

置地公司·家基金贊助活動

HOMEFUND by Hongkong Land Sponsored Activities

服務對象 Target

擁有6歲至24歲兒童及青少年之基層家庭。
Grassroots families with children or youth aged 6-24.

服務地區 Service areas

油尖旺區 Yau Tsim Mong District

申請辦法請參考第28頁

Please refer to page 28 for the application procedure.

申請家庭須先成為中心會友及外展家庭會員。

Applicants must first become an YMCA's member and outreaching family member.

家庭活動 Family activity

咖啡拉花小組(第二期) Coffee Latte Group

4503.2409/HF01

日期 Date 3/9、10/9、17/9、24/9、8/10、15/10、
22/10、29/10/2024 (星期二 Tuesday)

時間 Time 10:30am-11:30am

地點 Venue 佐敦會所 J/ ordan Centre

費用 Fee 家長\$20 / Parent \$20

目的 Objective

增加家長之間交流和共同話題,建立聯繫,擴闊社交;
豐富家長的興趣愛好,提升自信心。
Increasing communication and shared topics between parents, establishing connections, and broadening their social circle. Enriching their interests and hobbies, and boosting their self-confidence.

內容 Content

學習咖啡拉花的技巧和知識等
Learning the skills and knowledge related to latte art

對象 Target 外展家庭會員之家長
The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

備註 Notes: 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

兒童興趣繪畫班 Children Drawing Class

4503.2409/HF02

日期 Date 6/9、13/9、20/9、27/9、
4/10、18/10/2024 (星期五 Friday)

時間 Time 5:00pm-6:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$50

目的 Objective

訓練兒童專注力與觀察力,萌發想像力與創造力。
Training children's concentration and observation skills, and stimulate imagination and creativity.

內容 Content

學習繪畫技巧
Learning drawing skills

對象 Target 外展家庭會員之兒童
The children of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 黃康悅 (Wong Hong-yuet)

備註 Notes: 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

插花小組 Flower Arrangement Group

4503.2409/HF03

日期 Date 6/9、13/9、20/9、27/9、4/10、18/10、
25/10、31/10/2024
(星期五或星期四 Friday or Thursday)

時間 Time 7:30pm-8:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee 家長\$20 / Parent \$20

目的 Objective

增進家長之間的溝通,幫助家長建立人際網絡,拓展社交圈;放鬆心靈、抒發情感的方式,提供心理支持。
Enhancing communication between parents, helping parents establish interpersonal networks, and expanding their social circles; Providing ways to relax the mind and expressing emotions, offering mutual support.

內容 Content

學習插花藝術和技巧等
Learn the art and techniques of flower arrangement

對象 Target 外展家庭會員之家長
The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

備註 Notes: 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

香薰DIY製作 Aromatherapy DIY Workshop

4503.2409/HF04

日期 Date 9/9、16/9、23/9、30/9、7/10、14/10、
21/10、28/10/2024

時間 Time (逢星期一 Every Monday)

地點 Venue 10:30am-11:30am

費用 Fee 佐敦會所 / Jordan Centre
家長\$20 / Parent \$20

目的 Objective

讓家長專注於當下並調節心理狀態,以達致身心放鬆。
Helping parents focus on the moment and regulate their emotions to promote relaxation.

內容 Content

選擇香料、調配配方到製作成品
Select the spices, formulate the recipe, and produce the finished product

對象 Target 外展家庭會員之家長
The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

備註 Notes: 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

親子學習「升呢」工作坊 暨7-9月份家庭生日會 Parent-child "Level Up" Workshop and Family Birthday Celebrations (July - September)

4503.2409/HF05

日期 Date 21/9/2024 (星期六 Saturday)

時間 Time 6:30pm-8:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee 全免 Free

目的 Objective

提升孩子之學習動機及專注力;以遊戲主導,增加孩子學習的樂趣。
Enhancing children's learning motivation and focus. Using a game-based approach to increase children's enjoyment of learning.

