

(5) 成為孩子模樣。告訴孩子爸媽生氣時，會做些什麼事都或放鬆的事情，如睡覺、與朋友傾訴、廚子女玩遊戲等。令孩子了解抒發情緒的方法。

(6) 營造恒常家庭環境，給予子女合理期望，例如日常行程安排細先協分緊密（如讀期間始稍圖、過多興趣班），對其學業成績不要求過高等；教導方式不會一時一樣。

(Happy PaMa 教得樂 第574期)

2025 7 OCT

明報新聞網

親子溝通：
維護良好家庭關係 構建安全網

2025 7 OCT

明報新聞網

家長以身作則 做好情緒管理

宏福苑5級火｜和諧之家提供緊急支援 明舉辦心理急救網上講座



「和諧之家」今日（27日）表示，協助大埔宏福苑災民及其它受事件影響的市民踴躍捐獻，提供多項支援服務，（和諧之家提供）

大埔宏福苑昨日（26日）發生五級火燒成重大傷亡，「和諧之家」今日表示，協助大埔宏福苑災民及其它受事件影響的市民踴躍捐獻，提供多項支援服務，包括設置時情緒支援站、災後情緒輔導熱線，兒童遊戲治療服務，短講住宅支援服務等，明日亦會舉辦主題為「災難心理創傷及心理急救」的網上講座。

和諧之家，對受影響當民及其家屬帶來深切的痛楚與壓力就以最深切的慰問。他們防和指快線設數事於大埔超級城8區設立臨時「情緒支援站」，為受影響人士提供即時情緒支援。又提供家庭急機災後情緒輔導熱線：24小時肆女求助熱線：2522 0434粵MAN男士熱線：2295 1386，期新線將擴展為「家庭危機災後情緒輔導熱線」，為期兩星期，支援因災情引發情緒困擾的市民。

有需要的兒童及家長亦可於星期一至五下午3時至6時致電兒童熱線（2751 8822），發按「1」或「7」字與同事傾訴，和諧之家又為經歷災後情緒困擾的兒童提供4節個別聽聚治療服務，以紓緩他們創傷後的壓力和情緒，首輯名額20人，可於辦公時間（10:00-18:00）致電2342 0072向楊先生或黃姑娘查詢；非辦公時間可WhatsApp 2342 0072留言。

賽馬會「男專叔叔」支援計劃將為大埔區有需要的男士提供7天至14天的短期住宿（視個案情況而酌情處理），辦公時間可聯電2342 0072向楊先生或譚先生查詢；非辦公時間可WhatsApp 4608 0146留言。

明日上午11時，和諧之家將於Family Channel聯辦網上講座，主題為「受難心理創傷及心理急救」，並透過Zoom Webinar進行https://us06web.zoom.us/j/86343414772?pwd=U08RzO7oa078lqbPvMpFNE5XEXxaBD.1

他們鼓勵市民在面對突發事件時，適時尋求專業協助，並保持與親友溝通，以減輕壓力，提升情緒復原力。@

2025 27 NOV

大紀元時報

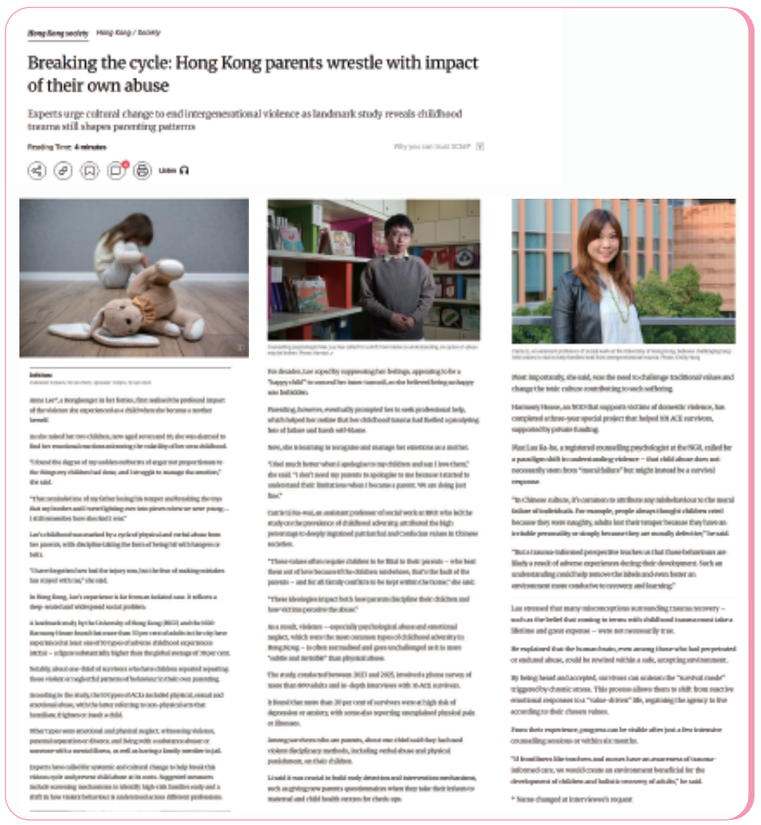
宏福苑5級火｜和諧之家提供緊急支援 明舉辦心理急救網上講座



2025
28
NOV

星島頭條

大埔宏福苑五級火災後情緒支援服務一文整合
教大臨時支援中心
和諧之家兒童遊戲治療服務


Hong Kong society

Breaking the cycle: Hong Kong parents wrestle with impact of their own abuse

Experts urge cultural change to end intergenerational violence as landmark study reveals childhood trauma still shapes parenting patterns

