

兒童及家庭

服務目標

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", set with each letter representing a major area of children's growth and development. The focus of our services is them to lead an 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 them to lead an enriched and fulfilling lives.

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

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

兒童時期建立的習慣行為，對於塑造孩子的個性有莫大影響力。然而，在重視學術成就的社會文化下，品德教育往往受到忽視。我們希望藉著合適的服務，培育孩子良好的品德行為，將關愛及誠信等美德推廣至家庭及社會。

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

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心態，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

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.

我都做得到 -- 煮食篇 I Can Cook

4503.2405/C03

培養參加者良好的生活習慣和態度，提升參加者獨立及自我照顧能力

Enhance participants' independence and self-care abilities

內容 Content : 透過與其他參加者一起共同合作，一起學習基本烹飪技巧、設計餐單、購買食材、合作烹調一頓健康又美味的餐膳。不但有助建立個人的自信，還能凝聚團隊力量，發揮互助互愛的精神。

Learn basic cooking skills, design menus, purchase ingredients, and cook a healthy and delicious meal together with other participants.

日期 Date : 25/5、8/6、22/6、6/7/2024 (隔星期六 Every other Saturday)

時間 Time : 11:00am-12:30pm

對象 Target : 8-12歲 Age 8-12

費用 Fee : \$600、\$80 (半津) 、\$40 (全津) 【*優惠:2名】 \$80 (Half-grant), \$40 (Full-grant) 【*Quota:2 Participants】

負責同工 袁惠儀 (YUEN Wai-ye)

Staff Responsible :

備註 Notes : 請自備圍裙及手袖 Please bring your own apron and sleeves.



滴膠手作學專注 UV Resin Crafts for Improving Concentration

4503.2405/C04

透過製作不同的滴膠手作，幫助參加者培養專注力。

Through making different crafts with UV Resin, participants can improve concentration.

內容 Content : 學習製作不同的滴膠手工。

Learn to create handcrafts by using UV Resin.

日期 Date : 25/5、1/6、8/6、15/6/2024(逢星期六 Every Saturday)

時間 Time : 5:00pm-6:00pm

對象 Target : 9-12歲 Age 9-12

費用 Fee : \$400 / \$80(半津)、\$40(全津) 【*優惠:2名】

\$400 / \$80(Half Grant), \$40(Full Grant) 【*Quota:2 Participants】

備註 Notes : 請自備圍裙及手袖 Please bring your own apron and sleeves

地點 Venue : 佐敦會所 Jordan Centre

名額 Quota : 8名 8 Participants

負責同工 : 謝金燕 (TSE Kam-yin)

Staff Responsible : 賈雲龍 (KA Wan-lung)



抗逆小先鋒 Resilience vanguard

4503.2407/C05

參加者能夠透過活動提升抗逆能力，學習更多情緒辨識、表達自我及溝通技巧。

Participants will have the opportunity to enhance their resilience through this activity, learning more about emotional recognition, self-expression, and communication skills.

內容 Content : 配以破冰遊戲及體驗活動模式，讓參加者能在遊戲中學習，並將相關經歷成為知識

With the inclusion of ice-breaking games and experiential activities, participants can learn and turn their experiences into knowledge through gameplay engagement.

日期 Date : 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)

時間 Time : 10:30am-11:30am

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 8-11歲 Age 8-11

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible :



桌上遊戲王 King of Board game

4503.2407/C06

透過不同的桌上遊戲遊玩，使參加者在活動提升社交能力及解難三步曲

Enhancing social skills and problem-solving mindset through different Board games.

內容 Content : 學習好玩的桌上遊戲，從中學習專注、手眼協調、反應、運算、邏輯推理、創造力、記憶、合作等等。

Learning fun Board games: developing focus, hand-eye coordination, reaction, calculation, logical reasoning, creativity, memory, collaboration, etc

日期 Date : 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)

時間 Time : 2:15pm-3:15pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 8-11歲 Age 8-11

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants

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



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

看不見的色彩 (鏤空剪紙) Invisible Colours (Paper-Cutting Art) 4503.2407/C07

透過鏤空剪紙增加參加者的專注力，並學習放慢腳步，欣賞平日所忽略的美麗事物。

Fostering concentration through paper-cutting, and learning to slow down and enjoy the precious little things around us.

內容 Content : 參加者製作鏤空剪紙後，走到不同場地，以身邊的事物作為剪紙的背景，然後拍照記錄，為作品添上獨一無二的色彩

After finishing the artwork, participants will walk around the community while taking photos of their artwork with the surroundings as background.

日期 Date : 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)

時間 Time : 3:30pm-4:45pm

地點 Venue : 佐敦會所 Jordan Centre 及九龍站平台 Kowloon Station Podium

集散地點 :

Drop-off & Pickup 佐敦會所 Jordan Centre

對象 Target : 9-11 歲 Age 9-11

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible :

備註 Notes: 請自備及小心保管手提電話或其他拍攝器材

Please bring your own mobile phone or other photographic devices and keep them carefully.



三葉球體驗 Newsports: Flipball 4503.2407/C08

透過三葉球運動，訓練參加者的專注力、反應力及合作精神，同時以有趣方式培養參加者的運動習慣。

Enhancing concentration, responsiveness and teamwork spirit through Flipball, while cultivating participants' healthy habits.

內容 Content : 三葉球是一個結合了羽毛球和乒乓球，且無場地、性別和年齡限制的新興運動。活動中學學習三葉球的發球和接球技巧，進行刺激比賽

Flipball is a newsport that combines badminton and table tennis, with no restrictions on venue, gender or age.

Learning basic skills in Flipball and engage in exciting matches.

日期 Date : 19/7、26/7、2/8、9/8、16/8/2024 (逢星期五 Every Friday)

時間 Time : 10:15am-11:15am

地點 Venue : 佐敦會所 Jordan Centre 及九龍站平台體育館 Kowloon Station Podium Stadium

集散地點 : 佐敦會所 Jordan Centre

Drop-off & Pickup

對象 Target : 9-12歲 Age 9-12

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible :

備註 Notes: 參加者需穿著運動服裝，自備足夠飲用水

Please bring your own water and wear sports attire



芬蘭木棋體驗 Newsports: Molkky 4503.2407/C09

參加者在此運動中，需要進行數學運算和採取不同攻守戰術，有助訓練邏輯思維。投擲木棋時，參加者也能提升手眼協調的能力。

Fostering logical thinking through mathematical calculations and strategies adoption. Hand-eye coordination is also trained in Molkky.

內容 Content : 芬蘭木棋是一種運動量低，但思考度高的新興運動。活動將教授投擲木棋的技巧和策略。

Molkky is a newsport which requires lots of critical thinking and less body movement. Learning basic skills and strategies throughout the matches.

日期 Date : 25/7、1/8、8/8、15/8/2024 (逢星期四 Every Thursday)

時間 Time : 11:30am-12:30pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-8歲 Age 6-8

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

備註 Notes: 參加者需穿著運動服裝，自備足夠飲用水

Please bring your own water and wear sports attire

名額 Quota : 8名 8 Participants
負責同工 Staff Responsible : 李芊慧 (LEE Chin-wai)



回到老香港 Back to the old HongKong

4503.2407/C10

透過體驗老香港的經典遊戲，讓參加者反思對物質享受嘅追求，培養知足常樂的心。

Though classic games of old Hong Kong, participants can reflect on their material enjoyment and understand that 'Enough is as good as a feast'.

內容 Content : 穿越到老香港，一起試玩經典遊戲及製作懷舊玩具吧

Travel back to old Hong Kong, together we enjoy classic games and make nostalgic toys.

日期 Date : 25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)

時間 Time : 4:30m-5:30pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-9歲 Age 6-9

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants

負責同工 李芊慧 (LEE Chin-wai)

Staff Responsible : 參加者需穿著輕便服裝，自備足夠飲用水

備註 Notes: Please bring your own water and wear casual clothing



意想不到的創作 Unexpected Creations

4503.2407/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

Foster sensory development and creativity through diverse artistic activities.

內容 Content : 製作馬賽克、俄羅斯戳戳繡等 Creating Mosaics, Punch Needle, and more

日期 Date : 19/7、26/7、2/8、9/8、16/8/2024 (逢星期五 Every Friday)

時間 Time : 2:15am-3:15pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-8歲 Age 6-8

費用 Fee : \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota : 8名 8 Participants
負責同工 Staff Responsible : 李芊慧 (LEE Chin-wai)



慢活廚房 Summer Chef

4503.2407/C13A/B

讓學員透過學習食物營養及處理、掌握烹飪技巧，以及自行清潔用過的工具，體驗家人平日煮食的辛勞及提升珍惜食物的觀念。

Through learning food nutrition, mastering cooking skills and cleaning used tools, participants can experience the hard work of their family members in cooking and enhance the concept treasure the food.

內容 Content : 每節製作一款佳餚和分享感受，討論下節學習範圍。

In each session, we will make a dish and share the experience, discussing the scope for the next session.

日期 Date : 24/7、31/7、7/8、14/8、21/8、28/8/2024 (逢星期三 Every Wednesday)

時間 Time : A組：10:30am-11:30am、B組：11:45am-12:45pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : A組：6-8歲 Aged 6-8、

B組：9-12歲 Aged 9-12

費用 Fee : \$600 / \$120(半津Half Grant)、\$60(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

備註 Notes : 自備圍裙及手袖。 Please bring your own apron and sleeves.

名額 Quota : 10名 10 Participants
負責同工 Staff Responsible : 謝金燕 (TSE Kam-yin)



手搖飲品研究室 Shake IT up!

4503.2407/C14A/B

透過學習調製飲品的技巧，提升學員的專注力及創意力，亦能從活動過程中體諒舒緩壓力的時刻。

By learning the skills of making drinks, students can improve their concentration and creativity, and also experience moments of stress relief during the activity.

內容 Content : 每節製作一款飲品和分享感受。 To make drinks and share the experience in each session.

日期 Date : 24/7、31/7、7/8、14/8、21/8、28/8/2024 (逢星期三 Every Wednesday)

時間 Time : A組：2:15pm-3:15pm、B組：3:30pm-4:30pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : A組：6-8歲 Age 6-8

B組：9-12歲 Age 9-12

費用 Fee : \$600 / \$120(半津Half Grant)、\$60(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

備註 Notes : 自備500mL透明闊口水樽。 Please bring a 500mL wide mouth bottle.

名額 Quota : 10名 10 Participants
負責同工 Staff Responsible : 謝金燕 (TSE Kam-yin)



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

我都做得到系列一衣履篇 I Can Do the Laundry

4503.2407/C15

培養參加者良好的生活習慣和態度，提升參加者獨立及自我照顧能力

To enhance participants' independence and self-care abilities

內容 Content: 衣物的認識、清潔與收納(認識衣物護理標籤；洗、晾曬、熨衣服；收拾及摺衣服)，以及衣物選購、服裝禮儀等 Washing, drying, ironing; tidying up and folding clothes

日期 Date: 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)

時間 Time: 11:30am-12:45pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 8-12歲 Age 8-12

費用 Fee: \$600、\$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota: 2名 2 Participants】

名額 Quota:

6名 6 Participants

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



交戰小天王2024 Team Building Group

4503.2407/C16

透過好玩又刺激的團隊合作遊戲，加強參加者參與友伴社交遊戲能力，享受群體遊戲。

To enhance participants' social ability and enjoy games through exciting teamwork building games

內容 Content: 不同主題的團隊遊戲，使孩子學懂與他人互動，培養出合作精神及訓練其領導才能。當小朋友面對遊戲結果成敗得失時，可以學習到「勝不驕，敗不餒」。

Enable participants to learn to interact with others through teamwork building games with different themes

日期 Date: 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)

時間 Time: 3:30pm-4:30pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 8-12歲 Age 8-12

費用 Fee: \$500、\$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota: 2名 2 Participants】

備註 Notes: 參加者需穿著運動服裝，自備足夠飲用水。Please bring your own water bottle and wear sports attire.

名額 Quota:

8名 8 Participants

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



舞動扯鈴演藝家 Diabolo Art Workshops

4503.2407/C18

透過學習傳統扯鈴技藝，鍛鍊手眼腦協調和堅毅精神。

Practice body-mind coordination and be a perseverance kid by learning the diabolo skills and tricks.

內容 Content: 學習扯鈴基本技術、花式和表演技巧

Learning the basic techniques, tricks and performance skills of diabolo.

