



INSTILLING THE POWER OF  
LOVE IN HEALING, CONNECTING & HOPE

## 灌注愛的醫治、結連、與希望的動力

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懷抱異象·持定感召·「泉源」上下一心·敏銳時勢·並以果敢精進的多元策略·回應時需。2018年標誌著「泉源」攀登又一新高峰的里程碑。

科技文明推陳出新·無疑帶給了人類社會進步和物質財富·但如果失去了愛·人往往需付出比財富更為貴重的精神和心靈健康;多元而崇尚個人主義的文化·看似給予人更大的自由去選擇心中所愛·然而沒有了愛人如己的普世價值·很容易製造人與人之間嚴重的情感傷害·精神困擾·婚姻家庭破碎·對新生代的成長及人生帶來嚴重而長遠的影響。

愛不單是所有人類文明發展的主要基因·更是活在這瞬息萬變世代中的個人·家庭·社會·甚至是整個國家和國際間的生命動力·抗逆韌力·並和諧元素。有見及此·自成立以來·「泉源」除了為處於人生轉折間的受眾·提供以身、心、社、靈全人健康及適切華裔文化為導向等多元服務·還加強預防性的心理/精神健康教育 and 培訓·與專業心理及婚姻家庭治療服務並駕齊驅·提供有關方面的知識和技巧·項目內容尤其注重融貫愛與希望的心理和心靈原素·深化逆境自強的生命韌力·塑造生命伴行者·激活及建立充滿關愛和健康的社區。

Embracing our vision, staying true to our calling, and responding to current needs, all of us at Living Water Counselling Centre pushed ahead courageously in 2018 with our multifaceted strategies and scaled new heights.

Although advances in civilization and technology usually bring progress and prosperity, yet without love, such prosperity comes at the expense of mental and psychological health. Although people seem to have more freedom of choice in a culture of individualism, yet without a love-your-neighbour-as-yourself value system, interpersonal problems will arise, causing emotional hurts, mental distress, and marriage and family breakdowns, all with serious and long-term effects.

Love is not only the main factor in the development of civilization, it is also the motivational force for individuals, families, society, and even nations, providing resilience in adversity, and bringing harmony. Since our inception, besides providing multi-faceted services catered to the ethnic Chinese community's holistic (physical, psychological, social and spiritual) health, we have enhanced preventive education and training in psycho-mental health, in parallel with professional psycho- and marital/family therapy. Our programs pay special attention to the elements of love and hope in one's wellbeing and resiliency in face of adversity, and nurturing fellow travelers on one's life journey, thereby building a healthy and caring community.





## 1. 建構及拓展與教會和社區機構的伙伴計劃，壯大社區的心理及心靈健康教育

- 關注日益老化的移民長者群體，成功舉辦了「與情緒共舞」長者課程；「預防虐待長者」教育系列；長者心理健康互助小組，及長者義工領袖培訓
- 成功舉辦「活得精彩」婦女心理互助小組，及心理健康小組義工培訓
- 關懷移民家長，以國/粵語提供「培育健康青少年講座系列」及「圓滿中學教育」，和「父母情商」心理教育互助小組
- 創意開辦「生死教育系列講座」，提供實務性的遺囑及遺產規劃，以開啟對病患及生死的反思，探索生命意義，延伸財富，承傳愛、平安、與希望的智慧遺產

## 2. 繼續策動「教會會眾輔助計劃」- 多種語言

成功與六間教會成為非凡伙伴，「泉源」為會眾提供專業心理及婚姻家庭治療，與教牧關顧互補，促進肢體身、心、社、靈的健康。體驗神對全人的關愛、發揮教會於社區中成為愛、治療和關顧群體的生命見證。

## 3. 創意開拓人力及財力資源，以鞏固和擴展事工

- i. 徵召及壯大專業服務及關顧義工團隊
- ii. 舉辦定期「非凡伙伴」結連晚宴，一同關懷及回饋社會
- iii. 申請適合的政府社區心理健康教育補助項目
- iv. 開展「非凡人生fun fit fund」健康生活系列和 Scotiabank Toronto Waterfront Marathon/Walkathon 5K 步行籌款
- v. 提供靈命塑造退修營，個人及小組靈程導引，讓同工、前線工作者，及同學們體驗得力在乎平靜安息

是恩主透過你們歷年來風雨同路的真摯和熱情，及眾董事、同工、義工們的投入委身，成為「泉源」能再攀高峰的勇氣和翅膀。邁向未來，讓我們為自己、為身邊的人，及服事的社群添上愛與希望的翅膀，帶來愛的溫潤和治療，灌注飛越逆境的生命韌力，體現轉化生命的智慧和希望。

## 1. Building and expanding partnerships with churches and social agencies, strengthening psycho/spiritual health education in the community.