Reading Time: 4 minutes

Why you can trust SCMP

Listen

2026
20
FEB

SCMP

Breaking the cycle: Hong Kong parents wrestle with impact of their own abuse


調查：伴侶辱罵精神剝削 逾4成女士遭暴虐

新聞觀看次數：1.6k

東網

和協之家調查顯示，42.2%的受訪女性曾遭暴力對待。

倡操控行為刑事化 企業可設家暴假

有組織就有關伴侶關係風險的調查發現，有42.2%受訪女士表示於關係中曾遭至少一種暴力對待，當中有86.4%人已出現親密伴侶暴力風險，其中更有45.6%的風險為中度或以上，調查亦顯示最常見的暴力對待為「言語侮辱」等精神層面暴力。正值三八婦女節，組織呼籲社會關注婦女受虐問題，包括精神虐待等，並建議政府將精神虐待的操控行為刑事化，企業可設「家暴假」等。

其他熱爆話題：

和協之家在過去8個月共收集到244份由女性填寫的網上問卷，發現有42.2%受訪女士曾於關係中遭至少一種暴力對待。而5種親密關係暴力風險指標中，最常見的是「言語侮辱」及「叫罵/辱罵」，分別有89.3%及78.6%，其後則依次為「恐嚇傷害」、「身體傷害」，以及「強迫性行為」。

為對方不當找理由觸警號

感謝您瀏覽意見。請投入評論閱讀本網站所載之使用條款及細則和私隱政策聲明，並須確定有關的約束才可繼續瀏覽。

懼、內疚或壓力之中，已經屢於暴力。即使自己已經習慣，亦不代表有關行為正常，當自己開始為對方的不當對待找理由，例如「牡只是關心我，擔心我」等，往往都是危險信號。對於受虐人士，組織呼籲指會早求助，風險愈低，選擇的出路也愈多。

促供過渡津貼增託育支援

對於現時香港受虐婦女的需要，組織認為需將精神虐待的操控行為刑事化，同時全面檢討強制施虐者接受輔導的「反暴力計劃」，並將之納入刑事程序。此外，組織又建議政府可為受暴婦女提供3至6個月過渡生活津貼，並加強對有關女性的就業培訓、職業配對及託兒支援，而企業則可設立「家暴假」，協助受害者處理危機、療癒及重建生活。

和諧之家調查顯示，逾4成女士曾遭暴力對待，或情緒或進而作為刑事化。

2026
8
MAR

東方日報

調查：伴侶辱罵精神剝削
逾4成女士遭暴虐

2026
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MAR

明報新聞網

兒童目睹家暴恐致跨代暴力循環


兒童目睹家暴 恐致跨代暴力循環

【明報專訊】家，本應是兒童成長的避風港，但現實中，有孩子在家中遭受暴力或目睹親人受害。這些經歷不僅造成身心創傷，更可能影響他們的情緒調節、情緒管理及人際關係，若缺乏及早介入，他們日後重演暴力模式，成為施虐者或受害者的風險增加，形成跨代暴力循環，日後難容編劇他們的伴侶使用暴力；或以暴力的方式教導子女，增加虐兒風險。

見個父親暴行 12歲兒患打母親

數年前，當時7歲的子峰（化名）跟母親入住庇護中心。在住成長中，父親對母親的暴力、辱罵、威脅，他都是不陌。由於子峰未有直接受虐，他並未得到太多關注，而母親獨力照顧兒子的壓力和多年受虐的經歷，讓她難顧不了太多子峰的心理需要。子峰累積多年的負面情緒未被理解，內在需要未被看見，終於在一次與母親激烈爭執中，12歲的他拿打算媽，第一次對母親使用肢體暴力。母親卻因擔心兒子若被警署拘留，隨着暴力次數愈來愈多，也曾發難重後，母親終於忍受不了報警求助。這一次，她獨自入住庇護中心。子峰的情況終於得到關注。

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2026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。

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 Reports and Statements presented in following pages are extracted from the Audited Financial Statements of Harmony House Limited for the year ended 31 March 2026. 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.

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 2026.

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 2026 and the financial position of the Company as at that date are set out in the financial statements on pages 10 to 36.

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)
Dr. Chui Wing Ho William
Mrs. Crosbie-Walsh Penny Soh Peng (resigned on 17th September 2026)
Dr. Kam Chak Wah
Prof. Lam Ching Man
Mr. Leung Hong Shun Alexander
Ms. Leung Ka Lo Caroline
Mr. Ng Shan Yung
Ms. Wong Wai Man Deanna (retired on 15th December 2025)
Ms. Wong Wai Yee Louisa
Prof. Wong Yuen Ha
Ms. Yu Suk Wai

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. Ho Choi Wa
Prof. Lam Ching Man
Ms. Wong Wai Yee Louisa
Prof. Wong Yuen Ha

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 2026 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 2026 is set out in the statement of financial position on page 12.

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@fslico.com

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF HARMONY HOUSE LIMITED
和諧之家有限公司
(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 36, which comprise the statement of financial position as at 31st March 2026, 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 2026, 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 ("HKSAs") 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.

李福樹會計師事務所 香港夏慤道十八號海富中心第一座一零零一室 電話: 2861 1717 傳真: 2865 6828 電子郵件: mail@fslico.com

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 HKSAs 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 HKSAs, 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.