日期 Date: 23/7、30/7、6/8、13/8、20/8 (逢星期二 Every Tuesday)

時間 Time: 11:30am-12:30pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 8-12歲 Age 7-12

費用 Fee: \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota: 2名 2 Participants】

備註 Notes: 請穿著鬆身衣物及運動鞋 Please wear loose outfit and sneakers.

名額 Quota:

12名 12 Participants

負責同工 Staff Responsible: 伍子傑 (NG Tsz-kit)



活力小拳王 Boxing Kid Fun

4503.2407/C19

透過學習拳擊技巧，鍛鍊體能和身體反應。

Develop physical fitness and body reactions by learning boxing skills

內容 Content: 學習不同出拳姿勢和步法，安全意識和體能訓練

Learn the different punching and footwork skills, safety awareness and physical training.

日期 Date: 23/7、30/7、6/8、13/8、20/8 (逢星期二 Every Tuesday)

時間 Time: 2:15pm-3:15pm

地點 Venue: 佐敦會所 Jordan Centre

對象 Target: 7-12歲 Age 7-12

費用 Fee: \$500 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota: 2名 2 Participants】

備註 Notes: 1. 活動由註冊拳擊及體適能教練帶領；

The activities are led by recognized boxing and physical fitness coaches;

2. 活動內容只著重技巧和體能部份，不含對打或比賽環節。

The contents are focused on physical fitness and physical fitness component with no sparring or competition included.

名額 Quota:

12名 12 Participants

負責同工 Staff Responsible: 伍子傑 (NG Tsz-kit)



感統遊戲室 Sensory Integration Playroom

4503.2407/C21

感覺與學習息息相關。適當的感官刺激有助兒童發展。孩子透過接收環境中的各種感覺訊號，將這些複雜的感官知覺統整，並做出合適的反應。

Practice sensory processing with children and thereby enhance their development and learning abilities.

- 內容 Content :** 透過多元化的感覺統合遊戲，加強孩子的身體協調能力、專注力及提昇情緒智能
Play diversified sensory integration games about physical coordination, concentration and emotional intelligence.
- 日期 Date :** 24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)
- 時間 Time :** 11:30am-12:30pm
- 地點 Venue :** 佐敦會所 Jordan Centre
- 對象 Target :** 6-9歲 Age 6-9
- 費用 Fee :** \$600 / \$80(半津Half Grant)、\$40(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】
- 名額 Quota :** 4名 4 Participants
- 負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)
- 備註 Notes :** 參加者需穿著運動服裝，自備足夠飲用水
Please bring your own water and wear sports attire.



童你Growth飛 Fun in Board Games

4503.2407/C22

透過合作性的遊戲及比賽，讓學員學習從過程中面對挑戰時如何克服困難。

Through cooperative games and competitions, students learn how to overcome difficulties when facing challenges in the process.

- 內容 Content :** 以歷奇遊戲和桌上遊戲形式進行。 Played as adventure games and table games.
- 日期 Date :** 22/7、29/7、5/8、12/8、19/8、26/8/2024 (逢星期一 Every Monday)
- 時間 Time :** 2:15pm-3:15pm
- 地點 Venue :** 佐敦會所 Jordan Centre
- 對象 Target :** 6-9歲 Age 6-9
- 費用 Fee :** \$600 / \$120(半津Half Grant)、\$60(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】
- 名額 Quota :** 8名 8 Participants
- 負責同工 Staff Responsible :** 謝金燕 (TSE Kam-yin)



光影手工燈 Light and shadow handcraft lamp

4503.2407/C23

透過手工燈創作，能提升學員專注度，從與人分享的過程中學習互相欣賞及讚美他人。

Through handcraft lamp fabrication, students can improve their concentration and learn to appreciate and praise each other in the process of sharing with others.

- 內容 Content :** 土耳其燈座、夜光杯墊、霓虹燈條創作。 Making Turkish lamp holders, luminous coasters, neon light tubes.
- 日期 Date :** 22/7、29/7、5/8、12/8、19/8、26/8/2024 (逢星期一 Every Monday)
- 時間 Time :** 3:30pm-4:30pm
- 地點 Venue :** 佐敦會所 Jordan Centre
- 對象 Target :** 9-12歲 Age 9-12
- 費用 Fee :** \$600 / \$120(半津Half Grant)、\$60(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】
- 名額 Quota :** 10名 10 Participants
- 負責同工 Staff Responsible :** 謝金燕 (TSE Kam-yin)



小DJ學堂 Little DJ

4503.2407/C26

透過學習構思講稿、在佐敦會所播音室體驗如何「開咪」主持節目，鼓勵學員能藉此從而提升溝通技巧和演說的自信心。

Through learning structuring speeches and experiencing hosting programs in the broadcasting studio, enhance communication skills and gain confidence in public speaking.

- 內容 Content :** 每節均由學員嘗試輪流進行廣播 In each session, participants take turns to practice broadcasting
- 日期 Date :** 25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
- 時間 Time :** 11:30am-12:30pm
- 地點 Venue :** 佐敦會所 Jordan Centre
- 對象 Target :** 9-12歲 Age 9-12
- 費用 Fee :** \$500 / \$100(半津Half-grant)、\$50(全津Full-grant) 【*優惠 Quota : 2名 2 Participants】
- 名額 Quota :** 6名 6 Participants
- 負責同工 Staff Responsible :** 謝金燕 (TSE Kam-yin)



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

「菲」越油尖旺 Photo at Yau Tsim Mong

4503.2407/C27

透過學習及練習拍攝技巧，同時認識「正念攝影」理論，更可增加認識「正念」對自己、家庭、社會生活中的好處，從而啟發出靜觀正念的七種生活態度。

Through learning and practicing photography techniques and understanding the theory of "mindful photography," it can also increase the understanding of the benefits of "mindfulness" to oneself, family, and society, thereby inspiring the seven life attitudes of meditation and mindfulness.

內容 Content: 攝影工作坊、小型相展分享會 Photography workshops, small scale photo exhibitions and sharing sessions.

日期 Date: 小組: 25/7、15/8、22/8/2024; 、外出攝影: location shooting 1/8、8/8/2024 (逢星期四 Every Thursday)

時間 Time: 3:30pm-4:30pm

地點 Venue: 佐敦會所 Jordan Centre

名額 Quota: 8名 8 Participants

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

對象 Target: 6-8歲 Age 6-8

費用 Fee: \$600 / \$200(半津Half-grant)、\$150(全津Full-grant) 【*優惠 Quota: 2名 2 Participants】

備註 Notes: 1.請自備有拍攝功能的手提電話; Please bring your own mobile phone with camera;

2.每名參加者可獲一部一次性菲林相機於活動中使用。

Each participant will receive a disposable film camera for use in the event.



動起來，學專注 Get Moving and Learn to Concentrate

4503.2407/C28

透過新興運動項目，讓參加者與其他入一同合作，提昇參加者的專注力，同時訓練參加者解決困難的能力和信心，學習面對成敗得失的正面心態。

Through emerging sports, participants can cooperate with others to enhance their concentration while training for the ability and confidence to solve difficulties and learning to maintain a positive attitude towards success and failure.

內容 Content: 地壺球、芬蘭木棋、躲避盤 Floor Curling, Molkky, Dodgebee

日期 Date: 26/7、2/8、9/8、16/8、23/8/2024 (逢星期五 Every Friday)

時間 Time: 11:30am-12:30pm

地點 Venue: 佐敦會所 Jordan Centre

名額 Quota: 8名 8 Participants

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

對象 Target: 9-12歲 Age 9-12

費用 Fee: \$500、\$100 (半津Half-grant)、\$50 (全津Full-grant) 【*優惠 Quota: 2名 2 Participants】

備註 Notes: 參加者需穿著運動服裝，自備足夠飲用水。Please bring your own water bottle and wear sports attire.



迷你兵團 Minion brigade

4503.2407/C29

讓參加者認清個人目標和路向，培養領袖風範、勇氣和個人自信心，認識自己內在的潛能，發揮領袖特質。

Identify participants' personal goals and directions, enhance their self-confidence, recognize inner potential and develop leadership qualities.

內容 Content: 透過團體遊戲、紀律訓練和合作任務，提昇參加者的人際溝通技巧、自信心和領袖特質。

Cooperative games, discipline training and cooperative tasks

日期 Date: 26/7、2/8、9/8、16/8、23/8/2024 (逢星期五 Every Friday)

時間 Time: 2:15pm-3:15pm

地點 Venue: 佐敦會所 Jordan Centre

名額 Quota: 8名 8 Participants

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

對象 Target: 6-9歲 Age 6-9

費用 Fee: \$500、\$100 (半津Half-grant)、\$50 (全津Full-grant) 【*優惠 Quota: 2名 2 Participants】



我是情緒揸Fit人 Master of Moods

4503.2407/C30A/B

透過LEGO讓學員認識情緒的來源、學習表達及管理自己的情緒，同時能尋找抒緩壓力的方法。

Through LEGO, students can understand the sources of emotions, learn to express and manage their emotions, and at the same time find ways to relieve stress.

內容 Content: 運用砌LEGO說故事的方式讓學員能掌握如何表達想法和感受。

Using LEGO storytelling to help students learn how to express their thoughts and feelings.

日期 Date: 26/7、2/8、9/8、16/8、23/8/2024 (逢星期五 Every Friday)

時間 Time: A組: 2:15pm-3:15pm、B組: 3:30pm-4:30pm

地點 Venue: 佐敦會所 Jordan Centre

名額 Quota: 8名 8 Participants

對象 Target: A組: 6-8歲 Age 6-8、B組: 9-12歲 Age 9-12 **負責同工 Staff Responsible:** 謝金燕 (TSE Kam-yin)

費用 Fee: \$500 / \$100(半津Half-grant)、\$50(全津Full-grant) 【*優惠 Quota: 2名 2 Participants】



藝。文化 Healing Art

4503.2407/C31

利用藝術加速個人成長，為生活注入正能量 To inject positive energy into life through Arts.

內容 Content : 皮革零錢包、輕黏土怪獸萬字夾、立體相架、蝶古巴特環保袋、縐紙花束等
(作品會因應實際情況調整)

Leather coin wallet, light clay monster bookclip, 3D photo frame, Decoupage Eco Bag, crepe paper bouquet, etc. (works will be adjusted according to the actual situation)

日期 Date : 26/7、2/8、9/8、16/8、23/8/2024 (逢星期五 Every Friday)

時間 Time : 3:30pm-4:30pm

名額 Quota : 8名 8 Participants

地點 Venue : 佐敦會所 Jordan Centre

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

對象 Target : 10-12歲 Age 10-12

費用 Fee : \$600 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

備註 Notes : 請自備圍裙及手袖 Please bring your own apron and sleeves.



派對魔法師之旅 Party Magic Adventure

4503.2407/C32

透過魔術表演訓練，培養小朋友溝通能力和自信心。

Building communication skills and confidence via magic performance training.

內容 Content : 學習中距離派對魔術和表演技巧 Learning party magic and performing skills

日期 Date : 27/7、3/8、10/8、17/8 (逢星期六Every Saturday)

時間 Time : 11:30am-12:30pm

名額 Quota : 8名 8 Participants

地點 Venue : 佐敦會所 Jordan Centre

負責同工 Staff Responsible : 伍子傑 (NG Tsz-kit)

對象 Target : 7-12歲 Age 7-12

費用 Fee : \$400 / \$80(半津Half Grant)、\$40(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】



專注扭扭氣球師 Balloon Fun

4503.2407/C33

透過學習扭氣球，提升專注力和自信心

Improve concentration and self-confidence by learning balloon twisting.

內容 Content : 每節學習一至兩款單條氣球作品

Learn one or two single balloon works in each session.

日期 Date : 31/7、7/8、14/8、21/8 (逢星期三Every Wednesday)

時間 Time : 4:45pm-5:45pm

名額 Quota : 8名 8 Participants

地點 Venue : 佐敦會所 Jordan Centre

負責同工 Staff Responsible : 伍子傑 (NG Tsz-kit)

對象 Target : 7-12歲 Age 7-12

費用 Fee : \$400 / \$80(半津Half Grant)、\$40(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】



挑戰擂台 Challenge in the Ring

4503.2407/C12

透過不同的挑戰活動，幫助參加者培養抗逆能力，學習以平常心接受輸贏。

By joining different challenges, participants can learn to improve resilience and accept victory and defeat.