- Mindful of the aging immigrant population, we held a successful "Living with Your Emotions" course for seniors, and a "Preventing Seniors Abuse" education series; established a psychological health support group for seniors, and provided leadership training for seniors volunteers
- We organized a "Wonderful Life" support group for women and volunteers training in psychological health
- Sensitive to the needs of immigrant parents, we provided Mandarin and Cantonese lecture series on "Nurturing healthy youths", and conducted support groups on "A fulfilled high school education" and "Parental EQ"
- We launched a lecture series on "Living & Dying", providing practical information on wills and estate planning. We also discussed sickness and dying, the meaning of life, and leaving a legacy of love, peace and hope.

## 2. Continuing to roll out the CAP-M program

Six churches became our Extraordinary Partners, with LWCC complementing their pastoral care by providing professional services to their congregations in psycho- and marital/family therapy, and enhancing their physical, psychological, social and spiritual health, thereby enabling their members to experience God's care about holistic health, and to enhance the testimony to the community that the church is a place of love, healing and caring.

## 3. Creatively exploring additional human and financial resources to strengthen and develop our ministries

- i. Recruited and strengthened professional service and caring volunteers
- ii. Held regular connection dinners with Extraordinary Partners
- iii. Applied for appropriate government grants for community mental health education
- iv. Established "Extraordinary Lives : Fun Fit Fund" series and participated in the Scotiabank Toronto Fundraising Waterfront Marathon/Walkathon
- v. Conducted spiritual formation retreats, individual and small group spiritual direction, enabling our staff, frontline workers and students to experience renewed strength from peace and quiet

Your years of warm and sincere support, and the dedication of board members, staff and volunteers, have given us courage and wings to soar high. As we march towards the future, may we give wings of love and hope to ourselves, to the people around us, and to the community that we serve, bringing love and healing, strengthening resilience in face of adversity and transforming lives with wisdom and hope.



## 生命轉化工程的延續

Rose Mary Chan 陳盧道賢女士, Chair of Board of Director 董事會主席

2018年，又是充滿感恩的一年。自2017年透過忠心的同路人，將愛化作行動，能以釋去「泉源」多年沉重的銀行貸款，可以專注於使命的推進，就是以神的愛為邁進的動力，並匯聚你們不離不棄的愛心支持，以及整體團隊的衷心擺上，不斷以更全面化和更多元化的服務模式，協助和陪伴身處於種種的關係、情緒、心理、靈命、適應等多方面人生挑戰中的個人、家庭及會眾，邁向自我認識、生命更新、關係重建，和積極圓融的人生。

專業輔導服務方面，調查的回響顯示，三年前新加設的「教會會眾輔助計劃」- 多種語言(CAP-M)，確實為教會帶來實用和適時的專業心理及婚姻家庭治療，會眾為教會給與他們的關愛而倍感歸屬；牧者也因會眾得到了適切的專業幫助而更為安心，且可善用精力和時間去關顧更多群羊。而每年一次的「免費輔導日」，讓猶豫中的求助者，在免除經費的壓力下，體驗到專業輔導能給予的幫助和果效。反應熱烈，正好反映社群對專業輔導需求之大及迫切。

預防往往勝於治療，「泉源」透過自辦和應邀的方式，提供同輩/家人關顧訓練和靈命塑造等課程、講座和營會，並透過與教會和機構的合作，發揮著連結非凡夥伴，壯大社區身、心、社、靈康健的獨特角色，並收到積極的回應。又因應時需，增設所需的支持及成長小組，計有焦慮症人士支持小組、婦女支持小組、靈命塑造進深小組、家長互助小組，以及長者關顧義工培訓等，都帶給參加者，全人全面的醒覺、獲取所需的知識、技巧，社區及屬靈資源，能有效地作愛人如己的關顧者及同行者，更重要的是為下一代建構全人健康成長的氛圍和文化。

我們喜悅地發現，越來越多受助者的生命得以轉化成長，並認同「泉源」異象及使命，成為了我們的支持者，投入並壯大「泉源」這支「愛的團隊」；更是感恩地見到這個「愛的群體」越來越加強壯，這群「非凡夥伴」也越來越發擴展。真誠地感激你們在2018的同心同行，深信在你我繼續同心協力下，可展望於2019年再創新高峰！

