



泉源輔導中心

Living Water Counselling Centre

2021 ANNUAL REPORT 年報

乘信望愛之風破疫浪

Riding the Pandemic Waves with the Wind of Faith, Hope and Love



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配上信望愛的翅膀、穿越萬里疫浪 Soaring Above the Pandemic, with Wings of Faith, Hope and Love

古潔明女士 宗教教育碩士，婚姻及家庭輔導學碩士，註冊心理治療師，個人、婚姻、家庭治療師及認證督導，總幹事
Kit-ming Koo MRE, MA, RP, RMFT, AAMFT Approved Supervisor, Executive Director

2021 年中，震盪世界的重大事件接二連三地發生，國際政局及經濟動盪不安，再加上氣候變化等問題，而貫穿著整年的仍是掀起全球滔天巨浪，揮之不去的變種新冠病毒，人們無可避免地感受到各樣精神壓力，心靈迷惘，及關係緊崩等方面的衝擊。

其實從 2019 年以來，「泉源」已覺察到世局的幻變和動盪，為預感到即將迎來嚴峻的挑戰和考驗作好了準備，緊靠著信望愛作為「泉源」堅守召命的勇氣，和提昇視野的氣魄，並以此灌注於泉源多元服務當中，藉以協助受眾培育生命內涵，壯固抗逆韌力，並拓展群體結連的軟實力。幾年來，插上信望愛的翅膀，啟程穿越萬里疫浪之旅，親身體驗和証實到締造信望愛文化的果效顯著，回響積極。

(一) 轉化疫情的衝擊為改變和成長的勇氣。

不但貫徹信望愛於泉源整體的事工基礎，團隊配搭，及發展動力，同融會信望愛等生命素質於心理 / 婚姻家庭治療，身心社靈健康教育，專業及義工培訓，並靈命塑造等四元配合服務中。不少獲得幫助的受眾，報以正面的反響，(1) 從隔離中學會靜下來與自己聯繫，重新認識自己，培養健康情緒及活在當下的智慧。(2) 由自我中心轉向主動關懷周邊的人，學會對自己仁慈，又能愛人如己，並結連社群愛心和行動，回饋社會。(3) 洞悉生命中什麼是最為珍貴，抉擇優先，特別於改善關係，更新家庭溝通，培育新生代，建立獨立自主，以情相繫的健康而親密的關係。

(二) 更新籌募捐獻活動的意義。

以清晰的異象及使命去感染支持者，明白到捐獻並非單是金錢上的轉帳，而是成為個人體驗愛人如己的生命動感，能以愛還愛，回應造物主的邀請，樂意成為祂向人類施愛的非凡夥伴。前瞻來年，除繼續以多元的形式舉辦網上及實體的籌款活動

World-shaking situations occurred in 2021, one after another, in international politics, the economy and global climate, not to mention the continuing tsunami of COVID-19 and its variants. People unavoidably experienced stress, confusion and strained relationships.

Actually, since 2019, Living Water Counselling Centre perceived the increasing instability in the world, and felt the need to prepare for forthcoming stiff challenges. Drawing courage from Faith, Hope and Love, we continued to stay true to our mission and broaden our vision, providing our multi-faceted services to help clients nurture an indomitable will to face adversity and harness the strength of community togetherness. The Faith-Hope-Love culture provided us with wings to soar high, above the pandemic, and we received encouraging feedback on the obvious effectiveness.

(1) Converting challenges of the pandemic into courage for change and maturity.

Not only is Faith-Hope-Love embedded in the foundation of LWCC's ministries, teams and development, it permeates our 4-pronged services: psycho/marital therapy, holistic health education, professional and volunteer training, and spiritual formation. Our service recipients have given us very positive feedback. (i) Learning through isolation to be still and connect with oneself, achieving renewed self-understanding, nurturing healthy emotions and wisdom to live in the present (ii) Moving from self-centeredness to taking initiative to care about others, learning to be kind to self and to love others as oneself, performing acts of love as payback to the community (iii) Understanding what is precious in life, setting proper priorities, especially in improving relationships, renewing communication in the family, nurturing the young in learning to be independent, and fostering affectionate relationships.

(2) Renewing the meaningfulness of fundraising.