內容 Content : 在限時內完成高難度挑戰，如速疊杯、記憶力考驗等。

Complete difficult challenges in limited time, such as speed stacks and memory game.

日期 Date : 2/8、9/8、16/8、23/8/2024 (逢星期五 Every Friday)

時間 Time : 3:30pm-4:30pm

名額 Quota : 8名 8 Participants

地點 Venue : 佐敦會所 Jordan Centre

負責同工 Staff Responsible : 賈雲龍 (KA Wan-lung)

對象 Target : 6-8歲 Age 6-8

費用 Fee : \$400 / \$80(半津Half Grant)、\$40(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

戶外活動

我和媽媽有個約會 | Have a Date with Mommy

4503.2407/C32

透過孩子與媽媽共同參與的日營活動、進行一系列親子任務及挑戰，提昇學童表達與溝通能力，並提昇親子親密關係。

Enhancing parent-child intimacy through a series of parent-child tasks and challenges.

- 內容 Content :** 1. 親子遊戲 2. 親子歷奇活動 Family games and adventure activities
- 日期 Date :** 20/7/2024 (星期六 Saturday)
- 時間 Time :** 9:30am-5:00pm
- 地點 Venue :** 香港認可營地(待定) Campsite in Hong KONG (TBC)
- 集散地點 Drop-off & Pickup :** 佐敦會所 Jordan Centre **名額 Quota :** 20對親子 20 parent-child pairs
- 對象 Target :** 6-10歲 Age 6-10 **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)
- 費用 Free :** 每對親子 \$600 \$600 for Each Parent-child Pair
- 備註 Notes :** 1. 費用已包括交通、午膳及程序費用 Transportation and lunch fees are included
2. 參加者須自備足夠飲用水及晴雨用品
Please bring enough drinking water, and also your own gears for sunny and rainy weathers.



我和狗狗有個約會 | Have a Date with Dogs

4503.2407/C32

透過了解導盲犬的工作及訓練情況，讓參加者更明白視障人士的需要

Understand the needs of the visually impaired through understanding the work and training of seeing eye dogs

- 內容 Content :** 1. 參觀導盲犬服務中心 2. 認識導盲犬的工作及訓練情況
Visit HKSEDS and learn more about the training of seeing eye dogs.
- 日期 Date :** 25/7/2024 (星期四 Thursday)(待定 TBC)
- 時間 Time :** 1:00pm-5:30pm(待定 TBC)
- 地點 Venue :** 導盲犬服務中心(待定) HKSEDS (TBC)
- 集散地點 Drop-off & Pickup :** 佐敦會所 Jordan Centre **名額 Quota :** 20名 20 Participants
- 對象 Target :** 8-12歲 Age 8-12 **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)
- 費用 Free :** \$300
- 備註 Notes :** 參加者須自備足夠飲用水及晴雨用品
Please bring enough drinking water, also your own gear for sunny and rainy weathers



Summer Time 夏日「螢」 STEM X Firefly

4503.2407/C37

活動結合科學和生物觀察，強化科學及生態知識，透過有趣的方式一起了解大自然的科學！

Strengthen scientific and ecological knowledge and learn about the science of nature in an interesting way!

內容 Content : 為期一天的科學營，早上參觀螢火蟲展覽廳，認識螢火蟲及其他水棲昆蟲的基本知識。下午參加者會進行科學探究，理解螢火蟲是如何發光，光污染對自然生態及生物的影響有多大。在活動當中，參加者更會親手製造手搖發電機，利用不同的光譜同螢火蟲進行溝通！

A one-day science camp. Including visiting the firefly exhibition hall and learn basic knowledge about fireflies and other aquatic insects, conduct scientific research to understand how fireflies emit light and the impact of light pollution on natural ecology and organisms. During the event, participants will even make hand-operated generators and use different light spectra to communicate with fireflies!

- 日期 Date :** 8/8/24 (星期四 Thursday)
- 時間 Time :** 10:00am-6:30pm
- 地點 Venue :** 螢火蟲生態教育廳 Firefly Consenation Foundation
- 集散地點 Drop-off & Pickup :** 佐敦會所 Jordan Centre **名額 Quota :** 30名 30 Participants
- 對象 Target :** 7-12歲 Age 7-12 **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)
- 費用 Fee :** \$800
- 備註 Notes :** 1. 費用已包括交通、午膳及程序費用 Transportation and lunch fees are included
2. 參加者須自備足夠飲用水及晴雨用品
Please bring enough drinking water, and also your own gears for sunny and rainy weathers.



大個仔大個女訓練營 Camp for growth

4503.2407/C39

學習日常自理及鍛鍊獨立

Learn the skills of daily self-care and exercise independence.

- 內容 Content :** 在沒有家人幫助的處境下渡過兩日一夜，學習處理日常務生活中的大小事情
Spend two days without the help of your family and learn to deal with daily chores.
- 日期 Date :** 28-29/7/2024 (星期日、一 Sunday and Monday)
- 時間 Time :** 2:00pm-翌日next day 2:00pm
- 地點 Venue :** 西貢戶外康樂中心(暫定) Sai Kung Outdoor Recreation Centre (TBC)
- 集散地點Drop-off & Pickup :** 佐敦會所 Jordan Centre
- 對象 Target :** 7-12歲 Age 7-12
- 費用 Fee :** \$350
- 備註 Notes :**
- 名額 Quota :** 16名 16 Participants
- 負責同工 Staff Responsible :** 伍子傑 (NG Tsz-kit)
1. 費用已包括膳食、交通及營費；
Fees includes meals, transportation and camping charge ;
 2. 請帶備足夠衣物和個人用品、可濕水的拖鞋及盛載污衣的膠袋；
Please bring enough clothing and personal items, slippers and a plastic bag for dirty clothes ;
 3. 請帶備少量金錢
Please bring a small amount of money.



抗逆古靈精探

4503.2407/C40

透過走訪礦村、宗教建築及礦場的遺址，可親身體驗昔日礦工生活及尋找鐵礦石，能增加參加者對香港馬鞍山礦場歷史的認識。

By visiting the mining villages, religious architecture and the ruins of mines, participants can experience first-hand the life of miners in the past and the search for iron ore, which can increase participants' understanding of the history of the Ma On Shan Mine in Hong Kong.

- 內容 Content :** 探索歷史遺址 Explore historical sites.
- 日期 Date :** 30/7/2024 (星期二 Tuesday)
- 時間 Time :** 1:00pm-5:30pm
- 地點 Venue :** 馬鞍山探索館(待定)Ma'anshan Exploration Center (to be announced)
- 集散地點Drop-off & Pickup :** 佐敦會所 Jordan Centre
- 對象 Target :** 6-12歲 Age 6-12
- 費用 Fee :** \$300
- 名額 Quota :** 25名 25 Participants
- 負責同工 Staff Responsible :** 謝金燕 (TSE Kam-yin)



大埔海濱公園郊遊遊 Picnic in Taipo Waterfront Park

4503.2408/C41

提升合作精神和解決困難能力。 Improve the spirit of cooperation and problem solving skills.

- 內容 Content :** 遊覽大埔海濱公園和回歸紀念塔、放風箏和野餐
Visit the Waterfront Park and Spiral Lookout Tower, fly a kite and have a picnic.
- 日期 Date :** 5/8/2024 (星期一 Monday)
- 時間 Time :** 11:30am-5:30pm
- 地點 Venue :** 大埔海濱公園 Taipo Waterfront Park
- 集散地點Drop-off & Pickup :** 佐敦會所 Jordan Centre
- 對象 Target :** 7-12歲 Age 7-12
- 費用 Fee :** \$200 / \$40(半津 Half Grant)、\$20(全津 Full Grant) 【*優惠 Quota : 2名 2 Participants】
- 名額 Quota :** 16名 16 Participants
- 負責同工 Staff Responsible :** 伍子傑 (NG Tsz-kit)
- 備註 Notes :**
1. 已包括交通費及野餐輕食； Transportation and picnic light meals are included.
 2. 請自備足夠飲用水。 Please bring enough drinking water.



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

小馬策騎體驗日 Pony riding experience day

4503.2408/C42

透過帶領參加者參觀馬房、及認識馬匹的生活習慣，更可以體驗策騎之樂趣，同時提升參加者對動物之同理心。
By leading participants to visit the stables and learn about the horses' living habits, they can also experience the joy of riding and at the same time enhance their empathy for animals.

內容 Content :	參觀馬房、策騎體驗 Visit the stable and experience riding
日期 Date :	13/8/2024 (星期二 Tuesday)
時間 Time :	10:00am-1:30pm
地點 Venue :	羅湖騎術會 (待定)Luo Wu Riding Club (to be announced)
集散地點Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	6-12歲 Age 6-12
費用 Fee :	\$300 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】
名額 Quota :	25名 25 Participants
負責同工	謝金燕 (TSE Kam-yin)
Staff Responsible :	
備註 Notes :	1. 費用已包括交通費用 Transportation fee are included 2. 參加者須自備足夠飲用水及晴雨用品 Please bring enough drinking water, and also your own gears for sunny and rainy weathers.



黃昏燒烤樂園 Dusk BBQ Haven

4503.2408/C43

透過戶外燒烤，提升自信心和解決困難能力。
Improve self-confidence and problem solving skills through outdoor barbeque.

內容 Content :	學習戶外生火、烤熟食物技巧 Learn how to make fire outdoor and grill food.
日期 Date :	19/8/2024 (星期一 Monday)
時間 Time :	3:30pm-9:30pm
地點 Venue :	西貢戶外康樂中心 (暫定) Sai Kung Outdoor Recreation Centre (TBC)
集散地點Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	7-12歲 Age 7-12
費用 Fee :	\$200 / \$40(半津Half Grant)、\$20(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】
名額 Quota :	16名 16 Participants
負責同工	伍子傑 (NG Tsz-kit)
Staff Responsible :	
備註 Notes :	1. 已包括交通費及野餐輕食 ; Transportation and picnic light meals are included. 2. 請自備足夠飲用水。 Please bring enough drinking water.



我和爸爸有個約會 I Have a Date with Daddy

4503.2408/C44

爸爸與孩子一起到郊外遠足，並於原野中烹飪美食，好好享受大自然既樂趣！
Dad and children go hiking and backwoods cooking together in the countryside.

內容 Content :	1. 親子定向及遠足 2. 原野烹飪 Hiring and Backwoods Cooking
日期 Date :	24/8/2024 (星期六 Saturday)
時間 Time :	10:00am-5:00pm
地點 Venue :	西貢北潭涌 Pak Tam Chung, Sai Kung
集散地點Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	9-12歲及其父親 Age 9-12 and their father
費用 Fee :	每對親子\$600 \$600 for Each Parent-child Pair
名額 Quota :	8對親子 8 Parent-child pairs
負責同工	袁惠儀 (YUEN Wai-ye)
Staff Responsible :	
備註 Notes :	1. 費用已包括交通、午膳及程序費用 Transportation and lunch fees are included 2. 參加者須自備足夠飲用水及晴雨用品 Please bring enough drinking water, and also your own gears for sunny and rainy weathers.





家庭活動

親子廚房 — 特濃朱古力麻薯波波 Parent-child Kitchen - Chocolate Mochi Ball

4503.2407/C45

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 : 親子一起親手製作特濃朱古力麻薯波波，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 extra-rich Chocolate Mochi Ball together. In the process of cooking, they gradually find a suitable communication pattern between parents and children.

日期 Date : 26/7/2024 (星期五 Friday)

時間 Time : 6:00pm-7:00pm **名額 Quota :** 4對親子 4 Parent-child Pairs

地點 Venue : 佐敦會所 Jordan Centre **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)

對象 Target : 6-9歲 Age 6-9

費用 Fee : 每對親子\$200 \$200 for Each Parent-child Pair \$40(半津Half Grant)、\$20(全津Full Grant)

【*優惠 Quota : 2名 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.

親子廚房 — 芒果糯米糍 Parent-child Kitchen - Mango Mochi

4503.2407/C46

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 : 親子一起親手製作芒果糯米糍，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 Mango Mochi together. In the process of cooking, they gradually find a suitable communication pattern between parents and children.