2018 was another year of thanksgiving. As a result of faithful supporters putting love into action, we were able to pay off the bank mortgage in 2017, allowing us to focus our energy on the advancement of our mission. Powered by the love of God, sustained by your unfailing support and actualized by the efforts of a devoted team, we continued to enhance our holistic and multifaceted service model, walking alongside individuals, families and congregations as they dealt with relational, emotional, psychological, spiritual, adjustment, etc. challenges, and journeyed towards better understanding of self, renewed lives, restored relationships and positive, harmonious lives.

In the area of professional psychotherapy, survey results showed that the "CAP-M" (Congregational Assistance Program - multilingual) instituted three years ago was well received, and provided very timely and practical psycho-, marital- and family-therapy to church members, resulting in much appreciation for the caring of their church demonstrated by participation in the program, and an enhanced sense of belonging. Assured that their flock was receiving suitable professional help, Pastors were able to devote more of their time and energy to providing pastoral care for more church members. The annual "One Day Free Counselling" provided an opportunity for potential clients to get a taste of the benefits of professional counselling without any financial pressure. It was very well received, reflecting the strong and urgent need for professional counselling in the community.

As the saying goes, prevention is better than cure. We organized, or were invited to hold, various courses, talks and retreats in caregiving and spiritual formation, and collaborated with churches, organizations and "extraordinary partners" in performing our unique role in enhancing the physical, psycho-, social and spiritual health of the community, receiving much positive feedback. In response to current needs, we also established support and growth groups for women, parents and the anxious, and provided training for volunteers in elder care and advanced spiritual formation. Such programs raised the awareness of the participants, and provided the necessary knowledge, skill and resources to enable them to become effective caregivers and companions on life journeys, and, more importantly, built a culture and environment of holistic health for the next generation.

We are pleased to find that more and more of our clients and participants who benefited from our programs are identifying with our vision and mission, and have become our ardent supporters, strengthening the LWCC family. We are most grateful to our expanding team of "extraordinary partners" and are confident that, with your continued support, LWCC will reach new heights in 2019!

# 2018 MENTAL HEALTH & SPIRITUALITY AWARENESS CAMPAIGN ACCOMPLISHMENTS

## 2018年『精神與靈性健康』關注運動的成果

### PROGRAMS & SERVICES 服務項目

#### Workshops 講座/研習會

C = Cantonese E = English M = Mandarin	Topics 課題	Sessions 次數	Hours 小時	Attendance 出席人次
	Connecting Dinner: Legacy of Love 非凡伙伴晚宴: 歲月留金之愛的承傳	2	7	146
	Chinese Mental Health Network & Markham Chinese Baptist Church: Mental Health Day (C & M) 心靈健康從認識開始 (國粵)	1	6.5	230
	Understanding and Raising Awareness of AQ T.V. Interview & Workshops (C & M) 認識及提升逆境商數(國粵)	3	3	13
	Managing Emotions for Immigrant Seniors (C) 長者課程: 與情緒共舞 (粵)	13	24	269
	New Horizon for Seniors: Seniors Caring Day - Prevention of Seniors Mistreatment (C & M) 關愛長者日: 預防虐待長者 (國粵)	5	5	200
	Raising Healthy Youth in Chinese Immigrant Families (M & C) 培育健康青少年講座系列(國粵)	16	26	100
	Living Water of Love Fundraising Fun Day 2018 (M, C & E) 愛的泉源-眾樂樂籌款日(國粵)	1	4	220
	Scotiabank Toronto Waterfront Marathon/Walkathon (C & E) (粵英)	1	4	20
	Life and Death Education Seminars: Legacy of Love, Free Will, Charity Giving and Estate Planning (C) 生死教育講座: 愛的承傳, 遺囑, 慈善捐獻及遺產規劃 (粵)	6	6	76
	New Horizon for Seniors Grant: Senior Mental Health Psycho-Education (M & C) 長者心理健康互助小組 (國粵)	12	24	212
	Fun Fit Fund Series: Making Fitness as a Way of Life (C & E) 非凡人生: 身心健美新系列(粵英)	5	7.5	64
	Mental Health Psycho-Education - Women's Support Group Fall Term (C) 活得精彩婦女互助小組 - 秋季 (粵)	7	14	130
	Overcoming Anxiety Group (C & E Outline) 「顛而不驚」跟進小組 (粵英)	4	8	28
	New Horizon for Seniors: Seniors in Action against Seniors Mistreatments - Volunteer Leadership Training (M) 關愛被虐待長者-義工領袖培訓 (國)	4	12	105
	Mental Health Support Group Volunteer Leadership Training (M) 心理健康互助小組義工領袖培訓 (國)	3	6	23
	Mental Health Continuum Model in Psycho-educational Program for Chinese Community (E)	1	2	8
	One Day Free Counselling Service (M, C & E) 免費輔導日(國粵英)	16	17	18

