

▶ 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>



 保良局樂和社區資源中心



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讓我們和你一起，  
走一趟發掘  
內心世界的歷程，

Let us walk your journey together,  
to explore and discover  
your inner world.



看到生活中  
更多不同的選擇。  
to see different choices  
in your life.



## 我們會從性別角度 幫助你了解及改善 伴侶和家庭關係。

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

### 服務內容 Scope of Services

### 服務對象 Service Targets

18歲或以上男士。  
Men aged 18 or above.



### 家庭及伴侶關係男士專線：

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.

### 朋輩支援聚會：

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.