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, 12th October 2026

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 2026

	Note	2026 Shelter LSG HK$	Shelter Others HK$	Community Chest Baseline HK$	Project Moving Forward HK$	Project Stride HK$	Project Ocean HK$	Project Harmony Bubbles HK$	General/ Miscellaneous Funders HK$	Other Activities HK$	2026 Total HK$	Restated 2025 Total HK$
INCOME												
Social Welfare Department ("SWD")												
- Lump Sum Grant ("LSG") Subvention		12,196,907	-	-	-	-	-	-	-	-	12,196,907	12,253,551
- Lotteries fund/SWD fund		-	210,200	-	-	-	-	-	-	-	210,200	180,000
- Rent and rates subsidy		88,200	-	-	-	-	-	-	-	289,608	377,808	281,648
Community Chest - Baseline allocations		-	-	1,060,403	-	-	-	-	-	-	1,060,403	952,290
The Hong Kong Jockey Club Charities Trust ("HKJC")		-	-	-	2,762,290	1,725,182	2,153,652	4,625,645	-	-	11,266,769	11,588,955
Bank of China (Hong Kong) Limited ("BOCHK")		-	-	-	-	-	-	-	-	-	-	1,835,570
Miscellaneous Funders		-	-	-	-	-	-	-	998,011	-	998,011	-
HK Bank Foundation		-	-	-	-	-	-	-	-	-	-	-
Goodman Foundation		-	-	-	-	-	-	-	-	-	-	-
Other donations		-	70,213	-	-	-	-	-	-	1,619,354	1,689,567	755,306
Other income		2,035	-	-	379	-	-	-	-	83,616	86,030	79,738
Interest income		72,600	31,377	-	5,875	-	-	-	-	191,629	301,481	170,564
		12,359,742	311,790	1,060,403	2,768,544	1,725,182	2,153,652	4,625,645	998,011	2,184,207	28,187,176	28,097,622
Deferred income for capital grants recognised	19	-	63,885	-	-	-	8,839	241,791	-	37,268	351,783	709,315
		12,359,742	375,675	1,060,403	2,768,544	1,725,182	2,162,491	4,867,436	998,011	2,221,475	28,538,959	28,806,937

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 2026

	Note	2026 Shelter LSG HK$	Shelter Others HK$	Community Chest Baseline HK$	Project Moving Forward HK$	Project Stride HK$	Project Ocean HK$	Project Harmony Bubbles HK$	General/ Miscellaneous Funders HK$	Other Activities HK$	2026 Total HK$	Restated 2025 Total HK$
EXPENSES												
Administrative expenses	9	71,466	60	123,016	220,075	87,201	118,791	239,120	207,457	63,049	1,130,235	929,926
Auditor's remuneration		52,400	-	-	-	-	-	-	-	18,600	71,000	95,600
Computer software		4,198	-	-	8,814	3,964	6,496	-	-	3,152	26,624	85,746
Depreciation of property, plant and equipment	12	-	63,885	-	-	-	8,839	241,791	-	37,268	351,783	709,315
Depreciation of right-of-use-assets	13	-	-	-	-	-	-	196,134	-	569,829	765,963	787,211
Employee costs	6	10,347,024	-	871,130	2,283,698	1,180,449	1,750,794	3,723,520	537,626	2,019,490	22,713,731	22,576,433
Food and household supplies		79	1,611	-	-	-	-	-	-	-	1,690	2,236
Insurance		153,435	-	14,020	37,128	16,224	19,590	57,319	1,861	39,377	338,954	410,036
Interest expense on lease liabilities		-	-	-	-	-	-	12,714	-	45,123	57,837	33,785
Miscellaneous		6,016	(2,246)	-	812	12	-	198	-	6,095	10,887	33,113
Programmes		227,105	63,710	50,627	130,820	393,500	212,830	309,963	247,774	140,231	1,776,560	1,499,477
Publicity/publication		-	-	-	-	6,593	9,369	-	2,122	7,500	25,584	56,132
Rates		76,900	-	-	-	-	-	4,870	-	100,107	181,877	180,894
Staff training and development		48,647	25,200	561	7,150	6,973	2,801	17,036	685	47,487	156,540	123,376
Stores and equipment	10	433,052	3,880	120	53,288	15,460	17,446	50,298	-	166,995	740,539	925,921
Travelling		32,188	4,892	929	4,766	-	873	1,246	486	2,742	48,122	36,721
Utilities	11	256,943	-	-	21,993	14,806	14,662	13,227	-	28,131	349,762	388,573
Overhead costs recovery	20	-	-	-	-	-	-	-	-	(1,173,701)	(1,173,701)	(706,054)
		11,709,453	160,992	1,060,403	2,768,544	1,725,182	2,162,491	4,867,436	998,011	2,121,475	27,573,987	28,168,441
Net operating surplus/(deficit)		650,289	214,683	-	-	-	-	-	-	100,000	964,972	638,496
Surplus of staff provident fund to SWD											(56,733)	(69,676)
Surplus of shelter rent and rates refunded to SWD	14										(11,300)	(3,064)
Surplus of Lotteries Fund to Reserve account											(214,683)	(199,222)
Net surplus for the year	5										682,256	366,534

