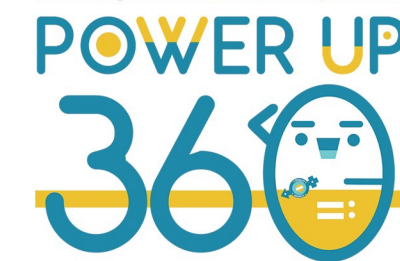


#Contact Information

Support Programme for
Enhancing Peaceable Relationship (SPeAR)



Location :

Unit 13 and 15, 5/F., Peninsula Tower,
538 Castle Peak Road,
Cheung Sha Wan, Kowloon



Tel : 2899 0019

Email : epsdv@poleungkuk.org.hk

Po Leung Kuk
Harmony Community Resources Centre

Personal Information ///

Name ▶ (Chinese) (English)

Sex ▶ Date of Birth ▶

Ethnicity ▶ Language ▶

Year arrived in Hong Kong ▶ Born in Hong Kong

Address ▶

Phone No. ▶ (Mobile) (Home)

Email ▶

Marital / Intimate Relationship Status (if applicable) ///

▶ Married Cohabitation Separated Divorced

▶ Heterosexual Relationship Same Sex Relationship

Year of * Marriage / Cohabitation Year of * Divorce / Separation

No. of Children Sex and Age of Children

Education Level ///

▶ No Formal Education Primary Secondary University/ Tertiary Others

Occupation ///

▶ CSSA recipient

Service(s) Requested (Choose one or more option(s)) ///

▶ Short-term Educational Programme for Intimate Partners (6 hours)

▶ Short-term Educational Programme for Children and Adolescents (4 hours)

▶ Family Support Programme

▶ I learnt about the programme through the following means:

▶ Social Worker Poster/ Leaflet Family members/ Friends

▶ School Personnel Staff of Government Departments

▶ Others (Please specify)

Name of Referring Social Worker (if any) ///

Name ▶

Agency/ Service Unit ▶

Phone No. ▶

Signature of Applicant ▶

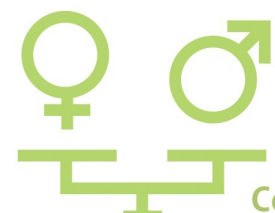
Date ▶

*Delete whichever inappropriate

Application Form

Professional Training ///

To join forces in combat against intimate partner violence, we organise thematic talks and workshops for frontline staff from various professional fields. Themes include the causes for intimate partner violence, identification methods and intervention modes based on gender perspectives. Interested parties are welcome to make appointments by phone.



Community Education ///

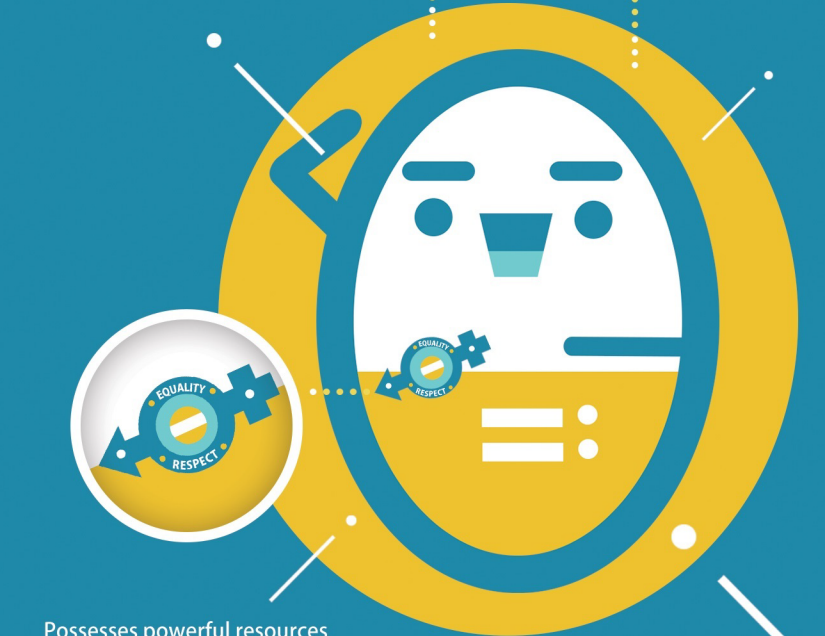
We organise community educational activities regularly to promote a social attitude of “zero tolerance” for intimate partner violence and emphasize that such violence could constitute a criminal offence, with aims to curb the occurrence of intimate partner violence and promote intimate relationship based on equality and mutual respect.

