

兒童及家庭服務目標

Children & Family Team Service Objectives

兒童及家庭服務隊本年度的服務目標是「CHILD」，英文字母涵蓋兒童成長發展中的多個主要範疇，喻意服務焦點為兒童的全人發展。我們期望透過適切的服務及活動，滿足孩子全面的成長發展需要，為成就孩子豐盛人生奠定重要基石。

The service objective of the Children and Family Service Team this year is "CHILD," with each letter representing a major area of children's growth and development. The focus of our services is on the holistic development of children. Through appropriate services and activities, we hope to meet the comprehensive growth and developmental needs of children, laying an important foundation for their rich and fulfilling lives.



C

Community Identity 社群認同

每個人與生俱來就在群體中生活，學習與他人相處是個必要而具挑戰性的課題。我們冀望孩子能在童年時期，掌握自我表達和社交相處技巧，擁有正面的群體生活經驗。讓他們將來能健康自信地與人互動，更適應不同群體的文化及期望。

Everyone is a member of a community. Getting along with others is a necessary and challenging lesson for everyone. We hope that children can learn self-expression and social skills during childhood, and have positive experiences in group living. This will enable them to interact confidently with others in the future and adapt to different cultures and meet the expectations of various groups.

Health Awareness 健康覺知



H

擁有健康的身體，才可讓我們實現理想中的生活。透過加強活動中的運動元素，幫助孩子提升身體機能，照顧他們的成長發展需要；增強孩子的身體抵抗力，鞏固他們的健康防護網。

Good health is essential for achieving our ideal life. By strengthening the physical elements in our activities, we can help children improve their physical functions and take care of their growth and developmental needs. We also aim to enhance children's resistance and consolidate their health protection network.

Illuminated Spirituality 靈性啟蒙



I

每個人與生俱來就在群體中生活，學習與他人相處是個必要而具挑戰性的課題。我們冀望孩子能在童年時期，掌握自我表達和社交相處技巧，擁有正面的群體生活經驗。讓他們將來能健康自信地與人互動，更適應不同群體的文化及期望。

Habits and behaviors established during childhood have a significant impact on shaping a child's personality. However, in a society that values academic achievements, moral education is often neglected. Through appropriate services, we hope to cultivate good moral behaviors in children and promote virtues such as care and integrity to families and society.

Luminous Mindset 心態明亮




L

良好的心理質素是孩子對抗逆境時的關鍵因素。我們致力培養孩子樂觀積極的思維，提升他們的抗壓能力。即使孩子身處困難之中，仍然勇敢地迎難而上，跨越人生路上的每個關口。

Good psychological qualities are a key factor for children to cope with adversity. We are committed to cultivating children's optimistic and positive thinking and enhancing their resilience. Even when facing difficulties, children can bravely face them and overcome every obstacle in their life journey.

Developmental Potential 發展潛能



D

每個孩子也有天賦的才能，可以在擅長的領域中發光發亮。我們渴望與孩子一起探索各種潛在可能，讓他們在自我肯定和成功經驗中確立興趣與強項；帶著信心和熱情去擁抱未知的將來，創造屬於自己的人生。

Every child has unique talents and abilities that can shine in their areas of strength. We are eager to explore various potential possibilities with children, helping them establish interests and strengths in self-affirmation and successful experiences. With confidence and enthusiasm, they can embrace the unknown future and create their own lives.



兒童活動

*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.28)

The offer is only applicable to Family Outreach Service members. (Please refer to P.28 for details)

遊戲輔導時間 Child Centered Play Time

4503.2501/C02

透過遊戲治療服務，疏導兒童的情緒、焦慮、社交及行為問題，從而得到自我治癒，認識並接納自己、增強自信、發展潛能，以積極態度面對人生。

Helping children to make choices and be responsible for their choices, and develop a more positive self-concept, self-esteem & self-confidence

內容 Content : 遊戲治療服務 Child-Centered Play Therapy **地點 Venue :** 佐敦會所 Jordan Centre
日期 Date : 個別預約 Individual appointment **名額 Quota :** 2名 2 Participants
時間 Time : 每節45分鐘 45 minutes per session **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)
對象 Target : 6-10歲 Age 6-10
費用 Fee : \$600 (共4節) \$600 (4 sessions in total)
備註 Notes : 有興趣參加者須先行填寫報名表或致電預約負責職員，面見評估後才可繳費參加
 Interested participants may fill out the registration form or call the responsible staff for an appointment for face-to-face assessment before making payment.