日期 Date : 23/8/2024 (星期五 Friday)

時間 Time : 6:00pm-7:00pm **名額 Quota :** 4對親子 4 Parent-child Pairs

地點 Venue : 佐敦會所 Jordan Centre **負責同工 Staff Responsible :** 袁惠儀 (YUEN Wai-ye)

對象 Target : 6-9歲 Age 6-9

費用 Fee : 每對親子\$200 \$200 for Each Parent-child Pair \$40(半津Half Grant)、\$20(全津Full Grant)

【*優惠 Quota : 2名 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.

*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

特殊學習需要學童活動

Programme for Children with SEN

遊戲輔導時間 Child-Centered Play Time 4503.2405/C01

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。

Help children 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 (5/24-8/24) Concentration, one on run 4503.2405/C02

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 : 按個別需要，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	
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)	地點 Venue : 佐敦會所 Jordan Centre
負責同工 Staff Responsible : 袁惠儀 (YUEN Wai-ye)	名額 Quota : 2名 2 Participants
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.	



社交技巧訓練 Social Skills Training 4503.2407/C17

學習一般的社交行為技巧，協助參加者認識和遵守社交常規，讓他們學會社會普遍接受的行為，使能更易為人接納，發展恰當的人際關係，融入社群，以便長大後能獨立生活。

Develop appropriate interpersonal relationships through learning socially accepted behaviors.

內容 Content : 透過扮演不同的角色，一同合作砌積木，學習語言表達、輪候等社交技巧 Learn social skills such as language expression by playing different roles and building blocks together.	
日期 Date : 22/7、29/7、5/8、12/8、19/8/2024 (逢星期一 Every Monday)	
時間 Time : 4:45pm-5:45pm	
地點 Venue : 佐敦會所 Jordan Centre	名額 Quota : 4名 4 Participants
對象 Target : 8-12歲 Age 8-12	負責同工 Staff Responsible : 袁惠儀 (YUEN Wai-ye)
費用 Fee : \$600、\$100(半津 Half Grant)、\$50(全津 Full Grant) 【*優惠 Quota : 2名 2 Participants】	



感覺統合遊戲 Sensory Integration Playroom 4503.2407/C20

感覺與學習息息相關。適當的感官刺激有助兒童發展。孩子透過接收環境中的各種感覺訊號，將這些複雜的感官知覺統整，並做出合適的反應。

Practice sensory processing with children and thereby enhance their development and learning abilities.

內容 Content : 透過多元化的感覺統合遊戲，加強孩子的身體協調能力、專注力及提昇情緒智能。
Play diversified sensory integration games about physical coordination, concentration and emotional intelligence.

日期 Date : 24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)

時間 Time : 10:15am-11:15am

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-9歲 Age 6-9

費用 Fee : \$600、\$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

備註 Notes : 參加者需穿著運動服裝，自備足夠飲用水。Please bring your own water bottle and wear sports attire.

名額 Quota :

6名 6 Participants

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



執行功能技巧訓練 Executive Function Training 4503.2407/C24

提升學童的執行功能，從而協助他們更有效地學習，建立人際關係及參與群體生活。

Improve executive functions and build interpersonal relationships with others.

內容 Content : 透過不同的生活場景，學習組織、計劃、實踐及檢討，強化孩子應對生活挑戰的能力。
Strengthen children's ability to cope with life challenges through different life scenarios.

日期 Date : 24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)

時間 Time : 4:45pm-5:45pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-9歲 Age 6-9

費用 Fee : \$600 / \$100(半津Half Grant)、\$50(全津Full Grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota :

4名 4 Participants

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



玩得喜 Joyful Play 4503.2407/C25

遊戲對兒童學習擔當重要的角色，是次小組是按一種指導式的遊戲輔導原則而設計，提昇親子關係。

Enhance parent-child relationships based on the principle of Theraplay.

內容 Content : 透過遊戲，塑出家長及孩子之間既健康又和諧的互動關係，從而提昇親子關係及親職功能，讓孩子健康快樂地成長。

Through designing Theraplay games, improve the parent-child relationship and parenting functions, children can grow up healthily and happily.

日期 Date : 24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)

時間 Time : 4:45pm-5:45pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 6-10歲及其父/母親 Age 6-10 and their father or mother

費用 Fee : 每對\$600 \$600 for Each Parent-child Pair
\$100 (半津Half-grant)、\$50 (全津Full-grant) 【*優惠 Quota : 2名 2 Participants】

名額 Quota :

5個家庭 5 Families

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



*優惠名額適用於「外展家庭服務」會員(詳情請參閱P.48)

The offer is only applicable to Family Outreach Service members. (Please refer to P.48 for details)

青年分隊 服務目標介紹

Youth Team Service Objectives

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 promoting services with YMCA characteristics to enrich the youth's horizons and enhance their personal goals in life, so that more young people can understand the work of YMCA!

U

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 strengths 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。

Creating different experience opportunities for young people not only can help them develop their potentials, but also help them 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. Hence 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 the community



IPSC室內射擊 (5月) IPSC Indoor Shooting (May)

潛能發展

透過室內射擊的活動，訓練青少年的專注力及應對能力。

Through engaging in indoor shooting activities, concentration and attention span could be improved.

內容 Content :	進一步學習室內射擊的技巧及相關興趣發展途徑 Learn about indoor shooting skills and facilitate participants' development in shooting.
日期 Date :	4/5、11/5、18/5、25/5/2024 (逢星期六 Every Saturday)
時間 Time :	7:30pm-9:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	16-24歲 Aged 16-24
費用 Fee :	\$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. Self-prepared air soft guns are not accepted

4503.2405/Y01



CAKE FOR YOU

潛能發展

透過製作西式，除了學習烘焙技巧外，更可以一嘗親自製作的甜品，以及認識一班志同道合的朋友。

In the course of making Western-style cakes, not only do participants learn about baking techniques, they will also have the opportunities to try their home-baked desserts and make more friends.

內容 Content :	製作蛋卷、蛋糕毛巾卷、杯子蛋糕、無蛋蛋糕 Making egg rolls, cake towel rolls, cupcake, eggless cakes
日期 Date :	18/5、25/5、1/6、15/6、29/6/2024 (星期六 Saturday)
時間 Time :	11:30am-1:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-18歲 Aged 11-18
費用 Fee :	\$120
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。The fee includes material costs and food packaging.

4503.2405/Y02



Time to Art Jamming!

個人成長

以Art Jamming理念，將自己的想法注入油畫中，提昇個人創造力和專注力。

With the concept of Art Jamming, put your own ideas into the oil painting to enhance personal creativity and concentration.

內容 Content :	即興藝術畫作，完成後可以得到一幅210 x 297mm的自家制油畫 Upon completion, you can keep your own oil painting sized 210 x 297 mm
日期 Date :	18/5、25/5、1/6、15/6、29/6/2024 (星期六) (Saturday)
時間 Time :	7:00pm-8:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$50
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。The fee includes material costs and food packaging.

4503.2405/Y03



區區有導賞-義工計劃 Guided Tour in Everywhere - Volunteer Program

透過義工及導賞訓練，發掘青少年服務他人的精神以及探索未來的發展方向。

Through volunteer and guided tour training, you will get to explore young people's spirit of serving others and to develop future goals.

內容 Content :

社區導賞義工的基本認識，同時嘗試接觸社區導賞工作，有機會走坊及認識香港不同地方。最後更有機會策劃一個社區導賞活動

Develop basic understandings of the duty of community volunteers, and get involved in community tour work, learn about different places in Hong Kong.

At last, we will plan a community guided tour program.

日期 Date :

訓練 Training : 8/6、15/6、22/6、29/6、6/7、13/7/2024
(逢星期六 Every Saturday)

時間 Time :

義工服務 Volunteer service : 3/8/2024 (星期六 Saturday)

訓練 Training : 4:00pm-5:00pm

義工服務 Volunteer service : 10:00am-5:00pm

地點 Venue :

佐敦會所 Jordan Centre/ 待定 To be confirmed

對象 Target :

13-24歲 Aged 13-24

費用 Fee :

\$20

名額 Quota :

12名 12 Participants

負責同工 Staff Responsible :

張學銘 (CHEUNG Hok-ming)

4503.2406/Y04



個人成長

「陪我跑」正念跑步 (2) “Shall We Run” Mindful Running (2)

介紹正念跑步的基本概念，提高參加者對自我身、心、靈的意識，讓我們一起來學習「活在當下」。

Introduce basic concepts of “mindful running” to participants and enhance their awareness on body, mind and spirit. Learn to “live at the moment”.

內容 Content :

遊戲、討論、體驗式學習活動和黃昏街跑等 Games, discussion, experiential learning activities and running together in the evening, etc.

日期 Date :

3/7、10/7、24/7、31/7、7/8/2024 (星期三 Wednesday)

時間 Time :

7:30pm-9:30pm

地點 Venue :

佐敦會所及西九文化區 Jordan Centre & West Kowloon Cultural District

對象 Target :

18-24歲 Aged 18-24

費用 Fee :

\$80

名額 Quota :

15名 15 Participants

負責同工 Staff Responsible :

張學銘 (CHEUNG Hok-ming)

4503.2407/Y06



烘焙大師 Baking Master

制作多款蛋糕和曲奇、提昇參加者烘焙料理技巧以及創意。

Making various types of cakes and cookies to enhance participants' baking skills and unleash their creativity.

內容 Content :

SMORE COOKIES、布丁燒、複製壽司郎卡達拉娜、梳乎厘PANCAKE

SMORE COOKIES, pudding torch, replica sushi roll, souffle pancake

日期 Date :

15/7、22/7、29/7、5/8、12/8/2024(逢星期一 Every Monday)

時間 Time :

3:00pm-4:30pm

地點 Venue :

佐敦會所 Jordan Centre

對象 Target :

11-16歲 Aged 11-16

費用 Fee :

\$ 120

名額 Quota :

6名 6 Participants

負責同工 Staff Responsible :

嚴思敏 (YIM Sze-man)

備註 Notes :

1.請自備圍裙；Please bring your own apron;

2.費用包括材料費以及食物包裝盒。

The fee includes material costs and food packaging.

4503.2407/Y08



懶人料理制作實驗室 Lazy Cooking Laboratory

潛能發展

透過製作不同料理，更可發揮創意，創作不同的美點。

In the course of creating different dishes, participants can unleash their potential, making unique and delicious treats.

內容 Content :	一鍋到底意大利飯、韓式壽司卷、芝士玉子燒、自創啖啖肉PIZZA Risotto in a pot, Italian rice, Korean sushi rolls, cheese tamagoyaki, DIY meat pizza.
日期 Date :	A組 Group A: 15/7、22/7、29/7、5/8、12/8/2024 (逢星期一 Every Monday)
時間 Time :	7:00pm-8:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$120
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。 The fee includes material costs and food packaging.



4503.2407/Y09



舞朋友 K POP訓練 K POP with Friends

潛能發展

透過K POP訓練活動，提升參與青年對K POP的興趣及藉此認識更多志同道合的朋友。

Through K POP training activities, the young participants can develop their interest in K POP and get to make more friends.

內容 Content :	K POP訓練及表演活動 K POP training and performance
日期 Date :	18/7、25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	5:00pm-6:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$40
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)
備註 Notes :	1.活動擬申請地區青年活動； The activity plans to apply for regional youth activities; 2.另有表演活動，日期待定。 There will be other performances, the date is to be determined.

4503.2407/Y10



年少造作：卡通造型擴香石 Youth Creation: Cartoon Aromatherapy Stones

潛能發展

手作自家制卡通造型(熊BEAR BEAR、兔子、卡通公仔)擴香石，再加入淡香的精油，放鬆心情外，更提昇個人品味。

Create handmade cartoon-shaped (bear, rabbit, cartoon characters) aroma stones and add light-scented serum to relax yourself and romanticize your life.

內容 Content :	製作不同香味的熊熊擴香石 Making different scented bear aroma stones
日期 Date :	19/7、26/7、2/8、9/8/2024 (逢星期五 Every Friday)
時間 Time :	11:30am-12:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$ 80
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	費用包括材料費 The fee includes material costs

4503.2407/Y11



義024義工服務計劃 Y 024 Volunteer Service Project

透過義工訓練及服務讓青少年能善用餘暇，了解社區內不同人士的需要及提供合適的服務，培養服務他人和互助互愛的精神。

Through volunteer training and services, young people can make good use of their spare time, understand the needs of different people in the community and provide services, and cultivate the spirit of serving others, helping each other and loving each other.