和諧之家有限公司
HARMONY HOUSE LIMITED

STATEMENT OF FINANCIAL POSITION AS AT 31ST MARCH 2026

	Note	2026 HK$	2025 HK$
NON-CURRENT ASSETS			
Property, plant and equipment	12	368,856	595,105
Right-of-use assets	13	778,474	693,883
		1,147,330	1,288,988
CURRENT ASSETS			
Utility deposits and prepayments		701,752	687,048
Other receivables		5,123,207	4,492,966
Cash and bank balances		17,958,621	16,657,766
		23,783,580	21,837,780
CURRENT LIABILITIES			
Accounts payable and accruals		2,067,731	1,560,966
Amount payable to Social Welfare Department	14	11,300	3,064
Lease liabilities	15	481,281	494,627
Staff provident fund	16	1,490,791	1,432,662
Donations for specific purposes	17	9,069,497	8,476,951
Cash advance from Project Funders		4,329,675	4,321,150
Lotteries fund	18	1,757,789	1,629,480
Deferred income for capital grants	19	368,856	595,105
		19,576,920	18,514,005
NET CURRENT ASSETS		4,206,660	3,323,775
TOTAL ASSETS LESS CURRENT LIABILITIES		5,353,990	4,612,763
NON-CURRENT LIABILITIES			
Lease liabilities	15	297,193	199,256
NET ASSETS		5,056,797	4,413,507
Represented by:			
CAPITAL	21	354,911	354,911
SPECIFIC FUNDS	22	445,706	384,672
LUMP SUM GRANT RESERVE	23	3,624,895	3,040,639
ACCUMULATED FUNDS	24	631,285	633,285
		5,056,797	4,413,507

The financial statements on pages 10 to 36 were approved by the Board of Directors on 12th October 2026 and were signed on its behalf by

Ms. Chui Chi Yan Daisy
Director

Ms. Yu Suk Wai
Director

和諧之家有限公司
HARMONY HOUSE LIMITED

STATEMENT OF CHANGES IN TOTAL FUNDS

FOR THE YEAR ENDED 31ST MARCH 2026

	Capital HK$	Specific funds HK$	Lump sum grant reserve HK$	Accumulated funds HK$	Total HK$
At 31st Mach 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	354,911	384,672	3,040,639	633,285	4,413,507
Net surplus for the year	-	-	-	682,256	682,256
Transfer (Notes 22, 23 and 24)	-	100,000	584,256	(684,256)	-
Fund utilised (Note 22)	-	(38,966)	-	-	(38,966)
At 31st March 2026	354,911	445,706	3,624,895	631,285	5,056,797

和諧之家有限公司
HARMONY HOUSE LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31ST MARCH 2026

	2026 HK$	Restated 2025 HK$
CASH FLOWS FROM OPERATING ACTIVITIES		
Net surplus for the year	682,256	366,534
Adjustments for:		
Depreciation of property, plant and equipment	351,783	709,315
Depreciation on right-of-use assets	765,963	787,211
Interest expense on lease liabilities	57,837	33,785
Capital grants recognised as income	(351,783)	(709,315)
Interest income	(301,481)	(170,564)
OPERATING SURPLUS BEFORE WORKING CAPITAL	1,204,575	1,016,966
Increase in utility deposits and prepayments	(14,704)	(97,189)
Increase in other receivables	(630,241)	(329,857)
Increase/(Decrease) in accounts payable and accruals	506,765	(551,807)
(Decrease)/Increase in amount payable to Social Welfare Department	11,300	3,064
Increase in staff provident fund	58,129	70,320
Increase in donations for specific purposes	592,546	721,523
Increase/(Decrease) in cash advance from Project funders	8,525	(294,724)
Decrease in lotteries fund	128,309	(13,387)
Decrease in staff development fund	(38,966)	(41,392)
NET CASH FROM OPERATING ACTIVITIES	1,826,238	483,517
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchases of property, plant and equipment	(125,534)	(579,848)
Decrease/(Increase) in time deposits with maturity over 3 months from date of deposit	2,834,832	(7,700,000)
Interest received	301,481	170,564
NET CASH USED IN INVESTING ACTIVITIES	3,010,779	(8,109,284)
CASH FLOWS FROM FINANCING ACTIVITIES		
Capital grants received	125,534	579,848
Clawback to SWD	(3,064)	(4,064)
Repayment of principal portion of the lease liabilities	(765,963)	(787,211)
Interest paid on lease liabilities	(57,837)	(33,785)
NET CASH USED IN FINANCING ACTIVITIES	(701,330)	(245,212)
NET INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS	4,135,687	(7,870,979)
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	8,957,766	16,828,745
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	13,093,453	8,957,766
ANALYSIS OF CASH AND CASH EQUIVALENTS		
Bank and cash balance	17,958,621	16,657,766
Less: Time deposits with maturity over 3 months from date of deposit	(4,865,168)	(7,700,000)
Cash and cash equivalents	13,093,453	8,957,766

鳴謝 ACKNOWLEDGEMENTS

過去一年，和諧之家有賴各政府部門、機構、企業、學校及社會各界人士的鼎力支持與慷慨捐助，得以持續推動各項服務及發展工作。在此謹向所有支持本機構工作的夥伴及支持者致以衷心謝意。

We would like to extend our heartfelt gratitude to the government departments, organisations, corporations, schools and individuals whose generous donations and unwavering support have enabled our organisation to continue delivering services and advancing development initiatives throughout the year.

政府部門 Government Departments

教育局
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
南沙田綜合家庭服務中心
啟坪綜合家庭服務中心
九龍城感化及社會服務令辦事處
屯門地區康健中心
荃灣地區康健中心
葵青地區康健中心
觀塘地區康健站
基督教聯合醫院

