



成為幽暗時代中愛的火炬



1-2. 成為幽暗時代中愛的火炬

A Torch of Love in A Gloomy Age

2a. 「泉源」信箱

LWCC Column

2b-3. 「泉源」與你有約 (2021年4月至6月)

Save the Dates (April to June 2021)

4a. 「培養正念孩子」(粵)

網上課程

Mindfulness Based Social Emotional Learning for Parents

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網上身心靈健康短片

(廣東話, 普通話)

Wellness Tools for Connecting Seniors During the Pandemic (Cantonese, Mandarin)

儘管人們都懷著祝願與希望踏入2021年的門檻, 卻無法逃避新冠病毒成為肆虐全球的大流行病的現實生活。疫情不單帶來全人類的生命、社會、經濟、精神等方面的威嚇, 同時亦無情地揭露了世界的深層問題, 各國於經濟及科技戰上劍拔弩張, 主流媒體的壟斷, 國家及家庭內部的撕裂, 世界充斥著虛謊、仇恨、暴力、憤怒, 人類陷入一片動盪與幽暗的緊急狀態中。處於大時代的洪流中, 有人選擇隨波逐流, 有人獨善其身, 卻有人堅守價值, 逆流而上。

動亂和晦暗的時代, 卻對我們發出強大的挑戰, 讓我們反思存在的價值和起初的召命-愛鄰舍如己, 為幽暗的心靈注入希望的陽光, 為破裂的關係, 締結愛的連繫。自疫情爆發以來, 「泉源」經深度的反思和沉澱, 重新釐定信念和堅守崗位, 對在疫情衝擊下我們的鄰舍所面對的問題和需要, 作出關切的研究和了解, 發現心理和精神病患在急劇上升; 親子、婚姻及家庭衝突, 甚至暴力問題日益增多; 被隔離、孤獨、備受著身心衝擊的長者們, 成為高危一族。提升疫情下的心理防護和加強心理治療及婚姻家庭輔導成為當前急務。所謂工欲善其事, 必先利其器。「泉源」審時度勢, 掌握機遇, 制定和採用有效的應對及適切的實務措施:

1. 遵照政府防疫措施, 中心全面提升所需的服務設施。改用電話及視像輔導服務, 及增設視頻和廣播, 以提供社區多元化的精神及心靈健康防護教育, 不但保護受眾的安全, 服務範圍更得以擴展。
2. 開拓資源, 擴充服務, 創健社康。要讓事工得以穩定有效及長遠地發展, 人才和經費是相輔相承, 不可或缺的資源。受疫情影響, 捐獻有著顯著的下降。憑著信心和審慎的計劃。中心按所需, 先後以部分

時間和合約形式, 增聘了諮詢輔導員, 心理及婚姻家庭治療師, 心理及心靈健康項目統籌, 靈命塑造導師, 多媒體科技員等共八位同工。另徵多位為特約心理及家庭健康教育講師, 並30多位長者關懷義工, 接受培訓, 投身關顧者的隊伍, 同心壯健社康。尤其感恩的是, 於去年八月分別成功地申請到2項公益金緊急撥款, 為社群提供免費輔導服務到今年三月底為止。另獲2項長者新視野基金, 發展「銀髮八寶、化逆為安」, 長者心理健康預防教育項目。

疫情爆發至今已有多年, 大家都難免經受著各種不同程度的困擾、挫折、喪失、磨難, 加上世界政局和經濟動盪不定, 讓人更感悲涼和無力, 甚至是絕望。反觀歷史, 都可以看到不同年代都有它幽暗的時期, 迫使人們活在夾縫中。然而夾縫中的生活, 正讓我們更能認真地反思和尋找自己生命的價值和召命。其實每個人都天賦予愛的能力, 成為人生活在世上的生命力和抗逆力, 足以成為活在夾縫中的我們和鄰舍, 帶來曙光和溫暖。我們都知道世界不會在一天內被改變, 亦不是每個人都有能力或需做些什麼足以改變世界的事。然而我們每個人都可活出天賦的愛, 關愛自己, 同時又關心身邊的家人, 鄰舍和社群的心聲和需要, 並付以真誠的愛心和行動, 實踐愛鄰舍如同愛自己的實際和貼切現實的生活, 也就找到生命的價值和召命。就讓你們的愛和「泉源」的愛融合成更巨大光芒的愛的火炬, 為活在現今幽暗夾縫中的自己和鄰舍, 灌注勇氣, 能量和希望。