#### Groups 小組

#### Training 培訓

#### Counselling/ Psychotherapy 輔導/心理治療

TOTAL 共

100

Sessions 次數

176

Hours 小時

1862

Attendance 出席人次



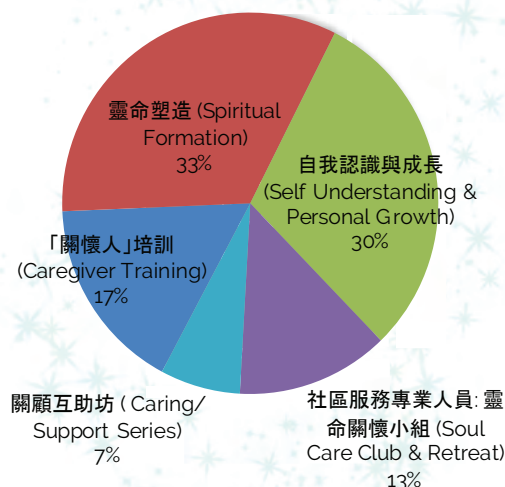
# 2018 STATISTICS FOR WHOLISTIC EDUCATION/TRAINING/SPIRITUAL FORMATION PROGRAMS

## 2018年全人教育，培訓及靈命塑造項目

### % OF TIME SPENT ON ACTIVITIES HELD BY LWCC

1

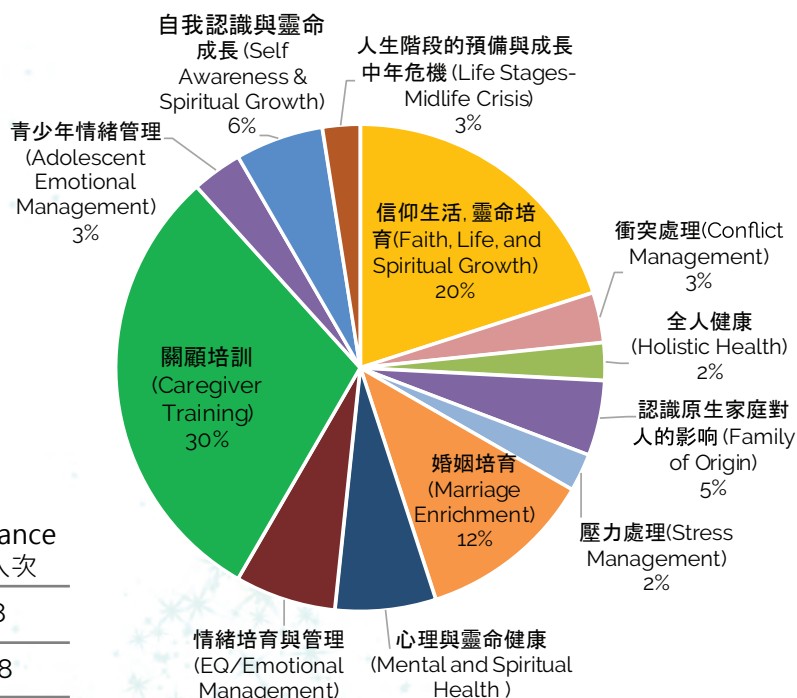
「泉源」課程 / 培訓 / 小組  
(Courses/Trainings/Group Work  
Held by LWCC)



	Sessions 次數	Hours 小時	Attendance 出席人次
Subtotal 小記 1	58	145	728
Subtotal 小記 2	41	60	2278
<b>Grand Total 總計</b>	<b>99</b>	<b>205</b>	<b>3006</b>

2

應教會/社區邀請的講座/培訓/營會/主日學/ 退修會  
(Seminars / Trainings / Retreat / Sunday School -  
By Invitation from Church & Community)