We seek to inspire supporters with clear vision and mission of LWCC, so they understand that it is not

外，眾同工及義工們已興致勃勃地計劃於明年五月中，以創新的歌唱及生命故事分享的形式，開拓網上籌款活動，同時慶祝泉源成立 35 週年，讓更多人認識泉源，使用服務，又或可成為我們的非凡伙伴，大家都在熱切期待。

(三) 服務資源及人力上的擴充與拓展。

除積極地以創新而恰當的籌款方式來擴充經費來源外，這幾年更積極地申請政府及公益金所提供相關的援助金，以補助低收入的社群得著及時的輔導、治療及身心靈健康教育。又因應疫情的關係，已全面革新配置，拓展電話及視像輔導，增添網上社康教育，讓泉源的服務能超越地域上的限制，服侍更廣遠的社群，成績斐然，反應令人振奮。徵召同心同德又各具專長的心理 / 婚姻家庭治療師，認證督導及培訓導師，是泉源從未敢鬆懈的努力，多年來亦見證了神的信實和恩賜，祂都在我們正有所需之時，將適合的同工加給我們，讓泉源能由內部到社區，一起培育和體驗信望愛的生命軟實力，締造和承傳信望愛的羣體文化。同時提升國際視野，敏銳幻變，因應時需，已製定未來五年的擴展策略。

疫情及國際的動盪，牽動著人們對未可知的明天的焦慮，再次肯定泉源服務存在的意義和獨特角色，亦加倍驗證諸多支持者歷年來真摯的同行，憂患與共，特此向你們致以衷誠的感激。再踏征途，同樣深信你們會繼續與我們同行，同心關愛備受疫情衝擊的社群，透過泉源的多元服務，賦予他們信望愛的翅膀，能以穿越疫情風暴，迎向希望的陽光，體現生命的韌力和智慧，建構相互守望和關愛的社區。

experiencing the motivation of simply a matter of donating money, but personally “loving others as oneself” and responding to the Creator’s invitation to be extraordinary partners in His acts of love to mankind. Looking ahead to 2022, besides various in-person and online fundraising activities, our staff and volunteers are enthusiastically planning an unprecedented gala in May, with singing and sharing of life stories, to raise funds as well as celebrate the 35th anniversary of our inception, so more people will know about and utilize our services, or become our extraordinary partners. We are looking forward to the event with much anticipation.

(3) Developing and expanding resources for service delivery.

Besides organizing creative ways of fundraising, we have been actively seeking grants from the government and United Way in recent years, to enable low-income clients to receive timely counselling, therapy and education in holistic health. Because of COVID, we have instituted phone and video counselling and community education online, so our service delivery is not bound by geography but is reaching distant communities. The result has been outstanding and the feedback most encouraging. Recruiting skilled and like-minded psycho/marital therapists, accredited supervisors and trainers has been an ongoing effort. Over the years, we witnessed God’s faithfulness and grace in providing suitable coworkers just when we needed them, so that we could all nurture and experience the soft power of a Faith-Hope-Love life, creating a legacy of a community culture of Faith, Hope and Love. At the same time, we heightened our awareness of world changes and have prepared a 5-year plan for development.

The pandemic and global instability cause people to be anxious about the unpredictable future, highlighting the unique and meaningful role LWCC has in the community, and the importance of the support provided by you through the years, for which we offer our utmost appreciation and gratitude. Continuing the journey, we firmly believe that you will keep on walking alongside us, caring about the pandemic-stricken masses. We hope that our multifaceted services will provide them with Faith-Hope-Love wings to soar through the storm of pandemic towards the sunshine of hope, with life resilience and wisdom, building a community of mutual watchfulness and care.

「泉源」的挑戰與回應

Challenges and Responses of Living Water Counselling Centre

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

自從 2020 年新冠疫情全球爆發以來，世界每個角落都深受影響。民生、經濟以及人心都遭遇到前所未有的衝擊和挑戰。起初民眾還抱著樂觀的態度，認為只要稍為忍耐一年半載，艱難的日子總會過去。誰料踏進 2021 年了，這新冠病毒竟然不但沒有消失，還不斷地演變，以至疫情一波比一波更嚴峻。眼見死亡人數每天持續攀升，使人漸有不寒而慄之感。世界各國地方政府都急謀對策，奉勸國民帶口罩、打疫苗、保持距離、家居禁足、封城等，每次應對的方法都顯示出情況愈來愈嚴重。人的情緒也打從起初的落觀漸轉為無奈、疲倦、焦慮、恐懼甚至氣憤。而個人抑鬱的情況和家庭暴力的個案更不斷上升，着實使人擔憂。