內容 Content : 義務工作基本認識、不同社會服務實務技巧訓練、走訪區內社福機構及進行義工服務

Develop basic understandings of voluntary work, engage in training in different practical skills, visits to social welfare organizations in the neighborhood.

日期 Date : 20/7、27/7、3/8、10/8、17/8/2024 (逢星期六 Every Saturday)

時間 Time : 2:30pm-9:30pm (20/7/2024) ; 2:30pm-5:30pm

地點 Venue : 佐敦會所及其他場地 Jordan Centre and other venues

佐敦會所及其他場地 Jordan Centre and other venues

4503.2407/Y12

對象 Target : 16-24歲 Aged 16-24

費用 Fee : \$10

名額 Quota : 16名 16 Participants

負責同工 Staff Responsible : 李振成 (LI Chun-shing)

備註 Notes : 活動擬申請地區青年活動 The activity plans to apply for regional youth activities



Bushcraft 野趣日 Bushcraft Adventure Day

挑戰自我

利用野外環境、定向活動，學習不同的生活知識以及應變能力。

Immerse in the nature and engage in orienteering activities to learn various life skills and enhance adaptability.

內容 Content : 戶外定向活動、園野烹飪、札營燈架DIY等等

Outdoor orienteering activities, outdoor cooking, DIY campfire lamp stands, etc.

日期 Date : 活動簡介 Briefing Session : 20/7/2024 (星期六 Saturday)

戶外日 Outing Day : 27/7/2024 (星期六 Every Saturday)

時間 Time : 活動簡介 Briefing Session : 7:30pm-8:30pm

戶外日 Outing Day : 9:00am-5:00pm

地點 Venue : 營地燒烤區 Campfire BBQ area

集散地點 Drop-off & Pickup : 佐敦會所 Jordan Centre

對象 Target : 11-15歲 Aged 11-15

費用 Fee : \$100

名額 Quota : 6名 6 Participants

負責同工 Staff Responsible : 嚴思敏 (YIM Sze-man)

備註 Notes : 參加者需自備車費 Participants need to bring their own transportation expenses



4503.2407/Y13

青年手作·環氧樹脂實用品手作體驗

潛能發展

Youth Handicrafts · Epoxy Resin Practical Crafts Experience

以環氧樹脂藝術(AB膠)製作生活日常用品，除可學以致用外，過程中可以訓練耐性和舒壓。

Create daily items using epoxy resin art (AB glue). Participants can acquire practical skills and relax while enhancing tolerance and stress relief.

內容 Content : 環氧樹脂系列: 黃鴨錢箱、人名座等小手作 Epoxy resin series: yellow duck cash box, name holder and other small handicrafts

日期 Date : 22/7、29/7、5/8、12/8/2024 (逢星期一 Every Monday)

時間 Time : 11:30am-12:30pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 11-16歲 Aged 11-16

費用 Fee : \$100

名額 Quota : 6名 6 Participants

負責同工 Staff Responsible : 嚴思敏 (YIM Sze-man)

備註 Notes : 費用包括材料費 The fee includes material costs

4503.2407/Y14



佐敦「歌」星 Jordan' s Singer

培養青少年對音樂及歌唱興趣，發掘專長。

Cultivate young people's interest in music and singing, and explore their strengths.

內容 Content :	學習基本流行曲歌唱技巧 Learn about basic pop singing techniques
日期 Date :	23/7、30/7、6/8、13/8、20/8/2024 (逢星期二 Every Tuesday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	5名 5 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/ Y15HAD



佐敦Busking Jordan' s Busking

培養青少年對音樂的興趣，發掘專長。

Cultivate young people's interest in music and explore their strengths.

內容 Content :	學習基本街頭音樂表演隊伍所需要的技巧 Learn basic busking techniques as a team
日期 Date :	23/7、30/7、6/8、13/8、20/8/2024 (逢星期二 Every Tuesday)
時間 Time :	4:15pm-5:45pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-24歲 Aged 12-24
費用 Fee :	\$50
名額 Quota :	3名 3 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/Y16HAD



佐敦「鼓」星 Jordan' s Drummer

培養青少年對音樂及爵士鼓的興趣，發掘專長。

Cultivate young people's interest in music and drumming and explore their strengths.

內容 Content :	學習基本爵士鼓演奏技巧 Learn basic jazz drumming techniques
日期 Date :	24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	4名 4 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/Y17HAD



佐敦「結他」星 Jordan's Guitarist

培養青少年對音樂及木結他的興趣，發掘專長。

Cultivate young people's interest in music and guitar, explore their strengths.

內容 Content :	學習基本木結他演奏技巧 Learn basic wooden guitar techniques
日期 Date :	24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Tuesday)
時間 Time :	4:15pm-5:45pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)

4503.2407/Y18HAD



備註 Notes : 此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted

慢遊 • 油尖旺 walking • Yau Tsim Mong

讓參與之青少年身體力行，從不同的角度去認識社區，增加對社區的歸屬感。

Let the young people understand the community from different perspectives and enhance their sense of belonging to the community.

內容 Content :	城市散步、社區導賞 City walks, community tours
日期 Date :	25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	11:00am-12:30am
地點 Venue :	油尖旺區 Yau Tsim Mong District
集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	11-15歲 Aged 11-15
費用 Fee :	\$10
名額 Quota :	10名 10 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)

4503.2407/Y19HAD



備註 Notes : 活動擬申請地區青年活動

The activity plans to apply for regional youth activities

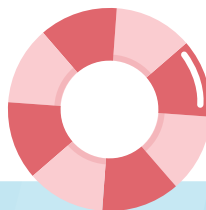
健康活動齊齊做 Healthy Activity Together

透過進行不同的體適能活動，讓參加者舒展身心及裝備自己迎接未來的挑戰。

Through different physical fitness activities, participants can stretch their body and mind and equip themselves to meet future challenges.

內容 Content :	學習不同的體適能活動 Different physical fitness activities
日期 Date :	25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$10
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)

4503.2407/Y20



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.

內容 Content : 手工藝及繪畫等藝術創作活動

Art creation activities such as handicrafts and painting

4503.2407/Y21

日期 Date : 19/9、20/7、26/7、27/7/2024 (逢星期五、六 Every Friday & Saturday)

時間 Time : 4:00pm-5:30pm / 10:30am-12:30pm (27/7)

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 16-24歲 Aged 16-24

費用 Fee : \$10

名額 Quota : 8名 8 Participants

負責同工 Staff Responsible : 李振成 (LI Chun-shing)



關懷社區

與風共舞-滑浪風帆繽紛日 Dancing with the Wind - Windsurfing Fun Day

向透過學習滑浪風帆的基礎技巧，讓參加者發展多元水上活動的興趣，以提升喜樂感及結交新朋友。

Through learning basic skills of windsurfing. Let participants develop their interests in various water sports, have fun and make new friends.

內容 Content : 與康文署或香港滑浪風帆會合辦「初級滑浪風帆訓練」課程，經教練評核合格後，參加者便可於五個政府水上活動中心租用滑浪風帆器材自選練習時間
"Basic Windsurfing Training" course is co-organized with the Leisure and Cultural Services Department or the Hong Kong Windsurfing Association. After passing the instructor's assessment, participants can rent windsurfing equipment at five Government Water Sports Center and practice at their available timeslot.

日期 Date : 27/7、28/7/2024 (星期六、日 Saturday & Sunday)

4503.2406/Y22

時間 Time : 9:00am-5:00pm

地點 Venue : 大美督 / 聖士提反灣水上活動中心 (待定)

集散地點 Drop-off & Pickup : Tai Mei Tuk/ St. Stephen's Beach Water Sports Centre (to be confirmed)

對象 Target : 14-24歲 Aged 14-24

費用 Fee : \$380

名額 Quota : 5名 5 Participants

負責同工 Staff Responsible : 李振成 (LI Chun-shing)

備註 Notes : 參加者能穿着衣服游泳最少50米

Participant must be able to swim with clothes on for at least 50 meters



潛能發展

新手化妝班-夏日篇 Makeup Class-Summer

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 about makeup skills and encourage participants to practice self-care.

內容 Content : 教授參加者化出適合夏日的妝容 Teach participants about makeup in summer

日期 Date : 1/8、8/8、15/8/2024 (逢星期四 Every Thursday)

時間 Time : 3:00pm-4:00pm

地點 Venue : 佐敦會所 Jordan Centre

對象 Target : 13-18歲 Aged 13-18

費用 Fee : \$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 allergy, 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.


4503.2408/Y23



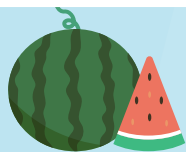
大澳導賞遊 Tai O Guided Tour

擴闊對香港不同地方的認識，提升對大自然保育的意識。

Broaden the understandings of different places in Hong Kong and raise awareness of nature conservation.

內容 Content :	遊覽及認識大澳的景點及歷史 Visit and learn about the attractions and history of Tai O	
日期 Date :	3/8/2024 (星期六 Saturday)	
時間 Time :	10:00am-5:00pm	
地點 Venue :	大澳 Tai O	
集散地點 Drop-off & Pickup :	東涌港鐵站 Tung Chung MTR Station	
對象 Target :	12-18歲 Aged 12-18	
費用 Fee :	\$50	
名額 Quota :	16名 16 Participants	
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming) 請自備午餐及交通費用 Please bring your own lunch and transportation expenses	

4503.2407/Y24



新手美甲班-夏日篇 Nail Art Class-Summer

學習美甲技巧，發掘青少年的藝術潛能。

Learn about nail art skills and discover the artistic potential of teenagers.

內容 Content :	教授參加者制作夏日主題的美甲 Teach participants how to make summer themed nail art	
日期 Date :	5/8/2024 (星期一 Monday)	
時間 Time :	3:00pm-4:00pm	
地點 Venue :	佐敦會所 Jordan Centre	
對象 Target :	13-18歲 Aged 13-18	
費用 Fee :	\$30	
名額 Quota :	8名 8 Participants	
負責同工 Staff Responsible :	趙泳茵 (CHIU Wing-yan)	

潛能發展


4503.2408/Y26



Wow! War!

發展青少年對室內射擊對戰的興趣，以及提升青少年的合作技巧。

Develop teenagers' interests about wargame and improve their cooperation skills.

內容 Content :	室內射擊對戰 Indoor wargame	
日期 Date :	8/8/2024 (星期四 Thursday)	
時間 Time :	2:30pm-5:30pm	
地點 Venue :	紅磡Impact Force CQB Hung Hom Impact Force CQB	
集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre	
對象 Target :	14-24歲 Aged 14-24	
費用 Fee :	\$80	
名額 Quota :	16名 16 Participants	
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)	
備註 Notes :	1.此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整； This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted; 2.參加者須穿著長運動褲及合適運動服裝，自備水樽。 Participants must wear long sweatpants and suitable sportswear, and bring water bottle.	

挑戰自我

4503.2408/Y27HAD

潛能發展

飾物製作班-夏日篇 Accessories Making Class-Summer

透過創作飾物，讓參加者可以發揮創意，提昇審美。

By making accessories, participants can unleash their creativity and enhance aesthetics.

內容 Content :	教授參加者制作夏日主題的飾物 Teach participants how to make summer themed ornaments
日期 Date :	12/8、19/8/2024 (逢星期一 Every Monday)
時間 Time :	3:00pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	13-18歲 Aged 13-18
費用 Fee :	\$40
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	趙泳茵 (CHIU Wing-yan)

4503.2408/Y28



挑戰自我

可能係世界上最有意義嘅宿營活動 Probably the Most Meaningful Camp in the World

透過挑戰自我的活動，提升青少年的解難能力及抗逆能力。

Through self-challenging activities, we enhance young people's problem-solving abilities and resilience.

內容 Content :	歷奇及團體活動、夜行 Adventure and group activities, night tours
日期 Date :	15/8-16/8/2024 (星期四至五 Thursday to Friday)
時間 Time :	2:00pm-翌日1:00pm 2:00pm to 1:00pm next day
地點 Venue :	賽馬會西貢戶外訓練營 (暫定) Jockey Club Sai Kung Outdoor Training Camp (to be confirmed)

4503.2408/Y29HAD



集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	14-24歲 Aged 14-24
費用 Fee :	\$30
名額 Quota :	16名 16 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或活動內容會有所調整 This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee or content will adjusted

挑戰自我

大嶼山上的咸蛋黃 Egg Yolk on Lantau Island

從參與富挑戰性的活動中，學習多角度欣賞、觀察、發掘和感受身邊的每一項細節及人和事，分享正向生活態度。

By participating in challenging activities, participants learn to appreciate, observe, discover and feel every detail about the people and events around them from different perspectives, share a positive attitude towards life.