## 2018 INVITED/COLLABORATIVE CHURCHES & COMMUNITY AGENCIES

### 2018年應邀/合作的教會及社區機構

城北華人基督教會 Richmond Hill Christian Community Church  
 多倫多中華循道會 Toronto Chinese Methodist Church  
 多倫多北區華人浸信會 North Toronto Chinese Baptist Church  
 多倫多宣道會恩典堂 Toronto Grace Alliance Church  
 多倫多嶺東浸信會 Toronto Swatow Baptist Church  
 多倫多華人浸信會 Toronto Chinese Baptist Church  
 多倫多長老會 Toronto Chinese Presbyterian Church  
 密密可浸信會 Mimico Baptist Church  
 愛城宣道會城北堂 North Edmonton Alliance Church  
 美城華人浸信會 Mississauga Chinese Baptist Church  
 美堅華人基督教會 Milliken Christian Community Church  
 聖公會聖約翰堂 St. John's Anglican Church  
 萬峰浸信會 Malvern Baptist Church  
 證道浸信會-美城堂 Logos Baptist Church - Mississauga  
 賓頓福音宣教會 Brampton Evangelical Missionary Church  
 麥城華人浸信會 Markham Chinese Baptist Church  
 萬錦祥和俱樂部 Markham XiangHe Club

多倫多教育局-約克區 Toronto District School Board - York Region  
 華人精神健康網絡 Chinese Mental Health Network  
 約克區華人精神健康計劃 York Region Chinese Mental Health Initiative  
 證道浸信會(約克區) Logos Baptist Church (York Region)  
 加拿大華人基督教禮賢會 Rhenish Church of Canada  
 Gibson Centre  
 北約華人浸信會 North York(Chinese) Baptist Church  
 士嘉堡華人浸信會 Scarborough Chinese Baptist Church  
 北約恩典福音堂 Grace Chinese Gospel Church of North York  
 加拿大中華基督教會 Christ Emmanuel Community Church  
 108 健康促進會 108 Health Promotion Association  
 歡樂人生童心協會 Happy Life Seniors Association  
 萬錦市第六區長者協會 Markham Ward 6 Seniors Association  
 萬錦市友樂天地長者協會 Paradise Senior Association of Markham

# 2018 STATISTICS OF COUNSELLING/PSYCHOTHERAPY

## 2018年輔導服務統計

總輔導小時  
Counselling Hours  
全年新個案  
New Cases in 2018  
教會會眾輔助服務—多種語言  
CAP-M # of Churches

