

婦女及兒童庇護中心
Shelter for Women and Children

- ☎ 24小時婦女求助熱線 24-hour Woman Hotline: 2522 0434
☎ 2336 5842 ✉ hhshelter@harmonyhousehk.org
📍 通訊地址 Correspondence address
九龍尖沙咀郵政信箱99068號 P.O. Box 99068, Tsim Sha Tsui Post Office, Kowloon
🕒 中心開放時間 Opening hours
星期一至日 24小時 Mon to Sun 24 hours

賽馬會和諧一心家暴防治中心
Jockey Club Harmony Link Domestic Violence Prevention Centre

- ☎ 2342 0072 ☎ 2304 7783 ✉ hhl@harmonyhousehk.org
📍 九龍觀塘樂華(南)邨安華樓地下B翼
Wing B, G/F, On Wah House, Lok Wah (South) Estate, Kwun Tong, Kowloon
🕒 星期一至六 上午10:00至下午1:00及下午2:00至下午6:00 (公眾假期除外)
Mon to Sat 10:00am to 1:00pm & 2:00pm to 6:00pm (except Public Holidays)

和諧徑
Harmony Lane

- ☎ 3153 5712 ☎ 3153 5715 ☎ 6144 5334 ✉ harmonylane@harmonyhousehk.org
📍 新界葵涌石籬(一)邨石安樓地下B2-3室
Rm B2-3, G/F, Shek On House, Shek Lei (1) Estate, Kwai Chung, New Territories
🕒 請於辦公時間星期一至六 上午10:00至下午1:00及下午2:00至下午6:00 (公眾假期除外)
致電3153 5712, 查詢上述中心的開放時間。
For enquiries about the opening hours of the above centre, please call 3153 5712 during office hours, Mon to Sat 10:00am to 1:00pm & 2:00pm to 6:00pm (except Public Holidays)

了解我們更多 Know more about us



捐助及支持和諧之家 Donate and Support Harmony House



和諧之家
HARMONY HOUSE

Walking Harmony Way
Together

伴您同行和諧路



和諧之家

成立於1985年，是全港第一間為受虐婦女及其子女提供庇護服務的機構，至今已發展成為一站式的家暴防治中心，以多元化預防、治療及發展的服務，協助受家暴影響的家庭，並透過不同類型的社區教育活動，推廣和諧健康的家庭關係。機構更為跨專業人士提供培訓，並倡議政策及法律改革。

Harmony House

was established in 1985 as the first shelter for abused women and their children in Hong Kong. Today, we have developed into a one-stop anti-domestic violence service agency, with a wide range of preventive, therapeutic, and developmental programmes to help families affected by domestic violence. We also organise community education programmes, promote harmonious, and healthy family relationships, provide training to multi-disciplinary professionals and advocate for policies and legislations on behalf of victims of violence, their families, and communities.

任何人都有機會遭遇家庭暴力，不分性別、年齡、背景或身份。施虐者可以是與你同住的伴侶、配偶、子女、父母、祖父母、兄弟姊妹或其他家庭成員。當家庭關係令你感到無助、窒息、憤怒或絕望時，請記得你並不需要獨自面對。無論你正經歷甚麼，我們都願意聆聽、理解，並為你提供支持。

立即致電我們的熱線，讓我們陪伴你一起尋找出路。

Anyone can experience domestic violence, regardless of gender, age, background, or social status. The abuser may be any family member living with you, including a partner, spouse, child, parent, grandparent, sibling, or another family member. When family relationships leave you feeling helpless, trapped, angry, or hopeless, please remember that you do not have to face it alone. Whatever you are going through, we are here to listen, understand, and support you.

Call our hotline today. Let us walk alongside you and help you find a way forward.



☎ 2522 0434

24小時婦女求助熱線
24-hour Woman Hotline



☎ 2295 1386

MAN (男士) 熱線
MAN Hotline

星期一至五 上午10:00至下午1:00及下午2:00至下午6:00 (公眾假期除外)
Mon to Fri 10:00am to 1:00pm and 2:00pm to 6:00pm (except Public Holidays)



☎ 2751 8822

小白兒童熱線 - 家長情緒支援按7字
Children Hotline - Press 7: Chat with Us (For Parents)

星期一至五 下午3:00至下午6:00 (公眾假期除外)
Mon to Fri 3:00pm to 6:00pm (except Public Holidays)

我們的服務 Our Services

短期緊急住宿服務 Temporary and Emergency Refuge Service

- 24小時即時支援和轉介服務 24-hour immediate support and referral services
- 社區資源資訊及轉介 Community resources and referrals
- 離舍後跟進及支援 Aftercare services for discharged residents