專注 ONE ON RUN (1/25-4/25) Concentration, one on run

4503.2501/C03

透過遊戲、故事和肢體運動，讓參加者學習聆聽和專注力。

To boost concentration through games, stories and physical exercises.

內容 Content : 按個別要，為參加者提供包括遊戲治療；並視覺、聽力等不同專注力訓練
 Provide participants with play therapy and different types of concentration training.
日期 Date : 個別預約 Individual appointment
時間 Time : 每節45分鐘 45 minutes per session
地點 Venue : 佐敦會所 Jordan Centre
對象 Target : 懷疑有專注力不足或過度活躍的小學生(適合未經評估或正輪候評估或正輪候治療者)
 Primary school students who are suspected of having Attention Deficit/ Hyperactivity Disorder.
費用 Fee : \$600(共4節) \$600 (4 sessions in total)
名額 Quota : 2名 2 Participants
負責同工 Staff Responsible : 袁惠儀 (YUEN Wai-ye)
備註 Notes : 有興趣參加者須先行填寫報名表或致電預約負責職員，面見評估後才可繳費參加
 Interested participants please fill out the registration form or call the responsible staff for an appointment for face-to-face assessment before making payment.



扯鈴演練團 Diabolo Fun Group (Temporary name)

4503.2501/C04A/B/C/D

透過鍛鍊扯鈴技巧及排練表演，發展手眼協調能力，提高專注力和堅毅精神

Developing hand-eye coordination, concentration and perseverance by learning diabolo skills and show rehearsal.

內容 Content : 學習扯鈴花式技巧、排練演出及參加比賽。
 Learning diabolo tricks, rehearsal and taking part in the open competition.
日期 Date : 逢星期二 Every Tuesday
時間 Time : 7:00pm-9:00pm
地點 Venue : 佐敦會所 / Jordan Centre
對象 Target : 8-16歲 Age 8-16
費用 Fee : 每月\$100
名額 Quota : 16名 16 Participants
負責同工 Staff Responsible : 伍子傑 (NG Tsz-kit)
備註 Notes : 此活動由專業扯鈴導師帶領，表現優異參加者可獲邀參與演出及參加公開比賽。
 Activity is led by professional diabolo coach. Participants with outstanding performance will be invited to participate in performances and open competitions.



拉花藝術家 Beauty of Latte Art

4503.2502/C05

在專業導師指導下體驗朱古力拉花，訓練參加者的專注力和手眼協調，並發掘新興趣和潛能。

Enhancing concentration and hand-eye coordination through CHOCOLATE Latte Art under the guidance of the professional barista and explore new interest and potential.

內容 Content : 心形、天鵝、葉子...在飲品上的美麗裝飾是如何製作的呢？讓我們動手體驗拉花的樂趣，為美味的朱古力熱飲上添上獨一無二的圖案吧！

Have you seen the beautiful latte art on drinks? Let's see how it works! Together we learn and enjoy the process of latte art, and decorate our cups of delicious hot chocolate with unique patterns!

日期 Date : 4/2、11/2、18/2、25/2、4/3/2025 (逢星期二 Every Tuesday)

時間 Time : 5:00pm-6:00pm

地點 Venue : 佐敦會所 / Jordan Centre

對象 Target : 6-12歲 Age 6-12

費用 Fee : \$600

名額 Quota : 8名 8Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible :



小小料理師 Little Chef

4503.2502/C06

透過學習使用不同的煮食工具，製作中或西式菜式，培養參加者對煮食的興趣及認識烹飪的基本知識。

Learning to use different cooking tools to prepare Chinese and Western dishes, participants will develop their interest in cooking and understand the basic knowledge of cooking.

內容 Content : 製作中或西式菜餚及甜品

Prepare Chinese or Western dishes and desserts.