總輔導小時

Counselling Hours ..... 1140

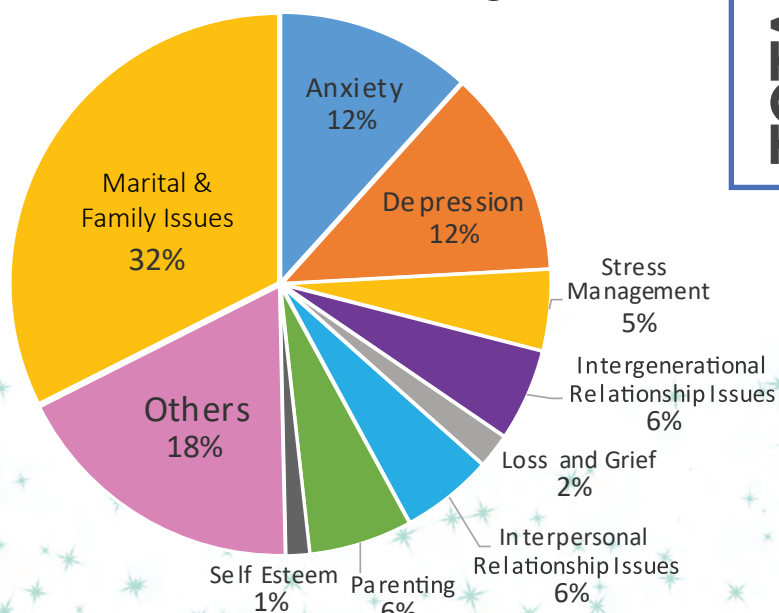
全年新個案

New Cases in 2018 ..... 107

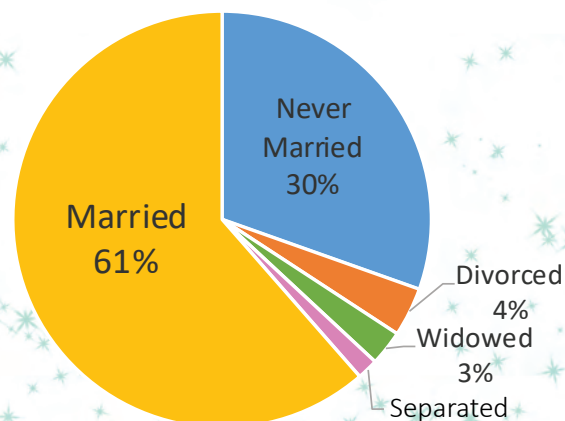
教會會眾輔助服務—多種語言

CAP-M # of Churches ..... 6

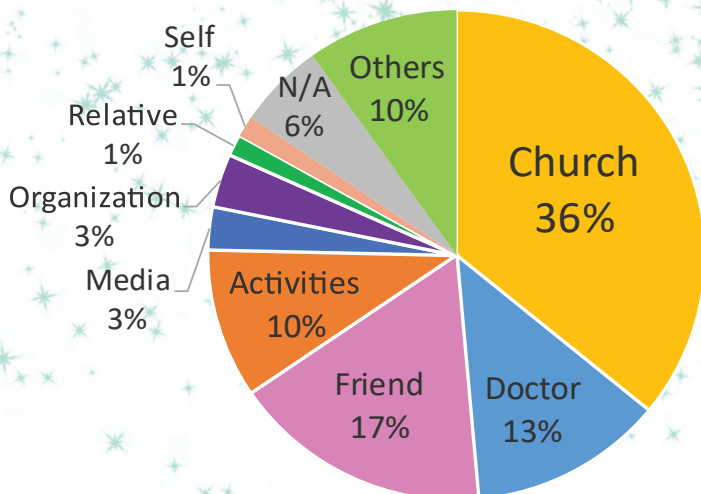
### Nature of Counselling



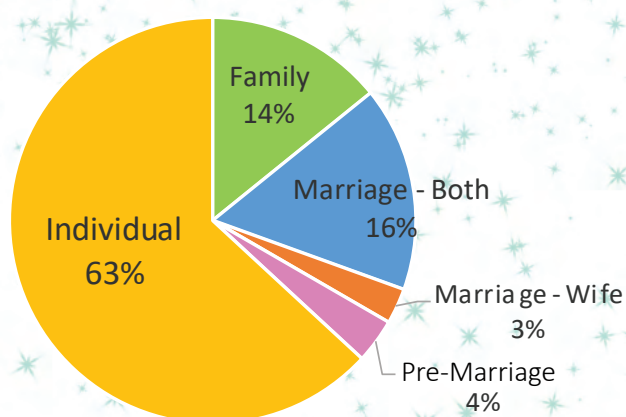
### Marital Status



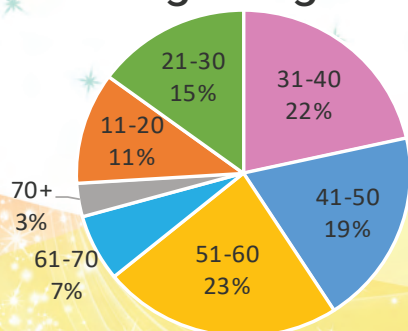
### Referral Source



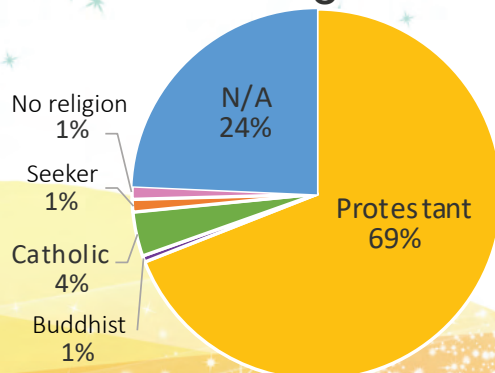
### Nature



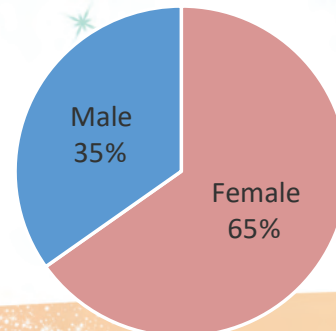
### Age Range



### Religion



### Sex



統計及財務

STATISTICS & FINANCE



## SHORT TERM GRANT FUNDERS

Ontario Government  
Employment and Social Development Canada

## SUPPORTING CHURCHES

Brampton Evangelical Missionary Church  
Calvary Logos Baptist Church  
Good Shepherd Christian Community Church  
Hallelujah Chinese Evangelical Free Church  
Logos Baptist Church (Milliken)  
Mississauga Chinese Baptist Church  
Richmond Hill (Chinese) Baptist Church  
Scarborough Chinese Baptist Church  
Toronto Chinese Methodist Church  
Toronto Emmanuel Church