古潔明女士, 宗教教育碩士, 輔導學碩士

註冊心理治療師, 個人、婚姻、家庭治療師及認證督導, 總幹事

歡迎來電諮詢, 預約或報名, 請瀏覽最新網站—2021全年課程日曆; 網上報名, PayPal繳費, 訂閱和取消電子通訊, 還有更多……

For consultation, appointment, enquiry, registration, please call us or visit our new website for the yearly courses calendar, new online course registration, PayPal and payment, subscription, unsubscription and more……

歡迎瀏覽「泉源信箱」: <http://livingwater-counselling.org/泉源信箱-lwcc-column/>

一月: 不想做兒媳倆的傭人。二月: 回流加國愧對留港年邁父母。三月: 專業女兒交上藍領男友

聯絡資料 / Contacts

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A Torch of Love in A Gloomy Age

Kit-ming Koo, M.R.E., M.A., R.P., R.M.F.T.,

AAMFT Approved Supervisor, Marriage & Family Therapist, Registered Psychotherapist, Executive Director

Even though we entered 2021 with hopes and blessings of a new year, we could not escape the reality of the Coronavirus pandemic sweeping through the world. Not only has the pandemic threatened mental health, lives, societies and economies, it has also revealed deeper problems --- ruthless trade wars and competition in technology among countries, manipulation by mainstream media, conflicts in the family and between countries, a world full of untruths, hatred, violence and anger, and all humankind immersed in a gloomy state of emergency. Meanwhile, some people choose to go with the flow, and some try to shut themselves in their own world. Some people stick to the value and go up stream.

This age of gloom and instability presents us with a formidable challenge, causing us to re-evaluate our reason for being and our original mission --- to love our neighbours as ourselves, shed a ray of hope into gloomy souls, and mending broken relationships with strands of love. Since the start of the pandemic, LWCC has done much reflection and re-affirmed our core beliefs and our position, examined the problems and needs of those who are suffering and seen a drastic increase in psychological and mental cases, generational, marital and family conflicts, and even domestic violence. Suffering from loneliness in isolation, the seniors are especially at risk. The urgent priority was to enhance preventative measures and strengthen psychotherapy and marital & family counselling. We took responsive actions in a timely manner, and adopted the following effective measures:

1. In compliance with the government-directed protocol, and for the protection of our clients and staff, we moved to video- and tele-counselling, and implemented multi-faceted on-line public education programs.
2. Human resources and funding are crucial to maintaining stable long-term programs. Although donations dropped during the pandemic, we proceeded with faith and caution,

and acquire 8 additional workers on a part-time or contractors including intake counsellor, psychotherapists, family therapists, program and event coordinator, multi-media contractor, and spiritual directors. In addition, we signed up several contract counsellors and speaker faculty, and trained 30+ elder-care volunteers. We were especially thankful for two United Way Community Emergency Funds for free counselling from August 2020 to March 2021, as well as two New Horizon for Seniors funding to develop the "Connecting Seniors with Families and Communities" mental health preventive education and volunteer caring program for seniors.

It has been over a year since the start of the coronavirus outbreak, and we all unavoidably suffer a sense of tribulation, defeat and loss, to various degrees. Exacerbated by the political and economic turmoil in the world, some feel sorrowful, helpless or even hopeless. Looking back in history, we see that every era had its gloomy period, putting people in tight spots. However, living in tight spots causes us to do serious soul searching regarding our values and reason for being. Actually, we all have the innate motivation of love, to provide strength to face adversities in life and help us through tight spots. We all know that the world cannot be changed in one day, and that not everyone has the ability to, or need to, do something that will change the world. However, we can all live out our innate love --- loving ourselves as well as caring about the feelings and needs of our family, neighbours and community, and putting our sincere love into action, thereby experiencing a life of "loving your neighbour as yourself" and actualizing our life values and mission. May your love merge with LWCC's love, into a huge, bright torch of love that will give all of us who are living in a gloomy tight spot courage, energy and hope!



Save the Dates!

Upcoming groups & events


泉源輔導中心小組和活動

查詢報名繳費或最新消息 Registration & payment & program updates:

905-763-0818 admin@lw counselling.ca

http://livingwater-counselling.org

- 2021年春季課程全改在網上

 進行，所有Zoom課程鏈接將在註冊後開課前一天寄到你的電郵，如有失鏈請到Promotion或Spam/Junk Mail尋找。

- 2021 Spring season's courses will be via Zoom online. Zoom link will be sent to your email a day before, please make sure you review the promotion folder, spam/Junk mail for the missing link.