機構 / 團體 / 公司 Organisations/ Groups / Corporates

AmCham HK
Atomy Asia Pacific Limited
Being Neighbourly Ltd
Bird & Bird
C Kent Group
Chen Yang Foo Oi Foundation Ltd
Christie's Hong Kong Ltd
Faith Charity Foundation
Giving Hand Ltd
Goodman Foundation
Great Entertainment Group
Herzfeld Ltd
Hong Kong Central Church Limited
Hong Kong Charity Foundation Ltd
Hong Kong Disneyland
Hong Kong Laboratory Co., Ltd
KF Art Workshop
Kids Instyle Limited
Kitchen Infinty Cor Ltd
LC115
Leathwaite International Limited
Lion's Club of West Kowloon
Lions Clubs International District 303 - Hong Kong & Macao
Mandarin Oriental, Hong Kong
Ocean Park Corporation
Orient Overseas Container Line Limited – OOCL Hong Kong Branch
Otsuka Pharmaceutical (H.K.) Ltd.
Ove Arup Partnership Cor Ltd.
Papabubble Hong Kong
Regent Hong Kong
Remad Foundation Ltd
Richmond Fellowship of Hong Kong
Rosa & Daniel Photography Ltd
Rotary Club of Queensway
Silka Far East, Hong Kong
Silka Tsuen Wan Hong Kong
Skin Corner Limited
Sportshouse Limited
Standard Chartered Hong Kong
The Community Chest
The Hong Kong Jockey Club Charities Trust
The Hong Kong Indian Women's club
The Star Ferry Company Limited
Time Auction Limited
TSK Asia Investment Company Limited
Very HK
Wellent System Consultants Limited
Wharf Group
Zonta Club of Kowloon
光愛葵芳長者服務中心
匡智會
李嘉桓議員辦事處
協康會馬鞍山中心
明愛樂苗學前教育及訓練中心
明愛學前單位社會工作服務
明珠獅子會
東華三院「凝愛」學前教育駐校社工服務隊（黃大仙）
東華三院黃祖業長者地區中心
保良局倪文玲（深水埗）兒童發展中心
保信堂
香港小童群益會陽光校園幼稚園駐校社工服務（上水區隊）
香港心理衛生會
香港社福界心連心大行動
香港青少年服務處紅磡綜合家庭服務中心
香港青少年服務處學前單位社工服務（沙田）
香港家庭福利會順利綜合家庭服務中心
香港鬥陣
香港獅子總會中國港澳303區
香港義工學院
香港聖公會東涌綜合服務
香港劇場社有限公司
浸信會愛群社會服務處 - 灣仔綜合兒童及青少年服務中心
啟德過渡性房屋啟福居
基督教協基會社會服務部
救世軍家悅軒－學前教育駐校社會工作服務
深水埗社區客廳學習室
灣仔扶輪社
路德會凝趣兒童發展中心
綠田園基金
樂華家園
關懷愛滋