## ORGANIZATIONS, CORPORATIONS & CHARITIES

ACEM  
Canadian Medical Foundation  
Cheery Skyland Inc.  
Lao's Family Charitable Trust  
Ontario Chinese Christian Medical Fellowship  
MWS Pang Medicine Professional Corp.  
Sparkle Management Inc.  
S.W.J Pun Family Fund  
United Way Toronto  
Wa Jee Food Package

## 2018 SUPPORTERS AND SPONSORS

## 2018年支持者和贊助商

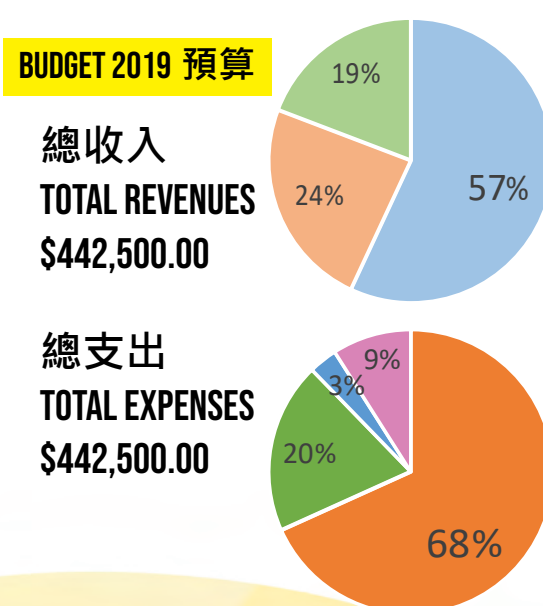
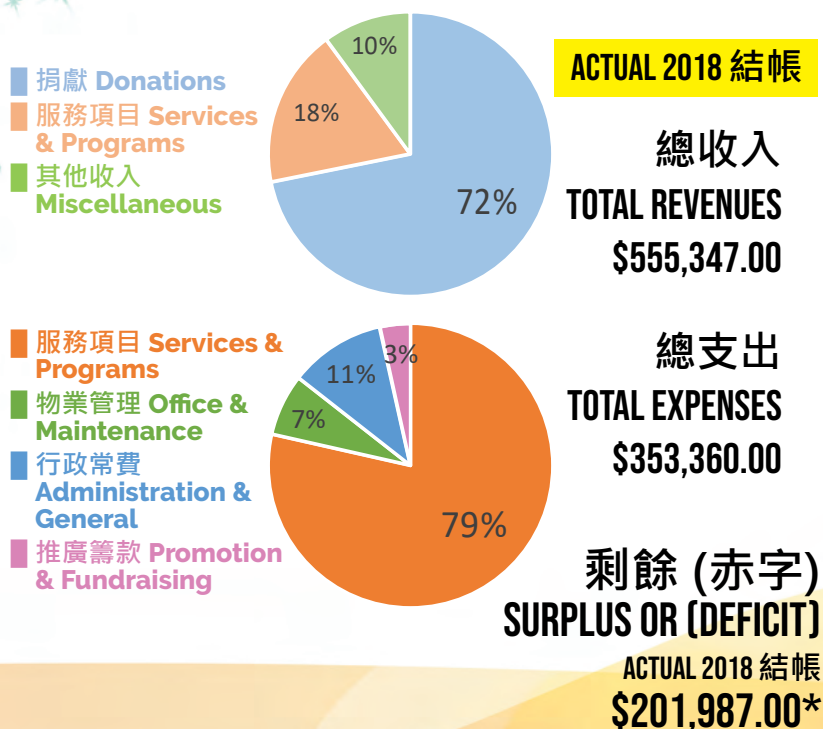
Living Water Counselling Centre would like to express our heartfelt gratitude to the individuals, family physicians, churches, companies and organizations for their referrals, donations and sponsorships. Their generous supports are vital to the ongoing operation of our services.

