40分鐘
和諧心靈天地

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.
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。

**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.

**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.

**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**

- **輔導服務 (個人/ 伴侶/ 家庭)**: 運用「以人為本」的輔導理論，協助個人自我探究、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.