

Think ... whether you have experienced or are experiencing the following situations?

Has / have your partner / family member(s) ever directly or indirectly.....

Controlled your finances

Sexually assaulted you

Physically attacked you

Stalked you

Controlled your social life

Harassed you

Insulted you

Emotionally blackmailed you

Yelled at you



Scan the QR Code

To conduct a self-assessment of domestic violence risk

Contact Us

Jockey Club Harmony Link  
Domestic Violence Prevention Centre



How to get there

Minibus: 22M, 22A, 48, 89A, 89C

Bus: 2A, 13X, 23M, 28, 28B, 213X, 619

Opening hours

Monday to Saturday:  
10:00 a.m. – 6:00 p.m.  
(Except Public Holidays)

Wing B, G/F, On Wah House, Lok Wah (South) Estate, Kwun Tong, Kowloon, Hong Kong

2342 0072 2304 7783 5729 3594

hhl@harmonyhousehk.org

www.harmonyhousehk.org

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- Enhance public awareness and knowledge towards domestic violence
- Public Education Talks (Prevention of domestic violence / Parenting / Compassionate communication / Self-care)
- Community Education Exhibition / Video Sharing



Stress Release Programs for Caregivers

- Provide support to parents and caregivers of elderly, to learn relaxation and self-care skills
- Monthly Gathering for relaxation and experiential activity
- Parent-child programs



Emotional Education for Children

- Through storytelling, we aim to help children express their emotions through appropriate means, establish good interpersonal relationships, and provide early identification of children facing domestic violence



Legal Talk / Consultation

- To help victims of domestic violence plan their future living during/after divorce or separation
- Contents: Family Procedure Ordinance, Divorce, Custody, Alimony, Property Distribution, etc.



Mutual Support Group

- Organize monthly gatherings for people who are currently or have faced domestic violence, to allow them to share their experiences, and encourage one another



Counseling

Target :

- Abused Women/ Women Using Force
- Abused Men / Male Batterers
- Intimate Partners / Couples
- Children under the age of 12 who are affected by family conflicts

Adult : Regular one-on-one / family counseling  
Children : Regular one-on-one play therapy



Therapeutic Group

- Provide therapeutic services to victims or batterers who are facing or have faced domestic violence
- Relieve negative emotions caused by domestic violence, cure and heal from pain
- Enhance resilience and problem-solving skills when dealing with family conflicts
- Enhance self-protection skills and personal resources
- Assist with adapting to environment changes and facing the future

Hotline Services

24-hour Women Hotline

2522 0434



Children Hotline

2751 8822  
Press 7: Chat with Us (For Parents)



MAN Hotline

2295 1386



## The Hong Kong Jockey Club Community Project Grant: Moving Forward Against Domestic Violence Project

Each year, a staggering number of cases involving domestic abuse among spouses, cohabiting couples, children, and the elderly are reported. We are committed to the mission of “Zero Tolerance Against Domestic Violence”, and the project aims to provide comprehensive support services to victims of domestic violence, empowering them to build resilience, further to break free from the cycle of abuse. Through various community education programs, we hope to promote harmonious family relationships, change the public's misconception towards domestic violence, work together to combat it, and build a harmonious community.

### Project Objectives

- Learn to manage conflicts between couples through non-violent communication
- Increase awareness and knowledge of dating violence prevention for teenagers
- Provide support to children who have experienced or witnessed domestic violence, helping them to develop skills to cope with family conflicts
- Enhance caregivers' emotional regulation and stress management skills to prevent domestic violence
- Raise public awareness of the needs and available supports for victims of domestic violence



Free of Charge



Service Scope :  
Territory-wide

### Service Target

- Abused Women/ Women Using Force
- Abused Men / Male Batterers
- Abused Children/ Children Witnessing Domestic Violence
- Caregivers
- Intimate Partners / Couples
- Public

### Application Method

- Self-approach through 2342 0072
- Referral by Social Workers or Professionals

Scan the QR Code



To enroll for activities

## The Hong Kong Jockey Club Community Project Grant Moving Forward Against Domestic Violence Project

Organizer



Funder





Follow the "Z" shaped  
folding lines to  
Open The Gate



Fold the exterior side  
of the graphic inwards and  
Bring Out the Graphics of  
the Granny and Grandson



Connect the edges  
of leaflet



Done