有見及此「泉源輔導中心」更明白到社區對我們服務需求的迫切性，無論在心理健康或家庭治療方面都大大增加。我們須有無限的愛心，奈何握著有限的資源又如何能應付這龐大的需要呢？焦急的心情，難以言喻，然而非常感恩的是神讓我們不斷經歷祂恩典的豐厚。祂開門開路，使我們在多方的協助下迎向此艱巨的挑戰。

1) 網上平台、化解障礙

「泉源」增添了網上平臺後，加強了各種網上的活動及資訊服務，如為長者提供的「銀髮八寶，化疫為安」，抗疫減壓短播故事等，更藉網上專業輔導，化解了求助者害怕被標籤的困擾，使有輔導需要的人可放心求助。同時更挪去了交通往來和區域限制的困難，使不論遠近的求助者都能輕易聯絡「泉源」，經網上平台獲得及時的幫助。

2) 資助籌募、喜見增添

從政府而來的慈惠撥款亦因市民的精神及心理健康需求而加增。讓我們可以為一些經濟有困難的人仕，提供免費輔導服務，使更多人因得到資助而受惠。同時喜見今年「泉源」的經費籌募活動，顯著地得到更多熱心人士，對我們工作的認同和支持，使同工和義工們深感興奮，大得鼓勵。

Since the global outbreak of the COVID epidemic in 2020, every corner of the world has been deeply affected. People's livelihood, economy and people's hearts have all encountered unprecedented shocks and challenges. At first, people were optimistic, believing that as long as they were patient for half a year to a year, the difficult days would eventually pass. Unexpectedly, entering 2021, the new coronavirus has not only stick around but has continued to evolve, so that the epidemic is more severe wave after wave. The ever rising death toll makes people shudder. Local governments around the world are rushing to take countermeasures, advising citizens to wear masks, get vaccinated, keep a distance, stay at home, lock down cities, etc. The response mechanism enacted shows that the situation is getting more and more serious. People's emotions have also gradually changed from the initial disappointment to helplessness, fatigue, anxiety, fear and even anger. Personal depression and domestic violence cases are on the rise, which is really worrisome.

The "Living Water Counseling Center" understands the urgency of the community's need for our services, whether in terms of mental health or family therapy, has greatly increased. We must have infinite love, but how can we meet this huge need with limited resources? The anxiety is hard to describable, but I am very grateful that God allows us to continuously experience the richness of His grace. He opened the door and opened the way for us to meet this daunting challenge with the help of many.

1) Online platform: to resolve obstacles

After adding an online platform, we have strengthened various online activities and information services, such as "Eight Treasures of Silver Hair, Turning Pandemic into Safety" for the elderly, short stories about anti-epidemic stress reduction, etc. Professional counseling resolves the troubles of the seeker's fear of being labelled, so that those in need of counseling can seek help with confidence. At the same time, the difficulty of

3) 團隊增長、同心邁進

神又為「泉源」董事局增添了三名新董事，都是專業有能之士，又是愛主愛人的兄姊。瞬間使我們的董事局充滿了新氣象，以至更有信心為「泉源」開創未來。另外新加入的還有「靈命塑造」的導師和其他義工及同工。這個充滿使命感和朝氣的團隊，就這樣在「泉源」中促成了一鼓新的力量。

現在世界面臨著前所未有的衝擊，人人活在惶恐不安之中，唯有愛能使人有力量面對不可預測的未來。「泉源」期望藉著神的恩典，多多加增我們的愛心及能力，得以散播更強大的正能量和愛的訊息，助人排解壓力，得到積極正念，並找到內心的平安。但我們需要各界人士更多的同行和支持，展望 2022 年，我們的預算經費為 \$450,000，比去年增加 20%，請支持我們，在大家的努力下，能擦出火花，照亮更多的生命。

traffic and regional restrictions has been removed, so that help seekers from far and near can easily contact "Living Water" and obtain timely help through the online platform.

2) Fundraising, happy to see additions

Charitable grants from the government have also increased due to the emotional and mental health needs of the public. This allows us to provide free counselling services for some in financial difficulties, so that more can benefit from the subsidies. At the same time, I am delighted to see that our fund-raising activity of this year has reached more enthusiastic donors, recognition and support for our work, which makes our co-workers and volunteers very excited and greatly encouraged.

