

## 中心開放時間 Opening Hours

星期一至六 Monday to Saturday  
9:30am-1pm & 2pm-6pm

服務對象 Service Targets :

元朗及天水圍居民

Residents in Yuen Long and Tin Shui Wai

# 40分鐘 和諧心靈天地

40 Minutes @Harmony Space

## 聯絡我們 Contact

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📘 和諧家庭空間 Family Harmony Space



研究指出，每天40分鐘的自我關顧時間有助減壓。因為鬆弛能夠促進大腦血液循環、減低血壓，從而減少壓力荷爾蒙分泌。有見及此，我們希望透過這個計劃，推廣「善待自己·關愛家人」，並以「善意溝通」作為價值理念，提倡一種非暴力的正向方式表達自我，以應對個人情緒、家庭及日常人際關係。此計劃的活動多元化，鼓勵大家關心個人的身心靈健康，從我心和諧開始，建立和諧家庭、共建友愛社區。

Research suggested that a daily 40-minute "me time" could relieve stress. It is because relaxation can increase cerebral circulation, lower blood pressure, and reduce the production of stress hormones. We wish to promote "take good care of oneself, and love your family" through this project by adopting the philosophy and values of "compassionate communication". This approach encourages honest and nonviolent self-expressions in coping with personal emotions, family and daily interpersonal relationships. Ultimately, one can achieve a balanced body-mind-spirit and take part in building a harmonious family as well as a loving community.

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## 和諧家庭空間

我們於元朗市中心設立了和諧家庭空間，以大自然為設計主題，配合翠綠的植物、柔和的大自然音樂及各類含靜心元素的活動，提供一個讓社區人士安靜心靈、自我療癒及學習善意溝通的地方。

我們歡迎不同年齡、種族、背景的人士成為會員，享用和諧家庭空間的設施及參與各項活動，費用全免。

### Family Harmony Space

Family Harmony Space was established at Yuen Long Centre. Decorated with greenery and natural elements, our centre provides a pleasant atmosphere for our members to relax, heal and learn positive communication skills.

We offer a range of free-of-charge activities. Regardless of ages, races and backgrounds, everyone is welcome to become our member.

### 和諧心靈角落 Harmony Corner



靜心修煉：全心全意地體驗生活，培育察覺力和同理心。

Mindfulness Practice: Foster your sensitivity and empathy to experience the here-and-now moment fully.

音樂鬆弛：透過聽覺的享受和音樂去抒發情緒。

Music Relaxation: Enjoy soothing music and play with musical instruments to express your inner feelings.

園藝種植：鬧市中親親大自然，通過種植洗滌心靈。

Horticultural Experience: Get in touch with nature in the busy city to refresh your mind and soul.

藝術探索：嘗試不同藝術創作，探索自我，療癒身心。

Art Exploration: Try out different forms of art and creation to explore and heal your body and mind.

## 家庭服務 Family Service



親職工作坊：學習「善意溝通」的理念和技巧，以改善溝通方法，提升教養技巧，促進家庭和睦。

Parenting workshop: Learn the values and skills of "compassionate communication" to improve the effectiveness of communication in a family, enhance parenting skill, and achieve greater family harmony.

親子活動：參與為家庭設計的親子活動，享受簡單、有趣、快樂的親子時光。

Parent-child programs: Join events and workshops designed specifically for parents and children to enjoy the simple, fun, and happy family time.

## 輔導服務 Counselling Service



遊戲治療：透過治療性的遊戲去疏導兒童情緒，輔助他們面對生活上的困難，促進個人成長。

Play Therapy: Use of therapeutic play to ease children's emotional distress, actualize their potentials in face of life challenges, and facilitate their personal growth.

輔導服務(個人/ 伴侶/ 家庭)：運用「以人為本」的輔導理論，協助個人自我探索、啟發成長、抒解情緒困擾，並且與人建立更和諧的關係。

Counselling (individual/couple/family): Adoption of a client-centered counselling approach in supporting one's self-exploration, personal growth, stress management and development of a more harmonious relationship with others.