服務對象 Service Targets:

- 受虐婦女及其子女、13-17歲的受虐少女 (必須為香港居民及合法留港人士)
Abused women and their children, teenage girls aged 13-17 (must be Hong Kong permanent residents or have the legal right to stay in Hong Kong)

一對一輔導服務 One-on-one Counselling Service

- 成人 Adult:
定期進行個人 / 家庭面談輔導 Regular one-on-one / family counselling
- 兒童 Children:
定期進行一對一遊戲治療 Regular one-on-one play therapy

治療小組 Therapeutic Group

- 家庭暴力受害者及施虐者心理教育 / 治療小組
Psychoeducational / Psychotherapy Group for Victims and Perpetrators of Domestic Violence
- 家長親職教育及自我關顧小組
Parenting Education and Parental Self-Care Group
- 目睹 / 經歷家暴兒童支援小組
Support Group for Children Who Have Witnessed / Suffered from Domestic Violence

服務對象 Service Targets:

- 受虐 / 使用暴力婦女 Abused Women / Women Using Force
- 受虐 / 施虐男士 Abused Men / Male Batterers
- 高衝突伴侶 / 夫妻 High-conflict Partners / Couples
- 受家庭衝突影響的12歲或以下兒童
Children under the age of 12 who are affected by family conflicts

申請方法 Application:

- 自行致電熱線 / 經社工及其他專業人士轉介
Self-referral via hotlines / referral by social workers or other professionals

守護家庭 共建關愛社會

Building Safe Families Together

和諧之家致力推動預防家庭暴力教育，提升大眾對家庭暴力的認識，並建立尊重、關愛及和諧的家庭文化。我們誠邀企業、機構及團體參與本會提供的多元化培訓及合作活動，攜手建立安全、健康及充滿關愛的社區。

Harmony House is committed to promoting domestic violence prevention and strengthening public awareness of healthy family relationships. We welcome corporations, organisations, and groups to join our programmes and partnership initiatives to help build a safer, healthier and more caring community.

培訓及合作項目 Training and Partnership Programmes

- 辨識及處理家庭暴力
Identifying and Responding to Domestic Violence
- 心理安全職場：理解員工生命經歷與壓力反應
Psychologically Safe Workplaces: Understanding Employees' Life Experiences and Stress Response
- 非暴力溝通講座
Nonviolent Communication Seminar
- 自我關懷與情緒健康工作坊
Self-Care and Emotional Well-being Workshop
- 企業義工服務：支援受虐婦女及兒童
Corporate Volunteer Service for Abused Women and Children
- 活動贊助及度身訂造企業合作項目
Event Sponsorship and Tailor-made Corporate Partnership Programme



歡迎查詢企業合作、員工活動或「商界展關懷」提名

Welcome enquiries about corporate partnerships, employee engagement activities, or "Caring Company" nominations

☎ 2342 0072

✉ hhdonation@harmonyhousehk.org

掃描二維碼了解更多
Scan to learn more



校本支援服務及專業培訓

School-based Support Services and Professional Training

憑藉超過40年家庭暴力防治、兒童保護及家庭支援服務經驗，和諧之家一直為學校提供校本支援服務及跨專業培訓，服務由資深社工、輔導員、輔導心理學家、家庭治療師、性治療師、表達藝術治療師及靜觀自我關懷導師等跨專業團隊提供。

Drawing on over 40 years of experience in domestic violence prevention, child protection and family support, Harmony House provides school-based support services and professional training by our multidisciplinary team which includes experienced social workers, counsellors, counselling psychologists, family therapists, sex therapists, expressive arts therapists, and mindful self-compassion teachers.

校本支援服務 School-based Support Services

- 學生情緒教育、家長教育、教師培訓、專業督導、家庭輔導及兒童保護支援
Student Emotional Education, Parent Education, Teacher Training, Professional Supervision, Family Counselling and Child Protection Support

跨專業培訓 Multidisciplinary Professional Training

- 識別及跟進懷疑虐待兒童個案及高危家庭
Identification and Management of Suspected Child Abuse Cases and High-risk Families
- 增強員工預防及應對服務使用者遭受虐待的能力
Enhancing Professionals' Capacity to Prevent and Respond to Abuse

服務對象 Service Target:

- 幼稚園和小學學生、家長、老師、社工、輔導員、警務人員及醫護人員
Kindergartens and Primary School Students, Parents, Teachers and Social Workers, Counsellors, Police Officers and Healthcare Professionals



掃描二維碼了解更多
Scan to learn more