日期 Date : 5/2、12/2、19/2、26/2/2024 (逢星期三 Every Wednesday)

時間 Time : 6:00pm-7:00pm

地點 Venue : 佐敦會所 / Jordan Centre

集散地點 佐敦會所 / Jordan Centre

Drop-off & Pickup :

對象 Target : 6-12歲 Age 6-12

費用 Fee : \$400 / \$120(全津/半津) 【*優惠：2名】

\$400 / \$120(Full Grant/Half Grant) 【*Quota:2 Participants】

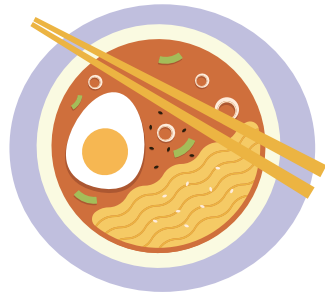
名額 Quota : 8名 8Participants

負責同工 賈雲龍 (KA Wan-Lung)

Staff Responsible :

備註 Notes : 請自備圍裙、手袖及食物盒

Please bring your own apron, sleeves and food container.



1-3月生日會 Birthday Party (Jan, Feb, Mar)

4503.2502/C07

透過活動讓參加者認識新朋友，提升社交技巧。
Making new friends and Fostering social skills.

內容 Content : 1-3月小壽星可邀請自己的朋友們一同出席生日會，在活動中玩遊戲和吃茶點，還有為所有參加者準備的禮物大放送喔~

Birthday Kids of Jan to Mar can invite their friends to join the Party

Together we will play exciting games and have snacks.

ALL participants are going to receive SPECIAL GIFTS!

日期 Date : 22/2/2025 (星期六 Saturday)

名額 Quota :

20名 20 Participants

時間 Time : 4:00pm-5:30pm

負責同工 Staff Responsible : 李芊慧 (LEE Chin-wai)

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 一至三月壽星及同行朋友(6-12歲)

Birthday Kids of Jan to Mar, as well as their invited friends (Aged 6-12)

費用 Fee : 同行朋友(非壽星) \$100 Non-Birthday Kids

壽星 \$80 Birthday Kids



透過的煮食的過程，學不同地方文化，體驗烹飪的樂趣。

Through the cooking, learn about different local cultures and experience the fun of cooking.

內容 Content : 製作不同春天時令的美食

Cooking different spring themed foods.

日期 Date : 4/3、11/3、18/3、25/3/2025 (逢星期二 Every Tuesday)

時間 Time : 5:45pm-6:45pm

地點 Venue : 佐敦會所 / Jordan Centre

對象 Target : 7-12歲 Age 7-12

費用 Fee : \$320 / \$120 【*優惠：3名】

\$320 / \$120 【*Quota: 3 Participants】

名額 Quota : 8名 8Participants

負責同工 伍子傑 (NG Tsz-kit)

Staff Responsible :

備註 請自備圍裙、手袖及食物盒。

Notes: Please bring your own apron, sleeves and food container.



靈機「足」Flash of Football

4503.2503/C09

透過利用遊戲及足球元素加入訓練，培養參加者運動的興趣及訓練團隊精神。

Using games and football elements to join training, we can cultivate participants' interest in sports and train team spirit.

內容 Content : 進行團體足球遊戲及訓練

Conduct team football games and training

日期 Date : 7/3、14/3、21/3、28/3/2024 (逢星期五 Every Friday) (暫定)

時間 Time : 5:00pm-6:00pm (暫定 TBC)

地點 Venue : 九龍佐治五世紀念公園七人足球場 (暫定) / 佐敦會所

King George V Memorial Park (TBC) / Jordan Centre

集散地點 九龍佐治五世紀念公園七人足球場 (暫定) / 佐敦會所

Drop-off & Pickup: King George V Memorial Park (TBC) / Jordan Centre

對象 Target : 6-12歲 Aged 6-12

費用 Fee : \$320 / \$120(全津/半津) 【*優惠：2名】

\$320 / \$120(Full Grant/Half Grant) 【*Quota:2 Participants】

名額 Quota : 8名 8 Participants

負責同工 賈雲龍 (KA Wan-Lung)

Staff Responsible :

備註 參加者須穿著整齊運動服及足球鞋或運動鞋，自備水樽

Notes:



環保小天使 Little angel in Environmental protection

4503.2503/C10

透過手工創作及體驗遊戲讓學員能加強理解環保意識

Making Handmade creations and games allow children to enhance their understanding of environmental awareness.