內容 Content :	兩日一夜宿營及團隊活動 Two days and one night camping and group activities
日期 Date :	23/8-24/8/2024 (星期五至六 Friday to Saturday)
時間 Time :	2:00pm-翌日2:00pm 2:00pm to 2:00pm next day
地點 Venue :	賽馬會銀礦灣營 Jockey Club Silvermine Bay Camp
集散地點 Drop-off & Pickup :	中環港外線6號碼頭 Central Ferry Pier NO.6
對象 Target :	16-24歲 Aged 16-24
費用 Fee :	\$60
名額 Quota :	16名 16 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)
備註 Notes :	活動擬申請地區青年活動 The activity plans to apply for regional youth activities

4503.2408/Y30





外展家庭服務

Outreaching Family Service

目的 Objective :

透過舉辦特定活動支援基層家庭的身心需要，促進正面成長。

To support the physical and emotional needs of grassroots families with individualized family programmes.

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，其中尤以文匯街、文英街、文苑街、文蔚街、文昌街至文咸街範圍內的樓宇（俗稱八文樓）為主。

Yau Tsim Mong District, mainly residences in Man Wui Street, Man Ying Street, Man Yuen Street, Man Wai Street, Man Cheong Street to Man Shing Street (Man Wah Sun Estate - 8 Blocks of Buildings).

「外展家庭服務」會員種類及申請資格 “Family Services Outreach” Membership & Eligibility



申請家庭需成為中心會友 Applicants (family as a unit) must be YMCA's Members



半津家庭會籍 “Half Grant” Membership

凡獲批以下政府津貼之家庭，均可以半津家庭資格報名參與中心活動：

Families currently receiving the following government allowances, are eligible for “Half Grant” membership:

- 學生資助計劃 (半額)
Financial Assistance Scheme (Half grant)
- 在職家庭津貼 (半額)
Working Family Allowance Scheme (Half grant)
- 如領取以上津貼須為困居戶家庭（現居於劏房/共居單位/板間房/天台屋/寮屋），並須接受社工進行家訪。
Recipients of the above allowances must be members of a poor housing family (current residents of subdivided flat/ co-living unit/ cubicle home/ rooftop shack/ squatter). A home visit conducted by social worker is compulsory.



全津家庭會籍 “Full Grant” Membership

凡獲批以下政府津貼之家庭，均可以全津家庭資格報名參與中心活動：

Families currently receiving the following government allowances are eligible for “Full Grant” membership:

- 綜合社會保障援助(綜援)
Comprehensive Social Security Assistance (CSSA)
- 學生資助計劃 (全額)
Financial Assistance Scheme (Full grant)
- 在職家庭津貼 (3/4免或全額)
Working Family Allowance Scheme (3/4-rate or Full grant)

「外展家庭服務」會員可以 “Outreaching Family Services” Membership Benefits

- 參加佐敦快訊「外展家庭服務」版面內之小組及活動
Participants in groups and activities held by “Outreaching Family Services”
- 以優惠價報名參加本中心的小組及活動（需要視乎個別活動/小組是否配有優惠名額）
Enjoy a discount for the groups and activities held by Jordan Centre (Depending on individual cases and the number of quotas)

申請辦法 How to Apply

- 申請人須填妥外展家庭服務會友登記表（可向本會所職員索取）及攜同有關證明文件到本中心櫃台辦理有關手續，本會所職員將會作核實及審批。
Fill out the “Outreaching Family Services” Membership Application Form (available at counter) and bring along the supporting documents to the counter for verification and approval.
- 參加者如未滿6歲或逾24歲者，須有最少1位6歲至24歲之家庭成員為本會會友。
If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 with valid YMCA's membership.

家庭活動

Family Activity

香「Fun」製作 Aromatherapy

享受親子製作帶香味的產品，同時與其他家長交流育兒心得，家長和小朋友亦可藉此輕鬆減壓。
Enjoy aromatherapy while sharing parenting with others. Parent and child can also relieve stress during aromatherapy sessions.

4503.2401/F01

內容 Content :	親子製作不同的香薰產品 Parent and child aromatherapy
日期 Date :	8/8、15/8、22/8、29/8/2024 (逢星期四 Every Thursday)
時間 Time :	11:00am-12:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員 Outreaching Family Service members
費用 Fee :	家庭 \$50 Family \$50
名額 Quota :	10名 10 Participants
負責同工 Staff Responsible :	黃康悅 (WONG Hong-yuet)

兒童活動

Child Activity

ABC 英語遊樂園 ABC English Class

義工導師協助提升小學生的英語程度。
Volunteer Tutors help improve primary school students' English proficiency.

4503.2401/F02

內容 Content :	義工導師活用有趣生動的方式提升小學生對英語的興趣和程度 By using interesting way to enhance primary school students' interest and proficiency in English
日期 Date :	17/5、24/5、31/5、7/6、14/6、21/6 (逢星期五 Every Friday)
時間 Time :	7:00pm-8:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員之兒童 Children of Outreaching Family Service members
費用 Fee :	全免 Free
名額 Quota :	10名 10 Participants
負責同工 Staff Responsible :	黃康悅 (WONG Hong-yuet)



置地公司·家基金 / 思健贊助活動

HOMEFUND by Hongkong Land / Mindset 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

暑期活動報名日期間
(19-21/5) 只接受留名

During Summer Programmes
Enrollment Day (19-21) only
reservation will be accepted

- 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.
- 申請辦法請參考第48頁
Please refer to page 48 for the application procedure.

外展家庭

Outreaching Family

親子狂想「Cook」 Parent-Child Fantastic “Cooking Class”

享受親子製作美食的樂趣，同時與其他家長交流育兒心得，家長和兒童亦可藉此輕鬆減壓。
Enjoy making delicious food while sharing parenting with others. Parent and child can also relieve stress during food making.

4503.2405/HF01

- 內容 Content : 親子製作不同的美食
Parent and child making delicious food
- 日期 Date : 3/5、10/5/2024 (星期五Friday)
- 地點 Venue : 佐敦會所 Jordan Centre
- 對象 Target : 外展家庭會員 Outreaching Family Service members
- 負責同工
Staff Responsible : 鍾志恒 (CHUNG Chi-hang)
- 備註 Notes: 1. 請自備圍裙及手袖 ; Please bring your own apron and sleeves;
2. 請自備食物盒 ; Please bring your own lunch box ;
3. 由置地公司·家基金贊助。 Sponsored by HOMEFUND by Hongkong Land.
- 時間 Time : 7:00pm-8:30pm
- 費用 Fee : \$20 /人 \$20 / person
- 名額 Quota : 12對親子 12 pairs of parent-child

咖啡拉花小組 Latte art group

舒緩日常壓力和煩惱；豐富興趣愛好，提升自信心。
Relieve daily stress and worries; Enrich hobbies and interests, enhance self-confidence.



4503.2405/HF02

- 內容 Content : 咖啡拉花 Latte art
- 日期 Date : 7/5、14/5、21/5、28/5、4/6、1/6、18/6、25/6/2024
(逢星期二Every Thursday)
- 地點 Venue : 佐敦會所 Jordan Centre
- 對象 Target : 外展家庭會員之家長 Parents of outreaching Family Service members
- 費用 Fee : \$20 /人 \$20 / person
- 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
- 時間 Time : 10:30am-12:00pm
- 費用 Fee : \$20 /人 \$20 / person
- 名額 Quota : 8名 8 Participants

溜一天與你喘息 Skate and Breath with you

提升兒童身、心、 的健康發展。

Promote the wealthy body, mind and spirit children.

4503.2405/HF03

內容 Content :	溜冰 Ice skating	時間 Time :	5:00pm-6:00pm
日期 Date :	9/5、16/5、23/5、30/5、6/6、13/6/2024 (逢星期四Every Thursday)	費用 Fee :	\$200 /人 \$200 / person
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre		
地點 Venue :	待定 TBC		
對象 Target :	外展家庭會員之兒童 Children of outreaching Family Service members		
名額 Quota :	14名 14 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

香氛蠟燭 DIY Fragrance Candle DIY

幫助助眠緩和情緒、生活壓力、促進親子交流和關係。

Promote sleep, relieve stress and enhance parent-child communication and relationship.



4503.2405/HF04

內容 Content :	設計並獨特調製且有色彩的香氛蠟燭		
	Design and uniquely crafted colored fragrance candles		
日期 Date :	25/5、1/6、8/6、15/6、22/6、29/6、6/7、13/7/2024 (逢星期六Every Saturday)	時間 Time :	7:00pm-8:30pm
對象 Target :	外展家庭會員	地點 Venue :	佐敦會所 Jordan Centre
	Outreaching Family Service members		
費用 Fee :	標準收費: \$20 /人 迎新優惠: \$5 /人 (現有會員), 新會員全免		
	Standard fee: \$20 / person Promotion: \$5 / person (for existing members), free for new members.		
名額 Quota :	12對親子 12 pairs of parent-child		
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/兒童心理學講座—吾講吾聽 Parent-Child Psychology Talk

透過聆聽心理學講座以互相了解家長及兒童心理並加以改善親子關係。

Through listening to psychology talk allow parent and children understand each other more, thus improve parent child relationship.



4503.2405/HF05

內容 Content :	聆聽心理學專業分享講座 Professional psychology talk	日期 Date :	8/6/2024 (星期六Saturday)
		地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員之家長 Parent of Outreaching Family Service members		
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

CU Again

透過參觀香港中文大學以提升學生的積極性。

Increase students' motivation through visiting Chinese University of Hong Kong.

4503.2405/HF06

內容 Content :	到香港中文大學參觀 Visiting The Chinese University of Hong Kong
日期 Date :	30/6/2024 (星期日 Sunday)
地點 Venue :	香港中文大學 The Chinese University of Hong Kong
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員 Outreaching Family Service members
費用 Fee :	\$10/人 \$10/ person
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



興趣小組 — 卡通甜品班 Interest Group — Cartoon Dessert Class

以製作有趣的卡通人物造型的甜品，讓兒童享受製作美食的樂趣，放鬆心情。製作美食時，可鍛練兒童手眼協調，培養他們的自理能力及創造力。

Let children enjoy the fun of making cartoon character-shaped desserts. Children can train their hand-eye coordination, cultivate their self-care ability and creativity.

4503-9837-(C2.1)

內容 Content :	製作有趣的卡通人物造型的甜品 Making cartoon character-shaped desserts
日期 Date :	14/6、21/6、28/6、4/7、5/7、12/7/2024 (逢星期五 Every Friday)
時間 Time :	4:30pm — 6:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員之兒童 Children of Outreaching Family Service members
費用 Fee :	\$50/人 \$50/ person
名額 Quota :	12名 12 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





青年分隊 Youth Team

「友里同行」互助探訪 Caring Home Visits

提供機會讓參與青少年進行義工服務，探訪參與家庭提供關顧及支援，促進彼此間之聯繫。
Provide opportunities for teenagers to engage in volunteer services, offering care and support to participating families, fostering connections between them.



4503.2405/HF08

內容 Content :	以親子形式探訪區內不同階層人士 Explore visits to individuals from different social strata within the community in a parent-child format.
日期 Date :	3/5、10/5、17/5、24/5/2024 (逢星期五Every Friday)
時間 Time :	7:30pm-9:00pm
集散地點 Drop-off & Pickup:	佐敦會所及九龍城及油尖旺區 Jordan Centre, Kowloon City District and Yau Tsim Mong District
地點 Venue :	佐敦會所及九龍城及油尖旺區 Jordan Centre, Kowloon City District and Yau Tsim Mong District
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	全免 Free
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)、趙泳茵 (CHIU Wing-yan)
備註 Notes:	由思健贊助 Sponsored by Mindset

「我餐您」餐宴支援分享 Caring Neighborhood

提供機會讓青少年及其家人一同參與各家庭間之美食分享活動。
Provide opportunities for teenagers and their families to participate in food sharing activities among different households.