學校 Schools

611生命樹幼稚園
九龍城邊南中英文幼稚園
九龍城浸信會幼稚園
九龍靈糧堂幼稚園
大埔浸信會幼稚園
小牛頓中英文幼稚園暨國際幼兒園
中華基督教青年會上水幼稚園
中華基督教青年會幼稚園
中華基督教會元朗堂真光幼稚園（正校）
中華基督教會元朗堂真光幼稚園（二校）
中華基督教會長洲堂錦江幼稚園 / 幼兒園
中華基督教會灣仔堂幼稚園 / 幼兒園
仁愛堂張慕良夫人幼稚園暨幼兒園
仁愛堂葉德海幼稚園
仁濟醫院友愛幼稚園 / 幼兒中心
仁濟醫院永隆幼稚園 / 幼兒中心
元朗信義會生命幼稚園
元崗幼稚園
天主教聖多默幼稚園
天主教聖安德肋幼稚園
天主教聖伯多祿幼稚園
天主教聖雲先幼兒學校
天主教聖瑪加利大幼稚園
天純幼稚園
太平幼稚園
太陽島英文幼稚園（葵興分校）
世佛會觀自在幼兒學校
世德幼稚園（梨木樹）
全完堂幼稚園
地利亞英文小學暨幼稚園
佛教陳策文伉儷幼稚園
佛教慈慧幼稚園
佳寶幼稚園（南昌分校）
明雅中英文幼稚園
明愛透月仙幼稚園
明愛樂義學校
東涌天主教幼稚園
東華三院南九龍獅子會幼兒園
東華三院黃朱惠芬幼稚園
青衣商會石蔭幼稚園
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
保良局倪文玲（蝴蝶灣）幼稚園暨幼兒園
保良局莊啟程夫人（華貴）幼稚園暨幼兒園
保良局莊啟程幼稚園 / 幼兒園
保良局陳黎惠蓮幼稚園暨幼兒園
保良局馮梁結紀念幼稚園
保良局蔡冠深幼稚園
保良局蔡繼有幼稚園暨幼兒園
保良局譚歐陽少芳紀念幼稚園
信生中英文幼兒園
英揚樂兒中英文幼稚園
香海正覺蓮社佛教慧光嘉福幼稚園幼兒學校
香港中文大學校友會聯會張煊昌幼稚園
香港五常法幼稚園暨國際幼兒中心
香港仔浸信會白光幼稚園
香港幼稚園協會幼兒學校
香港青年協會青樂幼稚園
香港保護兒童會長沙灣幼兒學校
香港保護兒童會聖誕老人愛心粉嶺幼兒學校
香港浸信會聯會利安幼兒園
香港創價幼稚園
香港聖多馬幼兒中心
香港靈糧堂秀德幼稚園
浸信會呂郭碧鳳幼稚園
真理浸信會碧濤幼稚園
荃灣商會朱昌幼稚園
馬鞍山靈糧幼稚園
啟思幼稚園（帝堡城）
啟思幼稚園（深灣軒）
啟基學校（港島）
基督教小樹苗幼稚園
基督教宣道會海怡幼兒學校
基督教香港崇真會安仁幼兒學校
基督教香港崇真會安康幼兒學校（順寧道）
基督教海面傳道會仁愛幼兒園
基督教聖約教會司務道幼稚園暨幼兒園
將軍澳英皇幼稚園暨幼兒園
崇真會美善幼稚園
張祝珊幼兒園幼稚園
救世軍卜凱賽琳幼兒學校
救世軍大元幼兒學校
救世軍富強幼稚園 / 幼兒園
救世軍樂民幼兒學校
救世軍蘇屋幼稚園
博愛醫院施淑鎮幼稚園幼兒園
循道衛理田灣幼稚園幼兒園
港九街坊婦女會丁孫慧珠幼稚園 / 幼兒園
番色園主辦可愛幼兒園
番色園主辦可德幼稚園及可德幼兒中心
聖士提反女子中學附屬幼稚園
聖公會荊冕堂士德幼稚園
聖公會荊冕堂葵涌幼稚園
聖公會救主堂幼稚園
聖公會聖三一堂曾肇添幼稚園
聖公會聖巴拿巴堂幼稚園
聖公會聖彼得堂幼稚園（赤柱分校）
聖文嘉中英文幼稚園（華貴邨）
聖馬可堂白普理幼稚園
葵涌浸信會幼稚園
路德會呂君博幼兒園
路德會沙崙堂幼稚園
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
廣林浸信會呂郭碧鳳幼稚園
鄰舍輔導會粉嶺幼兒園
耀基創藝幼稚園（上水）
鑽石山浸信會美欣幼稚園
大角嘴天主教小學
大角嘴天主教小學（海帆道）
大埔浸信會公立學校
大埔循道衛理小學
中華基督教會全完第一小學
中華基督教會協和小學
中華基督教會基華小學（九龍塘）
中華基督教會基慧小學
中華基督教會基慧小學（馬灣）
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
中華基督教會灣仔堂基道小學（九龍城）
中華傳道會呂明才小學
五旬節靳茂生小學
五邑工商總會學校
五邑鄒振猷學校
仁愛堂劉皇發夫人小學
仁濟醫院蔡衍濤小學
天水圍官立小學
天水圍明愛樂勤學校
天佑小學
天神嘉諾撒學校
孔教學院大成小學
方樹福堂基金方樹泉小學
北角官立小學
西貢崇真天主教學校（小學部）
西貢中心李少欽紀念學校
佛教林金殿紀念小學
李志達紀念學校
和富慈善基金李宗德小學
拔萃男書院附屬小學
東涌天主教學校（小學部）
保良局王賜豪（田心谷）小學
保良局莊啟程第二小學
保良局陳溢小學
保良局馮晴紀念小學
保良局蕭漢森小學
宣道會台山陳元喜小學
胡素貞博士紀念學校
香海正覺蓮社佛教陳式宏學校
香海正覺蓮社佛教黃漢森學校
香港四邑商工總會新會商會學校
香港浸信會聯會小學
香港華人基督教聯會真道書院（小學部）
香港路德會增城兆霖學校
粉嶺公立學校
粉嶺官立小學
荃灣公立何傳耀紀念小學
馬鞍山靈糧小學
培基小學
基督教宣道會宣基小學
將軍澳循道衛理小學
深水埗街坊福利會小學
通德學校
循理會白普理基金循理小學
番禺會所華仁小學
順德聯誼總會李金小學
塘尾道官立小學
慈幼葉漢小學
慈雲山聖文德天主教小學
新界婦孺福利會梁省德學校
獅子會何德心小學
筲箕灣官立小學
聖公會九龍灣基樂小學
聖公會天水圍靈愛小學
聖公會主愛小學
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
聖公會牧愛小學
聖公會青衣主恩小學
聖公會基福小學
聖公會聖彼得小學
聖公會聖提摩太小學
聖公會嘉福榮真小學
聖文德天主教小學
聖保祿學校（小學部）
聖提摩太小學
聖嘉祿學校
路德會梁鉅鐄小學
路德會聖十架學校
路德會聖馬太學校（秀茂坪）
福德小學
鳳溪第一小學
鳳溪廖潤琛紀念學校
樂善堂梁銶琚學校（分校）
樂華天主教小學
錦田公立蒙養學校
鴨脷洲街坊學校
勵志會梁李秀娥紀念小學
寶血會伍季明紀念學校
鐘聲學校
靈光小學
觀塘官立小學
仁濟醫院靚次伯紀念中學
加拿大神召會嘉智中學
英華女學校
香港培道中學
香港管理專業協會李國寶中學
真光女書院
德貞女子中學
潔心林炳炎中學
Hong Kong Baptist University
Hong Kong College of Technology
Hong Kong Institute of Vocational Education
Hong Kong Metropolitan University
Hong Kong Polytechnic University
Hong Kong Shue Yan University
Lingnan Institute of Further Education
Saint Francis University
The Chinese University of Hong Kong
The Education University of Hong Kong
The University of Hong Kong