內容 Content : 學習垃圾分類理念、實行將舊物件循環再造成有用的資源，如玩具製作、生活裝飾品等等。

Learning the concept of garbage classification and practice recycling old objects into useful resources, such as toy making, daily decorations, etc.

日期 Date : 14/3、21/3、28/3/2025 (逢星期五 Every Friday)

時間 Time : 5:00pm-6:00pm

地點 Venue : 佐敦會所 / Jordan Centre

對象 Target : 6-12歲 / Aged 6-12

費用 Fee : \$240 / \$90 (全津/半津) 【*優惠：2名】

\$240 / \$90 (2 Half-grant or Full-grant) 【*Quota:2 Participants】

名額 Quota : 8名 8 Participants

負責同工 謝金燕 (TSE Kam-yin)

Staff Responsible :



Lego機械人體驗 Lego WeDo2.0 experience

4503.2503/C15

透過Lego WeDo2.0套裝，為參加者提供動腦、動手以及科學探究活動提高學員的好奇心、科學技能和手腦並用能力。
Through the Lego WeDo2.0 set, participants are provided with brain-using, hands-on and scientific inquiry activities to improve students' curiosity, scientific skills and ability to use both hands and brain.

內容 Content: 學習基本編程、探索簡單的機械原理、訓練獨立思考與解決問題的能力

Learn basic programming, explore simple mechanical principles, and train independent thinking and problem-solving abilities

日期 Date: 15/3、22/3、29/3/2025(逢星期六 Every Saturday)

時間 Time: 4:00pm-5:15pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 6-12歲

名額 Quota: 8名 8Participants

負責同工 Staff Responsible: 蘇志樂 (SO Chi-Iok)

Aged 6-12

費用 Fee: \$240 / \$90(全津/半津) 【*優惠: 4名】

\$240/ \$90(Full Grant/Half Grant) 【*Quota:4 Participants】



意想不到的創作 Amazing Artwork

4503.2504/C11

透過創作，強化參加者的感官發展，增加學員對藝術創作的興趣及創意。

Fostering sensory development and creativity through diverse artistic activities.

內容 Content: 製作雲石染印、毛線戳戳繡、玻璃彩繪等

Creating Marble-Pattern Dyeing, Punch Needle, Glass Deco and more

日期 Date: 11/4、25/4、9/5/2025 (逢星期五 Every Friday)

時間 Time: 6:00pm-7:30pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 6-12歲 Aged 6-12

費用 Fee: \$240 / \$90(全津/半津) 【*優惠: 2名】

\$240/ \$90(Full Grant/Half Grant) 【*Quota:2 Participants】

名額 Quota: 8名 8Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible:

備註 Notes: 請自備圍裙及手袖

Please bring your own apron and sleeves.



復活節馬賽克掛燈工作坊 Easter Mosaic Lamp Workshop

4503.2504/C12

透過創作，強化參加者的感官發展，增加學員對藝術創作的興趣及創意。

Fostering sensory development and creativity through diverse artistic activities.

內容 Content: 在這個復活節，放鬆心情，製作浪漫又富有古典味的馬賽克小掛燈，為你家的小角落增添溫馨氣氛。

Create your own romantic and classical little lamp with Mosaic art, and make your room cozy and warm at this relaxing Easter.

日期 Date: 25/4/2025 (星期五 Friday)

時間 Time: 7:30pm-8:45pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 6-12歲 Aged 6-12

費用 Fee: \$100 / \$30(全津/半津) 【*優惠: 1名】

\$100 / \$30(Full Grant/Half Grant) 【*Quota: 1 Participants】

名額 Quota: 8名 8Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible:

備註 Notes: 請自備圍裙及手袖

Please bring your own apron and sleeves.





家庭活動

Parent Activity



新年親子EASY GO! Parent-Child cooking fun

4503.2501/C13

透過親子一同參與美食製作，除了加強對中國傳統節日認識及其背後的意義外，過程中讓家長及小孩學習用五種愛的語言表達對家人的愛。

Making food together, in addition to strengthening parent and children understanding of traditional Chinese festivals and the meaning behind them, they can also learn to express the love for families in the Five love languages.