4503.2405/HF09

內容 Content :	享受食物製作及分享聚會 Enjoy a food making and sharing party
日期 Date :	18/5/24 (星期六 Saturday)
時間 Time :	6:30pm-8:30pm
地點 Venue :	油尖旺區 Yau Tsim Mong District
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	\$20
名額 Quota :	40名 40 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)、趙泳茵 (CHIU Wing-yan)
備註 Notes:	1.任何食物敏感，請盡早通知工作人員； 1.Please notify staff of any food allergies as early as possible ; 2.由思健贊助 2.Sponsored by Mindset



「家家有球」運動迎新活動 Family Welcoming Day

舉辦促進家庭成員，以及參與家庭之間互動的運動，從而促進家庭成員間之聯繫及增強其網絡支援
Organizing sports activities that promote interaction among family members and encourage family participation, thereby fostering stronger connections and enhancing their network of support.



4503.2406/HF10

內容 Content :	體驗網球活動，強身健體 Experience tennis activities for physical fitness and overall well-being.
日期 Date :	30/6/2024 (星期日 Sunday)
時間 Time :	2:00pm-5:00pm
集散地點 Drop-off & Pickup:	待定 To be confirmed
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	全免 Free
名額 Quota :	10對親子 10 pairs of parent-child
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes:	由思健贊助 Sponsored by Mindset

一級山藝課程 Level 1 Mountain Craft Training

為對登山活動，在香港本土行山、遠足有興趣之人士提供基本技術及理論訓練、灌輸安全的登山觀念，並培養良好的登山態度。

Provide basic technical and theoretical training for individuals interested in hiking and trekking activities in Hong Kong, instilling a safety-oriented mindset and cultivating a positive attitude towards mountaineering.

4503.2407/HF11

內容 Content :	香港登山運動的認識，無痕登山，遠足裝備及衣著的認識與選擇，地圖閱讀，指南針運用，行山技巧等等 Understanding Hong Kong Mountaineering, Leave No Trace, knowledge and selection of hiking equipment and attire, map reading, compass usage, hiking skills, and more
日期 Date :	理論課 Theory class 17/7/2024 (星期三 Wednesday) 實習課 Practical class 1 20/7/2024 (星期六 Saturday) 實習課 Practical class 2 27/7/2024 (星期三 Saturday)
時間 Time :	理論課 Theory class 2:30pm-5:00pm 實習課 Practical class 10:30pm-5:00pm
地點 Venue :	待定 To be confirmed
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre
對象 Target :	區內12歲以上基層青少年 Youth aged 12 or above from low-income family
費用 Fee :	\$50
名額 Quota :	8名
負責同工 Staff Responsible :	蘇志樂 (SO Chi-lok)
備註 Notes:	1.完成課程及合格的學員將可申請由「中國香港攀山及攀登總會」簽發的證書； 1.Upon completion of the course and meeting the requirements, participants will be eligible to apply for a certificate issued by the "China Hong Kong Mountaineering and Climbing Union ; 2.由思健贊助 2.Sponsored by Mindset

Service for Ethnic Minorities

Jordan Family Club

To allow parents to enjoy a good time through making new friends and learning new skills

Content :	Cooking and handcrafts while child playing games
Date :	20/7、27/7、3/8/2024 (Saturday)
Time :	4:15pm-5:45pm
Venue :	Jordan Centre
Target :	Parents and Child aged 6-12
Fee :	\$30/Family
Quota :	6 families
Staff Responsible :	YIM Sze-man (Miss Eva) Sa Sa (Miss Sasa)

4503.2407/E01

Melty Bead Art Class

Encouraging children unleash their creativity by making handcrafts

Content :	Using melty beads to create your own artwork
Date :	6/8、13/8、20/8、27/08/2024 (Tuesday)
Time :	7:15pm-8:15pm
Venue :	Jordan Centre
Target :	6-12 Aged
Fee :	\$20
Quota :	6 Participants
Staff Responsible :	SO Chi-lok (Lok Sir) Sa Sa (Miss Sasa)

4503.2408/E02

恆常訓練程序

Training courses

- 1 所有課堂費用按月計算，學員必須繳交完整一期費用。如於月底前仍未繳交下月學費者，則視作放棄繼續報讀課程，並將由後補人士補上；

All courses are charged on a monthly basis and in full sessions. If the fee for next month has not been paid by the end of the current month, it will be regarded as withdrawal from the course. Applicants on the waiting list will take up the place;

- 2 學員缺席課堂之學費並不會按比例退回，亦不能累積作繳交下期學費之用；

No refunds are issued on a pro-rata basis for missed classes or no-shows and the fees cannot be carried over to another term;

- 3 凡報讀本會所課程，而出席率達到80%或以上的學員，可申請聽講證書，申請期限為該課程完結後，三個月內辦理有關申請，每張證書費用為港幣\$20；

An attendance certificate is available within 3 months after the completion of the course for participants whose attendance is above 80% at the cost of \$20;

- 4 所有訓練程序參加者須年滿6歲，如未滿6歲則其家庭會友會籍內需有介乎6-24歲的家庭成員，方合資格參加；

If the participant is under the age of 6 or above 24, he/ she must be affiliated with a family member aged 6-24 holding a valid YMCA's membership;

- 5 參加者未滿12歲，須於報名表上選擇接送安排。

If the participant is under the age of 12, please choose the leave method on the registration form;

『接放幼兒之安排』

Arrangement for Children Pick-up

為確保幼兒之安全，請家長/接放者準時到課室接回幼兒，同時導師亦會核實有關家長或接放者之身份。

To ensure the safety of children, please pick them up at the classroom punctually. Parents' / guardians' identities will be verified by the tutors.

好消息！早鳥優惠！
凡於每月 25 日或之前繳交下月學費，
可獲每堂減\$5之優惠。

Good news! Early Birds Discount!
Pay the fee before 25th of every month and
get a \$5 discount per lesson.



星期一 Monday

兒童創意畫室 Children's Creative Drawing

T01

繪畫有助啟發兒童的創意，教授繪畫之基本技巧，如線條的運用，幾何圖形、十字分析等由淺入深，培養繪畫興趣。

Drawing can help inspire children's creativity and teach them basic drawing skills, such as the use of lines, geometric figures, cross analysis, etc., from simple to advanced levels, and cultivate interest in drawing.

日期 Date：按當月日數而定 Depending on the number of days in the month

時間 Time：4:00pm-5:00pm

費用 Fee：\$150/堂 \$150/Session

對象 Target：4-10歲 Aged 4-10

名額 Quota：8名 8 Participants

備註 Notes：請自備鉛筆、擦膠、畫簿及木顏色筆

Please bring your own pencils, erasers, drawing books and wooden color pens

IPad繪畫教室 iPad Painting Classroom

T02

繪畫有助啟發兒童的創意，配合科技發展，教授使用平板電腦繪畫的技巧，讓參加者由淺入深學習運用電子科技繪畫。

Drawing helps inspire children's creativity, teach them the skills of using iPad to draw, and how to use electronic technology to draw from the basic to the advanced.

日期 Date：按當月日數而定 Depending on the number of days in the month

時間 Time：5:15pm-6:15pm

費用 Fee：\$150/堂 \$150/Session

對象 Target：6-12歲 Aged 6-12

名額 Quota：8名 8 Participants

備註 Notes：請自備平板電腦及筆 Please bring your own iPad and pen

星期三 Wednesday

BPMF國語唱遊 BPMF Mandarin Singing Group

T03

透過遊戲練習及聆聽國語童謠，讓兒童更有趣味地對國語有初步的認識，建立良好學習國語的基礎。

Through game practice and listening to Mandarin nursery rhymes, children can gain a preliminary understanding of Mandarin in a more interesting way and establish a good foundation for learning Mandarin.

日期 Date：按當月日數而定 Depending on the number of days in the month

時間 Time：4:00pm-5:00pm

費用 Fee：\$150/堂 \$150/Session

對象 Target：4-10歲 Aged 4-10

名額 Quota：8名 8 Participants

中文樂趣坊 Chinese Play Group

T04

透過各類型遊戲、唐詩、唱遊或練習等，培養兒童的中文聽講能力，以有趣的方式提升學習中文的信心。

Through various types of games, Tang poems, singing tours or exercises, children's listening and speaking skills in Chinese are cultivated, and their confidence in learning Chinese is enhanced in an interesting way.

日期 Date：按當月日數而定 Depending on the number of days in the month

時間 Time：5:15pm-6:15pm

費用 Fee：\$150/堂 \$150/Session

對象 Target：6-12歲 Aged 6-12

名額 Quota：8名 8 Participants

*參加者如未滿6歲，須有最少1位6-24歲的家庭成員成為本會會友，
並請在報名表上申報

If the participant is under the age of 6,

he/she must be affiliated with a family member aged 6-24 holding valid YMCA's membership*



星期四 Thursday

花式跳繩學堂 Fancy Rope Skipping

T05

課程會教授不同花式跳繩技巧。花式跳繩能強健心肺功能，有助提升身心健康發展。

The course will teach different jumping rope techniques. Fancy rope skipping can strengthen cardiopulmonary function and help improve physical and mental health development.

日期 Date : 按當月日數而定 Depending on the number of days in the month

時間 Time : 5:15pm-6:15pm

費用 Fee : \$150/堂 \$150/Session

對象 Target : 5-12歲 Aged 5-12

名額 Quota : 8名 8 Participants

備註 Notes : 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

Aikido學堂 Aikido Class

T06

以現代化的方式教授合氣道，讓小朋友學習禮儀及紀律，同時學習踢腳、翻滾和落地等技巧，有助提升小朋友的體能和身體素質。

Let children learn etiquette and discipline from Aikido, as well as skills of kicking, rolling and landing, which will help improve children's physical fitness and fitness.

日期 Date : 按當月日數而定 Depending on the number of days in the month

時間 Time : 6:30pm-7:30pm

費用 Fee : \$150/堂 \$150/Session

對象 Target : 5-12歲 Aged 5-12

名額 Quota : 8名 8 Participants

備註 Notes : 1.上課時須穿著合氣道袍；Aikido robes should be worn during class;

2.請自備毛巾及飲用水。 Please bring your own towel and drinking water.

星期五 Friday

K-Pop Dance

T07

教授流行的韓國音樂，教導小朋友的基礎舞蹈技巧，訓練身體的協調及靈活性，透過舞步培養小朋友的節奏感。

Teach children popular Korean music, basic dance skills, train body coordination and flexibility, and develop their sense of rhythm through dance steps.

日期 Date : 按當月日數而定 Depending on the number of days in the month

時間 Time : 5:00pm-6:00pm

費用 Fee : \$150/堂 \$150/Session

對象 Target : 5-12歲 Aged 5-12

名額 Quota : 12名 12 Participants

備註 Notes : 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

Funky Jazz

T07

透過節奏強勁的音樂及舞步，加強兒童的節奏感及身體協調性；舞步較自由讓兒童可發揮創意；排練團體舞蹈，有助加強小朋友的團體合作性。

Through powerful rhythmic music and dance steps, children's sense of rhythm and body coordination are enhanced; the freer dance steps allow children to express their creativity; group dance rehearsals help strengthen children's teamwork.

日期 Date : 按當月日數而定 Depending on the number of days in the month

時間 Time : 6:15pm-7:15pm

費用 Fee : \$150/堂 \$150/Session

對象 Target : 5-12歲 Aged 5-12

名額 Quota : 12名 12 Participants

備註 Notes : 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

恆常鋼琴課程 Regular Piano Lessons

編號/Number	課程名稱/Name	星期/Week
T20A	鋼琴研習A/Piano Lessons A	一/Monday (個別預約/Individual reservation)
T20B	鋼琴研習B/Piano Lessons B	二/Tuesday (個別預約/Individual reservation)
T20C	鋼琴研習C/Piano Lessons C	四/Thursday (個別預約/Individual reservation)
T20D	鋼琴研習D/Piano Lessons D	五/Friday (個別預約/Individual reservation)
T20E	鋼琴研習E/Piano Lessons E	六/Saturday (個別預約/Individual reservation)

鋼琴研習費用 Fee of Piano Lessons

級別/Grade	30分鐘/Minutes	45分鐘/Minutes	60分鐘/Minutes
初級/Initial Grade	\$ 155	\$ 195	/
一級/Grade 1	\$ 160	\$ 205	/
二級/Grade 2	\$ 180	\$ 215	/
三級/Grade 3	/	\$ 225	\$ 285
四級/Grade 4	/	\$ 235	\$ 310
五級/Grade 5	/	\$ 255	\$ 325
六級/Grade 6	/	\$ 290	\$ 330
七級/Grade 7	/	\$ 300	\$ 370
八級/Grade 8	/	/	\$ 420
演奏級/Diploma	/	/	\$ 470

對象為5歲以上；導師與學員比例為1:1，經導師評核可代報考試。

The target candidates are age 5 and above; the ratio of tutors to students is 1:1, and students can apply for the exam after evaluation by the tutor.



