

2.6 FAMILY SERVICE

Objectives

The service objectives are to preserve and strengthen the family unit, by empowering individuals and their families as a whole, through different levels of professional intervention, and to improve the quality of family life.

Highlights of the Year / Achievements

Caritas Jockey Club Heartspring Development Centre

Caritas Jockey Club Heartspring Development Centre was a self-financed centre located in the redeveloped Caritas Tsuen Wan Social Centre. It adopted an integrated approach and a family perspective to promote holistic health including physical, mental and spiritual well-being within the family. Caritas Catherine Chan Holistic Revitalization Service was also set up with service delivery on trauma treatment.



• Services in Caritas Jockey Club Heartspring Development Centre nurture body, mind and spirit

Study on "Understanding Love - Correlation of Love and Family to Children's Growth"

The captioned study cum press conference and Fun Day was conducted by the Caritas Student Guidance Service (Primary School). Findings reflected that children's perception of their parental love and support was positively correlated with their self-perceived academic performance, emotional health and sense of hope. The importance of the Catholic values, "love" and "family" were highlighted.



• Ms Prudence Mak, the founder of "Chocolate Rain" shared her "Hong Kong Fairy Tale" with the children in the Fun Day



• The parents and their children were playing happily in the Fun Day

Study on "Effectiveness of Marital Enhancement Services of Caritas Family Service"

A press conference was held on 4 February 2018 advocating the effectiveness of Marriage Enhancement Service of Caritas Family Service. It is the first official announcement of the result of Quantitative Research on "Evaluation of the Effects of Marital Enhancement Services on Marital Satisfaction" and Qualitative Research on "Exploring the Changes of Marital Relationship through Marital Counselling" which was conducted in partnership with CIHE.

Response to MeToo – Support Service on Sexual Abuse Survivors and Sex Offenders

The MeToo movement urged the community to provide a platform for sexual abuse survivors to disclose their experience, get support and arouse public concern. Caritas Project for Adult Survivors of Childhood Trauma proactively prepared a position paper on sexual abuse, aiming to raise the public awareness and to encourage survivors to seek professional assistance before exposing their unhealed wounds to unpredictable reactions. On the other hand, as a community support project for people perpetrated sexual violence, Caritas Specialized Treatment and Prevention Project against Sexual Violence empowered users to join hands and work collaboratively in resisting sexual violence.

Sharing Session for Professionals - “Exploring Men's Inner Space”

Caritas Jockey Club Project Cedar - Social and Emotional Support Service for Men organized a sharing session for the professionals on 22 January 2018. Topics on “Changing Masculinity” and “Mindfulness-Men-Emotion” were shared. The Project also provided sex counselling, emotional and social training for men with focus on application of “Mindfulness” in Service. Service users from different age groups shared their life struggles as Men-in-family.

New Projects

Mobile Application for Marriage Check-up

Caritas Family Service had launched the first “Mobile Application for Marriage Check-up” in Hong Kong, both for iPhone and Android users on 4 February 2018. It aimed at providing user-friendly and trendy ICT platform for self-administrated check up on marital relationship, online registration for marriage enrichment programmes, database of articles, bookmarks, videos and community resources for married couples.



• Put core values of marriage into action

Pioneer Work for Pre-schoolers Character Building In Family

An initiative of Caritas Strength Club was pioneered by Caritas Integrated Family Service Centre - Tsuen Wan to equip parents with the attitude and skills in establishing positive values and characters in their 2 to 3 years old pre-school children. The 24-session parent-child group was structured on the concept of 6 virtues and 24 characters strength from Peterson and Seligman (2004). Effectiveness of the service was evaluated by pre-group and post-group measures and indicated that parents reduced their level of depression, anxiety and stress.



• Parents nurture kid's positive character through parent-child interaction



• Kid served his mother as action of love

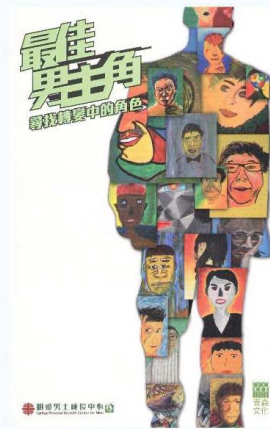
“Weave a Dream” - Life Planning Pilot Project

This project was organized by School Social Work Service for senior secondary school students in joint venture with the Department of Education Studies, Faculty of Social Sciences, Hong Kong Baptist University. Participating students got the opportunity to be engaged in real work settings to build up their career development attitude and skills through authentic experiences.



- Opening ceremony cum sharing by guest speakers of the Weave a Dream – Life Planning Pilot Project

New Publications



- “The Best Actor” – a book documented the changing masculinity in Hong Kong from 41 stories contributed by frontline social workers of Caritas Personal Growth Centre for Men

- “Collective Narrative Practice Against Sexual Abuse” – a book documented the journey of perpetrators of sexual abuse to serve as consultants for the recruited volunteers in planning, organizing and implementing the prevention programme against sexual violence