內容 Content : 包括製作賀年笑口棗、元宵卡通湯丸及情人節蛋糕

Making New Year's Smiling Dates, Cartoon Soup Balls and cake for the Valentine's Day.

日期 Date : 25/1、8/2、15/2/2025 (逢星期六 Every Saturday)

時間 Time : 6:00pm-7:00pm

地點 Venue : 佐敦會所 / Jordan Centre

對象 Target : 6-12歲及一位家長 /

Aged 6-12 and a parent

費用 Fee : \$600

備註 Notes: 請自備圍裙及手袖 ;

Please bring your own apron and sleeves;
請自備食物盒。

Please bring your own box.

名額 Quota :

4對親子 / 4 pairs

負責同工 Staff Responsible : 謝金燕 (TSE Kam-yin)



親子廚房——七彩米通 Parent-child Kitchen——Colorful Crispy Rice Candy

4503.2501/C14

與孩子一同製作小食，親子齊心協力在同一個環境中完成共同目標，對於情感連結也會帶來正面效果。

Cooking can bring positive effects to emotional connections because parents and children have to achieve the same goal shoulder to shoulder in the same environment.

內容 Content : 親子一起親手製作七彩米通，在下廚的過程中，逐漸找到適合親子溝通模式，而且食物有著超乎我們想像的能力，不僅可以填飽肚子，更能治癒人心。

Parents and children make Colorful Crispy Rice Candy together. In the process of cooking, they gradually find a suitable communication pattern between parents and children.

日期 Date : 24/2/2024 (星期五 Friday)

時間 Time : 6:00pm-7:15pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-9歲及其家長

Aged 6-9 and their parent

費用 Fee : 每對親子\$600

\$600 for Each Parent-child Pair

\$30 (全津/半津) 【*優惠：2名】

\$30 (Full-grant/Half-grant) 【*Quota:2 Participants】

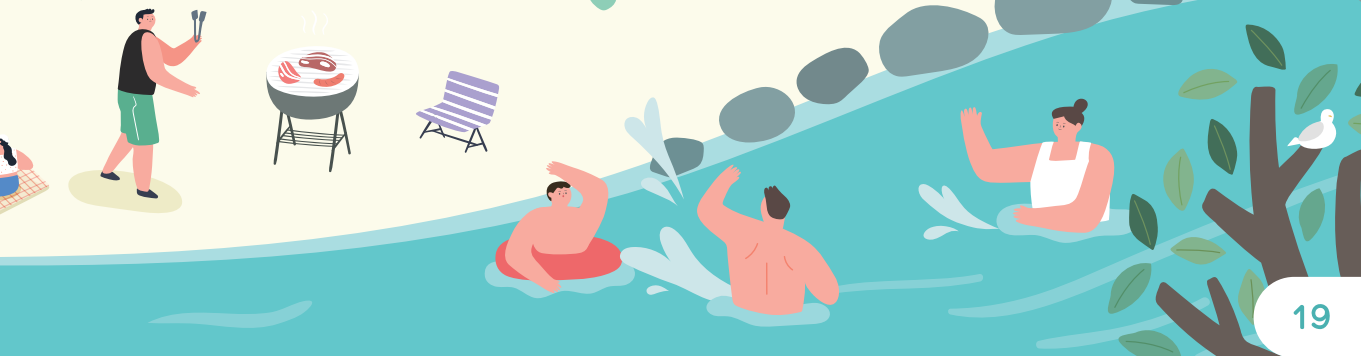
備註 Notes: 請自備圍裙、手袖及食物盒

Please bring your own apron, sleeves and food box.

名額 Quota :

4對親子 / 4 pairs

負責同工 Staff Responsible : 袁惠儀 (YUEN Wai-ye)



青年合隊 服務目標介紹

Youth Team Service Objective

服務目標 Service Objective : YOUTH



YMCA

我哋會加強推動富有青年會特色嘅服務，以豐富青少年嘅生活視野並提升其個人的生活目標，令更多青少年認識青年會嘅工作！

We aim at providing services with YMCA features to broaden the youth's horizons and enrich their lives, and expand our service to the youth!