會所制服小組

• Uniform Groups •



本會所共有四大制服小組：西九龍第八小女童軍隊、香港基督少年軍第四分隊、香港基督女少年軍第二分隊及九龍第1068旅小童軍，透過上述制服小組可以培養青少年責任感，發展身心，貢獻社會及培養他們不同的興趣，服務地區。

There are four uniformed groups in Jordan Centre: West KLN Brownie Guider Unit 8, The Boys' Brigade, Hong Kong Unit 4, The Girls' Brigade, Hong Kong Unit 2 and Kowloon Grasshopper Scout Unit 1068. The uniformed group training aims to nurture the youth's responsibility and develop their physical and mental health to serve and contribute to society.

香港基督女少年軍第二分隊 The Girls' Brigade Hong Kong Unit 2

幫助少女建立自律、虔誠與責任感的品格，體現豐盛生命的真義、並成為基督的跟隨者。

To help girls build self-discipline, a sense of responsibility, and reverence. To fully experience a meaningful life, and follow the path of Christianity.

內容 Content	步操、聖經故事分享、手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水準，均獲頒發獎章以作獎勵及升級！ Drills, Bible story sharing, handcrafting, independence training, potential training, voluntary service, traveling, camping, physical training, and other activities. Badge syllabus is available.
集會時間 Assembly Time	2:00pm-4:00pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 Jordan Centre
對象 Target	初級組Junior-Girls: 6至8歲aged 6-8 中級組Middle-Girls: 9至10歲aged 9-10 高級組Senior-Girls: 11至12歲aged 11-12 深資組Experienced-Girls: 13至16歲aged 13-16
收費 Fee	\$ 40/每月 per month
收表日期 Application Method	會所辦公時間內 To hand in the application form in office hour
面試日期 Interview Date	另行通知 Upon Notification
負責同工 Responsible Staff	謝金燕 TSE Kam-yin (Coco Miss)
備註 Notes	報名表格可於本會所索取 The application form is available at the counter.

西九龍第八小女童軍隊 West KLN Brownie Guider Unit 8

內容 Content	宿營、遠足、手工藝、家務技能、急救、繩藝製作、步操等。 Camping, Hiking, Handcrafting, Housekeeping skills, first aid skills, the craft of rope and drills.
集會時間 Assembly Time	2:00pm-4:00pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 Jordan Centre
對象 Target	6-12歲女童 Girls aged 6-12
收費 Fee	\$ 250/每半年 per half year
收表日期 Application Method	會所辦公時間內 To hand in the application form in office hour
面試日期 Interview Date	另行通知 Upon Notification
負責同工 Responsible Staff	趙泳茵 CHIU Wing-yin (Yan Miss)
備註 Notes	報名表格可於本會所索取 The application form is available at the counter.

香港基督少年軍第四分隊 The Boys' Brigade Hong Kong Unit 4

『於青少年人之間，擴展基督的角度，同時促進服從、虔誠、紀律及自愛等良好行為，以達成基督化的人格。』
To spread the values of Christianity among young people, and encourage the principles of obedience, reverence, discipline, and self-respect, in order to fulfill the characteristics of Christianity.

內容 Content	聖經知識、急救知識、繩結、步操、體能訓練、遠足、露營、軍樂、水上活動、烹飪、集郵、工藝及各類興趣活動等。 Bible learning, first-aid skills, knotting, drills, physical training, hiking, camping, military music, water activities, cooking, stamp collecting, craft, and other entertainment activities
隊訓 Motto	我兒啊！你要在基督耶穌的恩典剛強起來。你在許多見證人面前聽見我所教訓的、也要交託那忠心能教導別人的人。(提摩太後書 2 : 1-2) So then, my child, be strong in the grace which is in Christ Jesus. And the things which I have said to you before a number of witnesses, given to those of the faith, so that they may be teachers of others. (II Timothy 2:1~2)
集會時間 Assembly Time	3:00pm-5:30pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 Jordan Centre
對象 Target	初級組 Junior-Boys: 8—12歲男童；中級組 Middle-Boys: 11—18歲男童
收費 Fee	\$ 30/每月 per month
收表日期 Application Method	會所辦公時間內 To hand in the application form in office hour
面試日期 Interview Date	另行通知 Upon Notification
負責同工 Responsible Staff	伍子傑 NG Tsz-kit (Keith Sir)
備註 Notes	報名表格可於本會所索取 The application form is available at the counter.

九龍第1068旅小童軍 Kowloon Cub Scout Unit 1068

內容 Content	童軍禮儀、紀律訓練、集體遊戲、小組活動(每月不同主題)、手工、步操、旅行等。 Scout etiquette training, discipline training, mass game, group activities with different monthly themes, handcrafting, drills, and traveling.
集會時間 Assembly Time	2:30pm-3:45pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 Jordan Centre
對象 Target	5-8歲兒童 Children aged 5-8
收費 Fee	\$ 40/每月 per month
收表日期 Application Method	會所辦公時間內 To hand in the application form in office hour
面試日期 Interview Date	另行通知 Upon Notification
負責同工 Responsible Staff	李芊慧 LEE Chin-wai (芊慧姑娘)；賈雲龍 KA Wan-lung (龍sir)
備註 Notes	報名表格可於本會所索取；參加者如未滿6歲，須有最少1位6-24歲的家庭成員為本會會友，請於報名時申報。 The application form is available at the counter ; If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 holding valid YMCA' s membership.





「世界公民培育與傳承計劃」

計劃詳情

1. 參加者必須為青年會會友，18歲以下的全日制學生參加「中學組」，18歲至25歲的青少年會友參加「公開組」。
2. 獎勵分為銅章、銀章、金章三級，參加者可以直接參加任何一級或順序參與。每年三月底截算參加者紀錄一次，經評審合格後，便可獲頒獎狀。
3. 主題活動包括4個：“Community Wellbeing”、“Meaningful Work”、“Just World”及“Sustainable Planet”，參加者可從中選擇並須按各章級的要求完成目標。
4. 年滿18歲或以上金章得獎者可組隊參加「世界公民終極行」。
5. 惟於遞交報名表時全組參加者的年齡須在29歲或以下。
6. 香港中華基督教青年會保留隨時修訂以上細則之權利。如有任何爭議，本會將保留最終決定權。

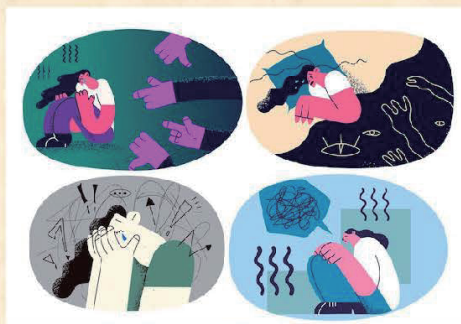
Program Details

1. Participants must be members of the YMCA. Full-time students under 18 years old participate in the "Secondary School Group," while YMCA members aged 18 to 25 participate in the "Open Group."
2. The rewards are divided into three levels: Bronze, Silver, and Gold. Participants can directly participate in any level or progress sequentially. Participants' records are evaluated and finalized at the end of March each year. Upon passing the evaluation, they will be awarded a certificate.
3. The thematic activities include four categories: "Community Wellbeing," "Meaningful Work," "Just World," and "Sustainable Planet." Participants can choose from these categories and must fulfill
4. the requirements for each level.
Gold-level awardees who are 18 years old or above can form teams to participate in the "世界公民終極行"
5. All members of the group must be 29 years old or below at the time of submitting the application form.
6. The Hong Kong YMCA reserves the right to revise the above regulations at any time. In case of any disputes, the final decision lies with the YMCA.

Navigating Youth Mental Health Challenges After COVID-19:

Building Resilience and Seeking Support

The COVID-19 pandemic has left an indelible mark on global mental health. As we move beyond the acute phase of the crisis, it is crucial to address the long-lasting mental health challenges that individuals may face in the aftermath of COVID-19. The pandemic has taken a toll on people's psychological well-being, especially young adults, with increased levels of stress, anxiety, depression, and post-traumatic stress disorder (PTSD) being reported worldwide.



The prolonged isolation, fear of infection, grief and loss, financial hardships, and disruptions in daily life have contributed to this psychological impact. However, there are strategies that individuals can employ to navigate these challenges and foster mental well-being. Building resilience is paramount in the post-pandemic era. Engaging in self-care activities such as exercise, maintaining a healthy lifestyle, and practising relaxation techniques can help individuals cope with stress and anxiety. Prioritizing one's mental health by setting boundaries, establishing routines, and incorporating activities that bring joy and relaxation can also be beneficial.

Seeking support is equally important. It is crucial to break the stigma surrounding mental health and encourage open conversations. Teenagers should contact friends, family, or mental health professionals for support. Online platforms and telehealth services have become increasingly accessible, providing remote counselling and therapy options. Regarding the workplace, encouraging open communication and fostering a supportive work environment can contribute to a healthier post-pandemic workforce.

In conclusion, the mental health challenges brought about by COVID-19 extend far beyond the physical impact of the virus. Navigating the aftermath requires individuals to build resilience, seek support, and foster a culture that encourages open dialogue and understanding. By prioritising mental health, we can emerge from this crisis more substantially and be equipped to face future challenges. Remember, seeking help is a sign of strength, and together, we can overcome the mental health challenges this unprecedented crisis brings.

會友意見及回應

Suggestion/ Feedback

若你對會所服務有任何意見，讚賞或申訴，歡迎選用以下任何一種方法向我們表達：

You can express your opinions through these channels:

- 1 向當值職員直接表達對本會所服務的意見讚賞或申訴，並請留下聯絡資料以便跟進處理；
Talk to the Duty Officer directly and leave your contact for follow-up;
- 2 致電本會所主任表達意見或申訴；
make a call to the Centre-in-charge;
- 3 填寫【意見/投訴/讚賞紀錄表】(JDSQS15_APP01)或直接去信予本會所主任；
submit Opinion /Complaint Form (JDSQS15_APP01) available at the counter;
- 4 電子郵件：jordan@ymca.org.hk (請留意：電子郵件在傳送途中可能會被第三者截取)；
send email to jordan@ymca.org.hk (Please be reminded that e-mail transmissions are susceptible to interception by third parties);
- 5 如你感到本會所未能妥善處理你的意見和提議，歡迎填寫【意見/投訴/讚賞紀錄表】(JDSQS15_APP01)或直接去信本會機構傳訊及市場拓展科。
地址：九龍高打老道23號香港中華基督教青年會機構傳訊及市場拓展科收
if you are dissatisfied with the result, you may appeal to the Corporate Communications & Marketing Section Department, Chinese YMCA of Hong Kong for further investigation.
Address: Corporate Communications & Marketing Section, Chinese YMCA of Hong Kong

備註

如接獲意見/讚賞/投訴，會所主任/督導於接獲後7天內聯絡，親自/委派相關負責職員向對方回覆及了解有關情況，並於14個工作天內處理。

For opinions ,appreciations or complaints, the Centre-in-charge will assign the staff to discuss the matter with the complainant in within 7 working days of the complaints and handle the issue within 14 working days after discussion.

服務使用者意見

Feedback

本會所致力提供完善及優質的服務，歡迎各服務使用者向本會提出對本會所任何的意見、稱讚或建議，並將意見表投入本會所意見箱內。

Jordan Centre is dedicated to providing excellent service. We welcome your suggestion and comments on our service. Feel free to write back the feedback form.

會友姓名(Name)

聯絡電話(Tel)

本人之意見(Comments)

【所有資料 絕對保密 All information will be kept confidential】

多謝您的寶貴意見！ Thank you for your valuable comments!

如需本會所作出回覆或跟進，請填妥意見欄內之姓名及聯絡電話。

本表格所收集之個人資料，只作反映、回覆及跟進用途，個人資料，絕對保密。本會跟進閣下意見後會銷毀其個人資料。

The personal data collected in this form will only be used for the purpose of evaluation, reply, and follow-up. All personal data will be kept confidential and will then be destroyed after follow-up.