#Introduction of Captain Zero

Captain Zero

O-shaped body Offer solutions to gender stereotyping

On a mission to promote “Zero Violence” Builds loving relationship with partner and family



Possesses powerful resources

Highly flexible

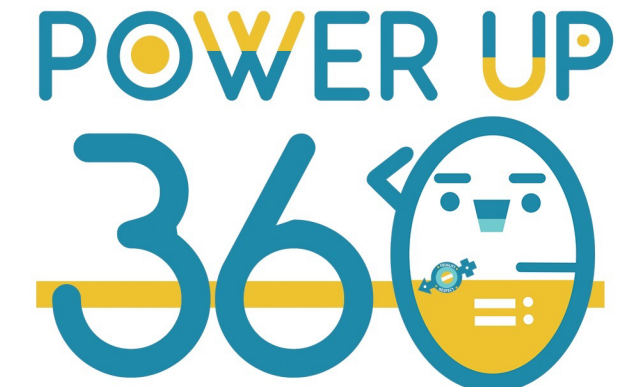
Strong pressure resistance

With the ability to overcome obstacles

GO!



Support Programme for
Enhancing Peaceable Relationship (SPeAR)



Harmony Community Resources Centre

#Programme Introduction

Purpose

To help intimate partners learn ways to handle conflicts and improve the relationship, and to provide support for children and adolescents witnessing or being exposed to intimate partner violence and victims of intimate partner violence to enhance their ability and skills in addressing unfavourable circumstances.

Programme Content

• **6 hours Short-term Educational Programme for Intimate Partners** to help people aged 18 or above who have conflicts or even violence with partners to learn better ways to relate and improve the relationship

• **4 hours Short-term Educational Programme for Children and Adolescents** to help children and adolescents witnessing or being exposed to intimate partner violence enhance abilities and skills in emotion management, self-protection and problem solving in a non-violent way.

• **Family Support Programme** to help people exposed to intimate partner violence enhance family relationship and cohesion

• Interpretation service and referral to other welfare services will be arranged when needed

(Target users can access the service regardless of their gender, language, ethnicity, sexual orientation and gender identification)

Instructors

Experienced social workers or clinical psychologists

Free of charge

Enrollment

- Fill in and submit the application form by fax, email or post
- Referred by social services agencies, school personnel or staff of other government departments
- Our staff will call the applicants and their partners/ spouses (if needed) after receiving the application

Call 2899 0019 for enquiry

Short-term Educational Programme for Intimate Partners

#Purpose

To learn ways to handle intimate partners conflict non-violently and improve the relationship.

#Target Service Users

- People aged 18 or above who have conflicts or even violence with their spouse/ cohabiting partners, and want to learn better ways to relate and improve the relationship
- Regardless of gender, language, ethnicity, sexual orientation and gender identification

#Course Format

- Streamlined course design with 4 sessions totaling 6 hours
- Available in group or individual session
- Interpretation service is available for the people in need

#Course Content

Session 1	Identify violent behaviours in intimate partner conflicts and their consequences
Session 2	Emotional management skills
Session 3	Verbal and non-verbal communication skills
Session 4	Conflict resolution skills and access for community resources

Intimate Partners

Short-term Educational Programme for Children and Adolescents

#Purpose

Learn how to manage emotions affected by witnessing or being exposed to intimate partner violence

#Target Service Users

Children/ adolescents aged 4 to 17 witnessing or being exposed to intimate partner violence

#Course Format

- 4 sessions of 1 hour each
- Available in group or individual session
- 4 categories of group are designed in accordance with the developmental stage of the children/ adolescents: Pre-school (aged 4 to 6); Primary (aged 7 to 11); Junior high school (aged 12 to 14) and Senior high school (aged 15 to 17).

#Course Content

Session 1	Learn about intimate partner violence
Session 2	Ways of self-protection
Session 3	Understand emotions and the ways of expression
Session 4	Anger and conflict resolution skills

*contents and activities will be adjusted according to age groups

Children and Adolescents

Family Support Programme

#Purpose

To help intimate partners practice non-violent communication skills and the ways to build relationship with equality and respect

#Target Service Users

- Cohabiting partners or married couples aged 18 or above
- Anyone who has previously participated in the "Short-term Educational Programme for Intimate Partners" organised by Po Leung Kuk or other programmes of the same kind
- Violent behaviours have been stopped between the partner/ couple for the recent 3 months, with stable emotional and mental status

#Activity Type

- 2.5 - hour workshop
- Half/ whole day experimental activities

#No. of Participants

- 3 - 6 couples

#Activity Content

- talks, interactive games and communication exercise

///Parent and Child

#Purpose

To help parents aware of the consequences of their power struggle on children, and learn child-focused parenting skills in enhancing family relationship and cohesion

#Target Service Users

- Anyone who has involved in violence with (ex-)cohabiting partners/ spouses and their children aged 4 to 11 (Free to invite (ex-)cohabiting partners/ spouses to join)
- Anyone who has previously participated in the "Short-term Educational Programme for Intimate Partners" and "Child Visitation Service" organised by Po Leung Kuk or other programmes/ services of the same kind.
- Violent behaviours have been stopped between the partner/ couple for the recent 3 months, with stable emotional and mental status

#Activity Type

- Day camp

#No. of Participants

- 3 - 6 families, maximum 20 people

#Activity Content

- Parenting talks, parent-child interactive games and campsite facilities

Family