個人 Individual

Abhishek Kapoor
Acharya Haesh
Aiyadorai Belan
Au Hin Shing
Au Yeung Peter
Au Yeung Wai Hong
Beatty Robert Neal
Burghout Tim
Cartier David Jacques Serge
Chan Lok Shung Abraham
Chan Angela
Chan Chui Fong
Chan Eva
Chan Fung Ping
Chan Hoi Ka
Chan Hon Wing Irving
Chan Jack
Chan Jennifer
Chan Ka Yan
Chan Kenneth
Chan Lai Pik
Chan Lap Yin
Chan Man Sum
Chan Man Yi
Chan Mei Kei
Chan Mei Kit Maggie
Chan Oi Lai
Chan On Ping
Chan Pui Shan
Chan Pui Yan
Chan Sau Ming
Chan Shu To
Chan Shui Yuen
Chan Siu Wah Sarah
Chan Suk Wah
Chan Susan
Chan Tsz Kit
Chan Wai Ling
Chan Ya King
Chau Mei Yan
Chen Lina
Cheng Cindie
Cheng Hoi Lam
Cheng Joman
Cheng Lin Fan
Cheng Sunny
Cheng Wai Ling
Cheng Yu Yan
Cheng Yuen Sheung
Cheng Yuen Ying
Cheng Yuen Yue Monica
Cheong Chin Pang
Cheuk Ming Ng
Cheung Bruce
Cheung Cheuk Fai
Cheung Chi Kit
Cheung Chi Wah
Cheung Hiu Wah
Cheung Jim
Cheung Ka
Cheung Kar Yee
Cheung Ngok Wai Vivian
Cheung Sin
Cheung Sum Lei
Cheung Wai Yee
Cheung Wing Ling
Cheung Wing Shan
Chhoa Catherine
Ching Che Man
Chiu Ling Yan
Chiu Ping Kei
Chiu Priscilla
Choi Allen
Choi Kai Hong, Ken
Choi Kin Yee
Choi Kwan Yue
Chong Chan Kong
San & Mu Chou
Chow Chi Wai
Chow Suet Fong
Choy Nga Tak Lucy
Chu Chung Sing
Chu Joanne Tsz Kwan
Chu Man Ki
Chu Pretty
Chu Siu Fung
Chu Yat Cheong Allan
Chui Daisy
Chui Mei Sze
Chui Wing Ho
Chung Chi Ching
Chung Chi Fei
Chung Chi Ling
Chung Chi Ying
Chung Kin Ping
Chung Yiu Kai
Chung Oi Jocelyn
Clark Adam Bridie
Cope Terence
Crosbie-Walsh Gordon
Crosbie-Walsh Penny Soh Peng
Dionisio Julianne
Elizabeth M Y T
Espinosa Darren
Jimmy Farah
Fernando Sonali
Fock Ting Ting
Fong I Lam
Fong Kam Shan
Fong Lai Yuk
Fong Wing Sze
Fung Oi Sze Veronica
Fung Pun Yan
Fung Wai Yan Carine
Fung Yuet Wai
Ghate Manish Dilip
Gittfrie Karin Kirsten Ursula
Hamilton Rebecca
Hagstrom Haydn
Ho Ching Chau Alexander
Ho Choi Wa
Ho Kam Wah Irene
Ho Kam Yin
Ho King Fai
Ho Kwok Yim
Ho Kwok Ying
Ho On Kei Angela
Ho Suet Ling
Ho Sze Hau
Ho Wing Suen
Hoi Wai Chua
Hong Chi Man Janet
Hong Helena
Hopkins Carolyn
Hosni Zafrullah
Hui Ka Shing
Hui Sui Cheung Mark
Hung Choi Kwan
Hung Fung
Huo Yan
Ip Moon Tong
Ip Siu Keung
Ip Wing Kwan
Isard George
Jeyalingam Avinesh T
Jhaveri Devanshi Gautam
Jing Ruochong
Ju Chung Wai
Kam Chak Wah
Kan Kwok Yee
Kan Nim Chi Amanda
Kan Pui Har
Kao Justin
Kariyawasam Oneli
Kashyap Gaurav
Kevin Adiyanto Kartono
Kee Siu Chau
Kei Hui Yu
Keung Ngan Ting
Khoo Wing Pui Charlotte
Ko Tsz Ching Lourdes
Koh Tan Tan
Kong Alfred
Kong Shu Sing
Kong Yin Yu
Koo Au Cheuk Ming Anna
Koo Chuen Wing Justin
Koo Lan Lung
Kuok Ut Oi
Kwan Siu Lung
Kwan Siu Wai
Kwan Wing
Kwok Ching Man Jenny
Kwok Po Kwan
Kwok Wing Man
Kwong Hoi Chui
Lai Chi Ching
Lai Chi Ki
Lai Iris Chin Yan
Lai Kin Ling
Lai Koon Wing Christopher
Lai Man Lok
Lai Wing Tung
Lai Yat Ching
Lai Yuk Kuen
Lai Yung Sheung
Laion Wing Henrietta
Lam Chiu Yan Jason
Lam Ho Tong
Lam Hung Yung
Lam Ka Yan
Lam Kit Yan
Lam Lois
Lam Phyllis
Lam Sau Chung
Lam Siu Mun
Lam Wai Shan
Lam Wan Jim
Lam Wing Yee
Lam Yee Wan
Lam Yu Ting
Lau Jason Kun Yin
Lau Ka Ho
Lau Ka Shing
Lau Kar Ming
Lau So Ying Doris
Lau Ting Chung
Lau Wing Suen
Law Mandy
Law Mew Lun
Law Nga Yan
Law Shuk Man
Law Sze Ching
Lee Bernard
Lee Chi Man Paul
Lee Chuen Fung
Lee Fei Fei
Lee Joanne
Lee Jonathan
Lee Ka Man
Lee Ka Yan
Lee Kit Ping
Lee Kitty
Lee Koon Shing
Lee Lai Ming
Lee Lo Fong
Lee Man Shan
Lee Marianne
Lee Richard
Lee Wai Hung
Lee Wai Man
Lee Yat Ming
Lee Yin Wing
Lee Yuk Ching
Leung Alpha
Leung Chui Yu
Leung Ho Yin Harry
Leung Hoi Yeuk
Leung Ka Lo Caroline
Leung Kai Yan
Leung Kwok Chu
Leung Oi Wah Amy
Leung Pui Ki
Leung Rochelle
Leung Siu Lung
Leung Suet Ming
Leung Wai Cheung Anthony
Leung Yu Han
Leung Yuen Yiu
Leung Zoe
Li Chi Chiu
