

## 聯絡我們

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家庭及伴侶關係男士專線 Family and Intimate Partner Relationship Hotline for Men: Tel: 2890 1830 WhatsApp: 5973 6308



#### 網頁 Website:

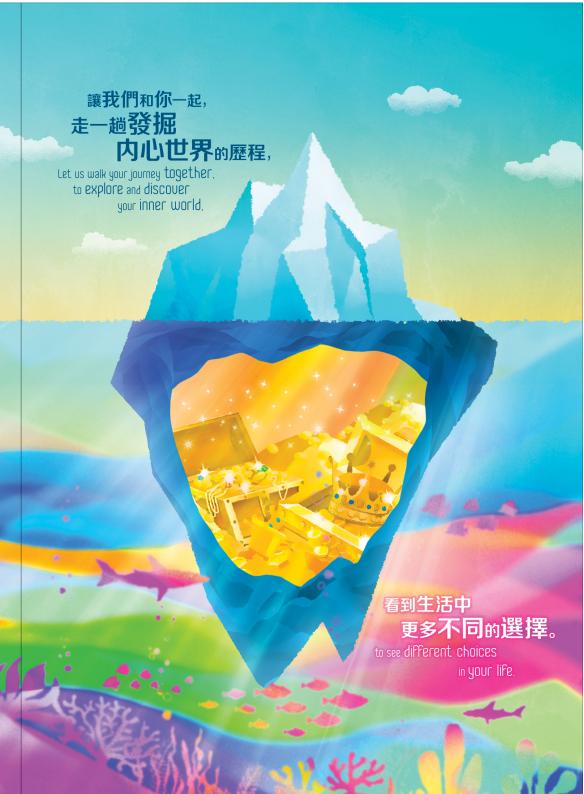
http://family.poleungkuk.org.hk/tc/page.aspx?pageid=876



**f** 保良局樂和社區資源中心

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# 我們會從性別角度 幫助你了解及改善 伴侶和家庭關系。

We will help you understand and improve your relationships with your partner and Family from the gender perspective.

服務對象 Service Targets

18歲或以上男士。 Men aged 18 or above.





# 家庭及伴侶關系男士專線:

Family and Intimate Partner Relationship Hotline For Men:

我們會24小時接聽你的電話,聆聽你的需要,幫助你解決問題。 We will answer your calls 24 hours a day, listen to your needs, and help you solve the problems.

## 個人成長小組:

Personal Growth Group:

幫助你認識自己,學習情緒管理。 Help you enhance your self-understanding and learn the emotional management skills.





#### 親子教育活動:

Parent Training Programs and Activities:

幫助你了解孩子的需要, 和孩子建立更親密的關係。

Help you understand your children's needs and establish a more intimate parent-child relationship.



## 伴侶溝通工作坊:

Couple Communication Workshop:

幫助你了解與伴侶的相處模式, 學習更有效的溝通方法。

Help you understand your interaction patterns with your partner and learn more effective communication methods.



Peer Support Gatherings:

為你提供一個互相交流的機會, 分享生活樂趣,舒緩壓力。

Provide you with an opportunity to exchange ideas, share the joy of life, and relieve stress.



#### 最新活動詳情 請瀏覽本中心Facebook專頁。

For details on the latest activities, please visit our Facebook page.



# 申請服務:

Service Application:

填妥報名表,以傳真、電郵或郵寄方式遞交。

To apply for our services, please complete and return the registration form by fax, email, or mail.

## 退出服務:

Service Withdrawal:

口頭或書面方式提出申請。

To exit our services, you can inform us either verbally or in writing.