Unique

我哋深信每位青少年都係獨特，引導佢哋發掘自己嘅才能，學習接納、欣賞自己嘅不足同優勢，以建立正面而真實嘅自我形象。同時，開闊青少年嘅胸襟，令佢哋明白「和而不同」、「凹凸互補」嘅重要！

Every youth is unique. We hope that different activities can allow our youths to develop self-identity, gain self-recognition and understand their merits and weaknesses, as well as respect differences.

Opportunity

為青少年創建不同嘅體驗機會，比青年人發揮所長之餘，亦能協助佢哋探索未來嘅發展方向，為其職涯作準備。
Create different experience opportunities for the young to explore their potentials and prepare for their career paths.



Harmony

係要求體現獨立同自主嘅階段，青少年好容易會面對唔同嘅價值觀挑戰。我哋期望係青少年群體中推廣和諧共融、倡議包容同尊重嘅重要性。
During puberty, it is common for young people to be confused about identity. Therefore, we hope to promote harmony and integration, and advocate respect and tolerance.



Technology

科技日新月異，我哋期望以多媒體嘅學習及運用作為介入點，接觸更多有需要嘅青少年群組，推廣服務。

With the use of technology, we hope our services can reach more youths in our community.



1-4月青年令隊服務主題

個人成長 Personal growth

—分隊工作目標 Target—

YOUTH-O(Opportunity)

4503.2501/Y01

新年焗一翻！ Let's Cook for New year!

學習烘焙基本知識，過程中加強個人能力，提昇信心。

Basic cookery skill learning, enhance self-competence and confidence in process.

2025
4/1, 11/1, 18/1

逢星期六
Every Saturday

4:45pm-6:00pm

佐敦會所
Jordan Centre

內容 Content :

新年鳳梨酥、幸運曲奇、如意桔祥泡芙

Making New year's pineapple shortcake, Lucky Cookies and Cream Puff

對象 Target :

11-16歲 / Aged 11-16

費用 Free :

\$50

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

嚴思敏 (YIM Sze-man)

備註 Notes:

費用已包材料和工具，請自備圍裙和食物盒

Materials and tools are included in the fee, please bring your own apron and lunch box

挑戰自我 Self-Challenge

—分隊工作目標 Target—

YOUTH-O(Unique)

4503.2402/Y02

單車追日·落 Chasing the Sunset by Bicycle

透過中長途單車旅程，鍛鍊青少年的堅毅身心。

Through medium and long-distance cycling journeys, young people can exercise their physical and mental perseverance.

2025
1/2

星期六
Saturday

2:30pm-9:30pm

大圍、大埔大尾督
Tai Wai, Tai Po Tai Mei Tuk

內容 Content :

單車由大圍起程，前往大埔大尾督位置欣賞日落景色及燒烤樂。Starting from

Tai Wai and going to Tai Po Tai Mei Tuk to enjoy the sunset view and barbecue

集散地點 Drop-off & Pickup

大圍港鐵站及大尾督 Tai Wai MTR Station & Tai Mei Tuk

對象 Target :

14-24歲 / Aged 14-24

費用 Free :

\$80

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

張學銘 (CHEUNG Hok-ming)

備註 Notes:

1. 請自備少量金錢；Please bring a small amount of money with you;

2. 參加者需要懂得踏單車。Participants need to know how to ride a bicycle.

潛能發展 Potential Development

— 分隊工作目標 Target —

YOUTH-O(Opportunity)

4503.2502/Y03

新手化妝班-春日篇 Makeup Class-Spring

學習化妝品知識和各種化妝手法
令青少年有自信地展現自己最美一面。

Learn makeup knowledge so that teenagers
can express themselves confidently.

2025
6/2、13/2、20/2

逢星期四
Every Thursday

4:00am-5:00pm

佐敦會所
Jordan Centre

內容 Content :

教授參加者化出適合春季的妝容。 Teaching participants makeup in Spring

對象 Target :

13-24歲 / Aged 13-24

費用 Free :

\$60

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

趙泳茵 (CHIU Wing-yan)

備註 Notes:

1. 參加者如有任何皮膚敏感，請盡早通知導師；

If participants have any skin sensitivity, please inform the instructor；

2. 參加者可自備化妝品/護膚品。

Participants can bring their own cosmetics/skin care products.