Li Chi Ho Alber
Li Chui Fan
Li Nga Yan
Li Rachel Prudence
Li Sean Gabriel
Li Siu Man
Li Yeung
Li Yiu Kwong
Li Yuxin
Lin Junyan
Lin Wen Ching
Lin Wing Yan
Ling Chee Shing
Ling Wai Hang Henry
Luk Wai Ling Lisa
Liu Binjie
Liu Cheuk Yin
Lo Chi Yin
Lo Leo
Lo Long Sang
Lo Tse Kwan
Lo Wai Kit
Lo Wing Fun
Lui Brenda
Lui Sen Kong James
Lui Pak Hin Timothy
Lui Wai Ling Annissa
Ma Eric
Ma Lai Hing
Ma Sin Yu Ashley
Ma Wing Yan
Ma Yuk Ling
Mak Chung Nam
Mak Mei Ling
Mak Oi Ting
Mark May Kay
McParland Corinne
McParland Tom
Mealing Louis
Mercato G
Ming Jui Hatim
Mok Wing See
Mulvey Thomas
Ng Alison
Ng Ansel
Ng Chun Wing
Ng Hoi Yee
Ng Mei King
Ng Roy
Ng Tuen Kei
Ng Wai Chun
Ng Yi Wen
Ngai So Wa
Or Wing In
O'Sullivan Stephen
Padwalkar Vinay Shashikant
Pang King Kit
Pang Kit Bing Connie
Pang Yu Nga
Patel Ajay
Pierre
Poon Cheuk Yan
Poon Pok Man Coca
Pun Ka Man Carmen
Punjabi Devesh Ra
Sadanand Sanjay
Sandoval Karen
Sau Foon Ming
Shah Sameer Pravi
Sham Kit Ha
Shek Ka Yi
Shin Wang Ho
Shiu Yin Man Carmen
Si Tou Man Wai
Sidharth
Singh Gurdip
Sit Kai Leong
Sit Wai Lee
Siu Hau Shan
Siu Kim Sing Jensen
So Chan Kwan
So Chun Kit Jonathan
So Kam Fong
So Kei Cheong Benjamin
So Man Ying Sarah
So Pui Sze
So Sin Ying
So Siu Ling
So Yuk Yin
Sophia
Suen Fan Yu Fanny
Suen Ka Hei
Sukhlecha Rishab
Sum Kwan Hung
Tai Chung Wun Ken
Tak Mau Chan
Tam Chun Hin
Tam Lik Hang
Tang Chi Chung
Tang Wai Chi Evelyn
Tang Kenneth
Tang Mei Ling
Tang Mei Wah
Tang Mo Ling
Tang Wing Yin
Tang Yueng Sann Alethea
Tang Yuk Ying Athena
Tellvik Britta
Teng Pei Chun
To Chung Man
To Louis
To Yuen Man
Tong Chan Ho
Tong Chin Pang
Tong Kim Chung
Tong Tak Chi Nicholas
Trinh Chi Hao Joseph
Tsang Chiu Mun
Tsang Chiu Kuk
Tsang Yim Ting
Tse Isabella
Tse King Chung Kendall
Tse Pui Yi
Tse Pui Ying
Tsoi Ling Chi
Tsui Sau Yu Candy
Tsung Kwok Chuen Jim
Tung Sze Man
Vong Ka Yan
Wan Ching Hin
Wan Cho Yin
Wan Chui Wai
Wan Lenna
Wan Ngai Teck Alice
Wan Sau Ying
Wang Jim
Wat Ka Yee Eva
Wet Lai Sha Lisa
Wincy
Wong King Heng Bernard
Wong Chine Yee
Wong Ching Lam
Wong Chun Lin
Wong Chun Wai Ben
Wong Chun Yin
Wong Hau Ling
Wong Haydon
Wong Hilda
Wong Hing Chun
Wong Ho Chi
Wong Ho Man
Wong Hoi Shan
Wong Janet
Wong Ka Lai
Wong Ka Yan
Wong Kwai Po
Wong Lai La Christina
Wong Leong Hei
Wong Mellissa
Wong Oi Se
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Wong Sau Kwan
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Wong Simon
Wong Siu Hei Wilman
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Wong Sze Ting
Wong Tak Fai
Wong Tsz Shan
Wong Wai Yee Louisa
Wong Wing Tak
Wong Wing Yee
Wong Wmelda
Wong Xuan Ying Heidi
Wong Yuen Ha
Woo Fannia
Woo Kung Lim
Woo Pui Shan
Wu Hiu Tung
Wu Ka Po
Wu Kai Yan Fion
Wu Kin San Alfred
Wu Liang
Yau Sin Ki
Yau Sze Keung
Yau Yiu Sang
Yeh Ying Lam
Yeung Chi Sang
Yeung Ching Man
Yeung Harry
Yeung Hon Yip
Yeung Leo
Yeung Sau Ying
Yeung Tung Fong
Yick Ka Yan
Yiu Mei Che
Yu Hiu Man
Yu Kenneth
Yu Kin wah
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聯絡資料 CONTACT INFORMATION

和諧之家
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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
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電郵 Email: hhcerc@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 24-hour Woman Hotline: 2522 0434
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
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* 和諧家庭空間
Family Harmony Space

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電話 Tel: 2718 8821
傳真 Fax: 2506 2362
電郵 Email: harmonyspace@harmonyhousehk.org

** 已於2026年7月13日正式結束服務*
The Centre was closed on 13 July 2026



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

和諧之家
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