聽好、講好、關係好! 網上課程

日期：2021年4月1日- 5月6日(星期四)

時間：晚上7:30-9:30 (共六課)

講員：李潔雲女士，註冊心理治療師

費用：\$108 (舊證書畢業生及義工有特價)

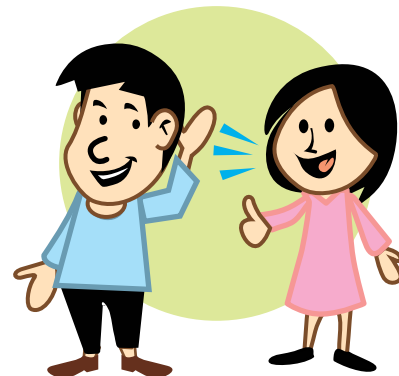
「原生家庭」網上課程

日期：2021年6月17日- 7月29日(星期四)

時間：晚上7:30-9:30 (共六課)

講員：李潔雲女士，註冊心理治療師

費用：\$108 (舊證書畢業生及義工有特價) 每班只限20人，額滿即止!



「關顧心連心-疫情見真情」2021年第二季免費網上講座

粵語：(每月第三週星期日晚上)

註冊：網上報名請按 

正念/靜觀減壓講座(粵)

2021年4月18日(星期日) 晚上7:30-9:00

導師：劉慧玲女士，臨床心理治療師和正念認知治療認證導師

認識原生家庭對人的影響(粵)

日期：2021年5月16日(星期日)，晚上7:30-9:00

講員：李潔雲女士，註冊心理治療師

婚姻路上伴我行-父親節(粵)

日期：2021年6月13日(星期日)，晚上7:30-9:30

嘉賓講員：梁幼忠牧師博士，古潔明女士，註冊心理治療師，家庭婚姻治療師及認證督導

歡迎夫婦一起報名，網上報名請按 

國語：(每月第四週星期日晚上)

註冊：網上報名請按 

處理疫情帶來的負面情緒(國)

日期：2021年4月25日(星期日)，晚上7:30-9:00

講員：林吳婉芳女士，註冊心理治療師

正念/靜觀認知治療—處理焦慮及恐懼的情緒講座(國)

日期：2021年5月23日(星期日) 晚上7:30-9:00

講員：劉慧玲女士，臨床心理治療師和正念認知治療認證導師

正念/靜觀認知治療—處理憤怒及困難的情緒講座(國)

日期：2021年6月27日(星期日)，晚上7:30-9:00

講員：劉慧玲女士，臨床心理治療師，正念認知治療認證導師

Welcome to click YouTube video about course introduction: 歡迎收看  有關內容介紹

MINDFULNESS-BASED SOCIAL EMOTIONAL LEARNING FOR PARENTS 培育正念孩子

掌握情緒管理, 提昇專注力

Group 1: 2021.4.10 to 5.29 (Sat.) 2:30pm – 5:00pm

Group 2: 2021.4.20 to 6.8 (Tue.) 7:30pm -10:00pm

8 Sessions for \$200 (Fees may be covered by health insurance plans/medical expenses)

(費用可受保於一些健康保險計劃或作醫療支出報稅)

導師: Natalie Cheung, MSW, RSW, Certified Mindfulness Instructor



泉源輔導中心
Living Water Counselling Centre

RSVP Phone: (905) 763-0818

Email: livingwater@bellnet.ca

家長會學到:

- 察覺個人與子女相處的負面心態、情緒、及無效反應
- 了解大腦發展對兒童, 青少年的學習, 情緒及行為的影響
- 了解現代兒童, 青少年的學業、情緒、性格、及打機的困擾
- 明白子女的內心世界
- 覺察及轉化個人及子女的負面情緒及心態
- 改善個人及子女的專注力
- 平靜地處理衝突及修補關係

銀髮八寶, 化逆為安

身心靈健康短片 廣東話, 普通話

Wellness Tools for Connecting Seniors During the Pandemic
Cantonese, Mandarin

泉源輔導中心精心制作30條長者身心靈健康短片, 由專業服務人員講解; 提升健康老化實際知識及秘訣, 為處於疫情中的華裔長者, 帶來新知和希望, 化逆為安!

內容包括:



老伴

處理喪失, 鰥寡, 再婚



老本

退休生活經濟預算



老健

精神及身心靈健康



老友

建立群體連繫支持網



共情

滋養三代情



留金

人生智慧及遺產的承傳及捐獻



獻寶

貢獻才華, 造福社群



安樂

心安理得, 與歲月和好

現已全線在  YouTube 播放, 收看請上網按

 廣東話

或

 普通話

或

歡迎到訪泉源網站: www.livingwater-counselling.org 選廣東話/普通話收看。



泉源輔導中心
Living Water Counselling Centre

本項目資金由加拿大政府贊助:
This project is funded by
the Government of Canada.

Canada 