潛能發展 Potential Development

— 分隊工作目標 Target —

YOUTH-O(Unique)

4503.2402/Y04

IPSC室內射擊(2月) IPSC Indoor Shooting (February)

透過室內射擊的活動，訓練青少年的專注力及應對能力。

Through indoor shooting activities, young people's
concentration and coping skills are trained.

2025
7/2、21/2、28/2、7/3

星期五
Friday

7:30pm-9:00pm

佐敦會所
Jordan Centre

內容 Content :

進一步學習室內射擊的技巧及相關興趣發展途徑

Learning more indoor shooting skills and related interest development methods

對象 Target :

16-24歲 / Aged 16-24

費用 Free :

\$30

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

張學銘 (CHEUNG Hok-ming)

備註 Notes:

相關裝備及氣槍會由中心提供，不接受自備氣槍

Relevant equipment and air soft guns will be provided by the center,
and self-brought air soft guns are not accepted

挑戰自我 Self-Challenge

— 分隊工作目標 Target —

YOUTH-O(Unique)

4503.2402/Y05

健康活動齊齊做 Healthy activity services together

透過進行不同的會所康樂活動，讓參加者舒展身心及裝備自己迎接未來的挑戰。

Through different centre for recreational activities, participants can stretch their body and mind and equip themselves to meet future challenges.

逢星期四
Every Thursday

2025
13/2、20/2、27/2、6/3 5:00pm-6:00pm

佐敦會所
Jordan Centre

- 內容 Content :** 參與不同的會所康樂活動
Participate in different recreational activities at the centre
- 集散地點 Drop-off & Pickup:** 佐敦會所 Jordan Centre
- 對象 Target :** 12-18歲 / Aged 12-18
- 費用 Free :** \$10
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 李振成 (LI Chun-shing)

關懷社區 Community Care

— 分隊工作目標 Target —

YOUTH-O(Harmony)

4503.2402/Y06

義工服務齊齊做 Volunteer Services Together

與有特殊需要之兒童一同進行多元化之小組活動，藉此提升他們與人相處的社交技巧及擴展其社交網絡支援。

Conduct diversified group activities with children with special needs to enhance their social skills in getting along with others and expand their social network support.

逢星期六
Every Saturday

2025
15/2、22/2
1/3、8/3

10:45am-12:15pm
10:15am-12:45pm
(8/3/2025)

油尖旺區社福機構；香港科學館
Yau Tsim Mong District
Social Welfare Organization;
Hong Kong Science Museum

- 內容 Content :** 參加桌上遊戲小組活動及參與香港科學館活動設施 Participating in board game group and enjoy the facilities at the Hong Kong Science Museum
- 集散地點 Drop-off & Pickup:** 油尖旺區社福機構；香港科學館
Yau Tsim Mong District Social Welfare Organization; Hong Kong Science Museum
- 對象 Target :** 16-24歲 / Aged 16-24
- 費用 Free :** \$10
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 李振成 (LI Chun-shing)

關懷社區 Community Care

—分隊工作目標 Target—
YOUTH-O(Harmony)

4503.2502/Y07

大手帶小手：手作義工服務

Big Hands, Little Hands: Handcrafts Volunteers Service

藉不同小手作訓練，成為手作義工，為區內低收入兒童/家庭/弱勢人士服務。
Through handicraft training, you can become a handicraft volunteer and serve low-income children in the area.

訓練工作坊
Training Workshop

2025
15/2、22/2、1/3

服務活動
Service Session

2025
8/3
(待定 To be determined)

2:45pm-4:00pm

◊ 佐教會所/ 待定
Jordan Centre/ To be determined

內容 Content :

手工皂、馬賽克、UV膠 等

對象 Target :

Making Handmade soap, mosaic, UV glue and so on
11-16歲/ Aged 11-16

費用 Free :

\$50

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

嚴思敏 (YIM Sze-man)

備註 Notes:

費用已包材料和工具

Materials and tools are included in the fee.