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Landpower, Real Estate Ltd. Brokerage  
Ming Po Wong  
Pegasus Enterprise Solutions  
RBC Wealth Management Dominion Securities  
Sammy Hui  
Szechuan Szechuan  
TORCF  
Urban Planet  
Wa Jee Food Package  
William Hui, Chartered Professional Accountant  
William Lin  
Winver Accounting Partners

## FINANCIAL STATEMENT 2018 AND BUDGET 2019

## 2018年收支及2019年財政預算



\*used for repayment to promissory notes loan of property (\$99,933) & reserve fund (\$100,000)

## OUR VISION 我們的異象

一個充滿關愛和康健的社群，人們可以邁向整全的身心靈和人際健康。

A caring and healthy community that people grow towards the wholeness of life with physical, mental, spiritual, and social wellness.

## OUR MISSION 我們的使命

致力以輔導/心理治療、靈命塑造、教育及培訓，協助處於人生不同境遇中的家庭、夫婦及個人，邁向整全融和的生命。同時藉著與社會服務網絡、基督團體及多元化專業人士等，結成夥伴，合力建構有關愛及健康的社區。

Our mission is dedicated to help individuals, couples, and families with life situations to grow towards wholeness of life through Counselling/Psychotherapy, Spiritual Formation, Education, and Training. In addition, we endeavor to build a caring and healthy community through partnerships with social services networks, Christian communities, and multi-disciplinary professionals.

## BOARD OF DIRECTORS

**CHAIRMAN:** Ms. Carmen Tsin

**TREASURER:** Mr. William Hui

**SECRETARY:** Rev. James Wong (up to June 2018), Mr. Alven Choi (Present)

**DIRECTORS:** Dr. Thomas Choy\*, Ms. Rose Mary Chan, Alven Choi, Dr. Alan Fung\*

## CORPORATE MEMBERS

Ms. Bertha Chang

Ms. Hilda Chow

Ms. Iris Tsui

Mr. Samuel Ip

Ms. Sandy Ho

## STAFF

**EXECUTIVE DIRECTOR/THERAPIST:** Kit-Ming Koo\*, M.R.E., M.A., R.P., RMFT, Clinical Fellow and Approved Supervisor AAMFT/OAMFT

**DIRECTOR OF RESOURCE DEVELOPMENT:** Lucetta Lam\*, M.S.W., R.S.W.

**CLINICAL & HOLISTIC HEALTH THERAPIST:** Judy Wu\*, M. Ed., R.P., AAMFT/OAMFT Clinical Fellow

**INDIVIDUAL, MARRIAGE & FAMILY THERAPIST HOLISTIC HEALTH COORDINATOR:** Eva Tong\*, M. Ed., Registered Psychotherapist

**INDIVIDUAL & FAMILY THERAPIST PROGRAM & COMMUNITY OUTREACH COORDINATOR:** Star Ying Tao Yu\*, B. Mgmt., M.C.S.

**ADMINISTRATIVE OFFICER:** Katie Lau, E.C.E. Diploma

## CLINICAL FACULTY / THERAPISTS

Agnes Chen M. Div., R.P., AAMFT/OAMFT Clinical Fellow

Helen Li\* M.S.W., R.S.W.

Joanne Chan M.S.W., R.S.W.

Merrin Ng\* M. Div., R.P., Clinical Fellow & Approved Supervisor AAMFT/OAMFT

Natalie Cheung\* M.S.W., R.S.W., Certified Mindfulness Instructor

Patricia Chan\* M. Div., R.P., AAMFT Pre-Clinical Fellow

Polly Hui M. Div., R.P., AAMFT/OAMFT Clinical Fellow

Ramee Whittle M.A., R.P.

Shirley Pun\* M. Div., R.P., OACCPP

Vivien Tsoi M. Div., M.S.W., R.S.W.

## SPIRITUAL DIRECTORS

Angelina Lim\*

Carman Ho\*

Viola Lee\*

Dip. Of S.D.

E.C.E., M.T.S.,

Certified Spiritual Director

D. Min., Dip. Of S.D.

## SPEAKER FACULTY

Dennis Mok

Mimi Wang

Shirlin Cheung

Nelson Yiu

M.Div., D. Min., OACCPP

M.Div., R.P.

B.S.W., R.S.W., M.T.S.

M. Div., M.T., D.Min., D.D.

*\*Above are also our speakers*

## CONSULTANTS

Dr. Alan Fung\* M.D., ScD., FRCPC, FAPA

Ling Ling Hui\* M.S.W., R.S.W., MCAPCT, SIPA, Toronto Psycho Analytic Society Member

Dr. Patrick Lo\* M.D., FRCPC, M.Div., RMFT