

# 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 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)