潛能發展 potential development

—分隊工作目標 Target—
YOUTH-O(Opportunity)

4503.2502/Y08

齊作療癒甜心 Healing Desserts DIY

透過製作甜品點心，一同分享生活事，藉此放鬆心情。
Relaxation and sharing by making different fruity desserts.

逢星期六
Every Saturday

2025
22/2, 1/3, 8/3, 15/3 4:45pm-6:00pm

佐敦會所
Jordan Centre

- 內容 Content :** 士多啤梨/芒果/藍莓/朱古力/抹茶味甜品，以及中式點心
Making Strawberry/mango/blueberry/Chocolate/ Green Tea flavored dessert and Chinese dim sum.
- 對象 Target :** 11-17歲 / Aged 11-17
- 費用 Free :** \$120
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 嚴思敏 (YIM Sze-man)
- 備註 Notes:** 費用已包材料和工具，請自備圍裙和食物盒
Materials and tools are included in the fee, please bring your own apron and lunch box

潛能發展 potential development

—分隊工作目標 Target—
YOUTH-O(Opportunity)

4503.2504/Y09

新手美甲班-春日篇 Nail Art Class- Spring

學習美甲技巧，發掘青少年的藝術潛能。
Learn nail art skills and discover the artistic potential of teenagers.

星期四
Thursday

2025
17/4 3:00am-5:00pm

佐敦會所
Jordan Centre

- 內容 Content :** 教授參加者制作春季主題的美甲
Teaching participants how to make Spring themed nail art
- 對象 Target :** 13-24歲 / Aged 13-24
- 費用 Free :** \$40
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 趙泳茵 (CHIU Wing-yan)

賽馬會平行心間2.0

levelmind@JC2.0

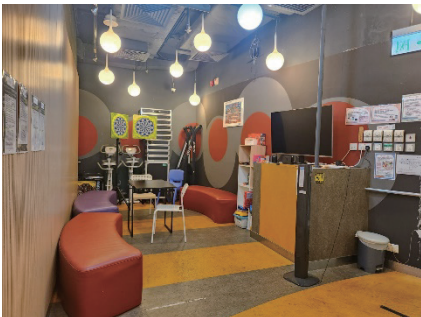
我無野做，好悶呀…如果有個地方可以chill下hea下就好喇…
I have nothing to do and feel bored… It would be great if there is a place for me to chill and relax…

呢排有啲疲，想要個空間比自己休息同發下呆…

I've been feeling a bit tired lately and want a space to rest and daydream…

佐敦會所職員：佐敦會所有個全新又舒適嘅地方好啱你地~就係「平行心間」！等我話你知「平行心間」係咩黎啦！

Staff of Jordan Centre: In Jordan Centre, there is a new and cozy place that completely fulfills your needs. Let me introduce "LevelMind Hub" to you!





「平行心間」係專為12-24歲嘅青少年而設嘅專屬空間，比大家盡情嘍度休息放空，想自己一個攤嘍豆豆袋度發下呆，或者想同朋友仔一齊玩下桌遊打下機都得！嘍「平行心間」，你可以放低煩惱，然後輕鬆離開^^

“LevelMind Hub” is a space specifically designed for young people aged 12 to 24. It allows you to relax and unwind. You can chill by yourself in a bean bag or hang out with friends playing board games or video games. It’s all your choice! At “LevelMind Hub”, you can let go of your worries and leave feeling relaxed^^

「平行心間」會嘍第一個季度開幕！本來嘅共享空間大變身成為「平行心間」~ 基於裝修源故，一月期間共享空間會暫時關閉。

“LevelMind Hub” will be opening in the first season! The original Common Space becomes “LevelMind Hub” ~ The Common Space will be temporarily closed in January for construction purpose.

「平行心間」開放時間

Opening hours of “LevelMind Hub”

星期一 Monday	2pm-10pm
星期二 Tuesday	2pm-10pm
星期三 Wednesday	2pm-10pm
星期四 Thursday	2pm-10pm
星期五 Friday	10am-1pm, 2pm-10pm
星期六 Saturday	10am-10pm
星期日及公眾假期 Sunday & Public Holidays	休息 Off