內容 Content

親子遊戲介紹和體驗、生日會
Introduction and experience of parent-child games, as well as birthday celebrations.

對象 Target 外展家庭會員之兒童及家長
The parent and children of the Outreaching Family Member

名額 Quota 15名 / 15 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

備註 Notes: 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

酒精畫藝術 Alcohol Ink Art

4503.2411/HF07

日期 Date 1/11、8/11、15/11、22/11、29/11、
6/12、13/12、20/12/2024
(逢星期五 Every Friday)

時間 Time 7:30pm-8:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$20

備註 Notes 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

目的 Objective

豐富家長的興趣愛好，提升自信心；舒緩解壓，提升情緒和家庭關係
Enhancing parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

內容 Content

學習酒精墨水創作技巧
Learning the techniques of creating art with alcohol ink

對象 Target 外展家庭會員之家長
The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

參觀香港大學 Visit the University of Hong Kong

4503.2411/HF08

日期 Date 3/11/2024 (星期日 Sunday)

時間 Time 9:00am-5:00pm

地點 Venue 香港大學 / the University of Hong Kong

集散地點 佐敦會所 / Jordan Centre

Drop-off
& Pickup

費用 Fee \$35/人 \$35/person

備註 Notes 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

目的 Objective

提升親子的溝通、表達及解決問題能力；提升學生的積極性。
Enhancing parent-child communication, expression, and problem-solving abilities. Improving students' proactivity and engagement.

內容 Content

參觀香港大學
Visiting the University of Hong Kong

對象 Target 外展家庭會員之兒童及家長
The parent and children of the Outreaching Family Member

名額 Quota 50名 / 50 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

溜一天與你喘息 (家長組) Skate and Breath with you (Parent group)

4503.2411/HF09

日期 Date 4/11、11/11、18/11、25/11、2/12、
9/12、16/12、23/12/2024
(逢星期一 Every Monday)

時間 Time 11:00am-11:45am

地點 Venue 圓方 / Elements

集散地點 佐敦會所 / Jordan Centre

Drop-off
& Pickup

費用 Fee \$20/人 \$20/person

備註 Notes 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

目的 Objective

豐富家長的興趣愛好，提升自信心；舒緩解壓，提升情緒和家庭關係。
Enriching parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

內容 Content

溜冰
Ice-skating

對象 Target 外展家庭會員之家長
The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

家長瑜伽小組 Parent Yoga Group

4503.2411/HF10

日期 Date 5/11、12/11、19/11、26/11、3/12、
10/12、17/12、24/12/2024
(逢星期二 Every Tuesday)

時間 Time 11:00am-11:45am

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$20/人 \$20/person

備註 Notes 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

目的 Objective

豐富家長的興趣愛好，提升自信心；舒緩解壓，提升情緒和家庭關係。
Enriching parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

內容 Content

學習以呼吸帶領身體，提升身體覺知和肢體協調能力
Learning breathing exercises to enhance physical coordination, and awareness and sensitivity about the reactions of the body.

對象 Target 外展家庭會員之家長

The parent of the Outreaching Family Member

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

親子學習「升呢」工作坊 暨 10-12月份家庭生日會 Parent-child "Level Up" workshop and Family Birthday Celebrations (October - December)

4503.2412/HF11

日期 Date 14/12/2024 (星期六 Saturday)

時間 Time 6:30pm-8:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee 全免 Free

備註 Notes 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

目的 Objective

提升孩子之學習動機及專注力；以遊戲主導，增加孩子學習的樂趣。
Enhancing children's learning motivation and focus. Using a game-based approach to increase children's enjoyment of learning.

內容 Content

親子遊戲介紹和體驗·生日會
Experiencing parent-child games and birthday celebrations

對象 Target 外展家庭會員之兒童及家長

The parent and children of the Outreaching Family Member

名額 Quota 15名 / 15 Participants

負責同工 Staff Responsible 鍾志恒 (CHUNG Chi-hang)