3) Team growth, move forward

God has added three new members to the board of directors of Living Water. All of them are capable professionals, brothers and sisters who love the Lord and others. This has injected new life and new vision to the board, making us more confident in creating a new future for Living Water. In addition, new spiritual direction mentors and other volunteers and co-workers are added to the team. The result is invigorating, a creative force ready for new challenges.

The world is facing unprecedented shocks, and everyone is living in a state of fear and anxiety. Only love can give people the strength to face the unpredictable future. Living Water hopes that through God's grace, we can increase our love and ability to spread stronger positive energy and messages of love, help people relieve their stresses, maintain positive mindfulness, and find inner peace. But we need more friends and supporters from all walks of life. Looking forward to 2022, our budget is \$450,000, an increase of 20% over last year. Please support us. With everyone's efforts, we can light a fire and illuminate many lives in the dark.

2021 『精神與靈性健康』關注運動的成果

Mental Health & Spirituality Awareness Campaign Accomplishments

| C = Cantonese E = English M = Mandarin | | | | |
|---|--|----------|-------|------------|
| Nature | Topics | Sessions | Hours | Attendance |
| 形式 | 課題 | 次數 | 小時 | 出席人次 |
| 活動/講座/ 課程 Events / Seminars / Courses | 關懷孤單長者 — 義工行動 (粵及國) Connecting Immigrant Seniors with Families and Communities - Volunteers Caring Actions (C & M) | 420 | 840 | 420 |
| | 「銀髮八寶, 化逆為安」短片制作 (粵及國) COVID-Connecting Isolated Immigrant Seniors with Community and Family at Pandemic - Video Production (C & M) | 4 | 62 | 3565 |
| | 非凡人生：身心健美系列(粵) Fun Fit Fund Series: Making Fitness as a Way of Life (C) | 4 | 6 | 40 |
| | 豐業銀行多市湖濱網上馬拉松/步行籌款 (粵) Scotiabank Toronto Waterfront Virtual Marathon/Walkathon in Partnership with Women Support Group & Deepening Mindfulness Group (C) | 2 | 9 | 44 |
| | 愛的泉源義工步行籌款 (粵) Living Water of Love Senior Volunteer Walkathon (In-person) - Friday Harbour (C) | 1 | 5 | 21 |
| | 心連心漫步行籌款 (粵) Heart to Heart Couples Group Walkathon(In-person)-Port Hope (C) | 1 | 3 | 23 |
| 小組 Groups | 活得精彩婦女互助小組 (粵) Mental Health Psycho-Education - Women's Support Group (C) | 8 | 16 | 355 |
| | 樂齡暢聚 (粵) Virtual Seniors' Club (C) | 14 | 14 | 683 |
| | 正念/靜觀自我關懷課程 (粵) Mindful Self-Compassion Courses (C) | 16 | 40 | 224 |
| | 正念/靜觀進深課程 (II) (粵) Deepening Mindfulness Practices (II) (C) | 6 | 15 | 126 |
| | 培育正念子女課程 (粵) Mindfulness Social Emotion Learnings for Parents (C) | 8 | 20 | 150 |
| | 正念/靜觀認知治療課程 (粵及國) Mindfulness-based Cognitive Therapy (C&M) | 16 | 40 | 231 |
| | 正念/靜觀減壓班 (粵) Mindfulness Stress Reduction Practices (C) | 8 | 20 | 201 |
| 培訓 Training | 活得精彩婦女義工策劃會議 (粵) Women Support Group Volunteer Planning Meetings (C) | 8 | 8 | 32 |
| | 關懷長者義工個案諮詢會議 (粵及國) Connecting Immigrant Seniors with Families and Communities - Volunteer Consultation Meetings (C&M) | 12 | 18 | 176 |
| 輔導/ 心理治療 Counselling / Psychotherapy | 大多市公益金社區緊急援助基金： 免費網上諮詢及輔導服務 (粵/國/英) UWGT-ECSF: Free Consultation & Tele-counselling/Psychotherapy Services for Low/Limited Income Chinese Immigrants in GTA (C,M&E) | 325 | 526 | 720 |
| | 「婚前預備/婚後成長」 (粵/國/英) Prepare & Enrich Package (C/M/E) | 43 | 33 | 67 |
| TOTAL 總共 | | 896 | 1675 | 7078 |

2021 全人教育，培訓及靈命塑造項目

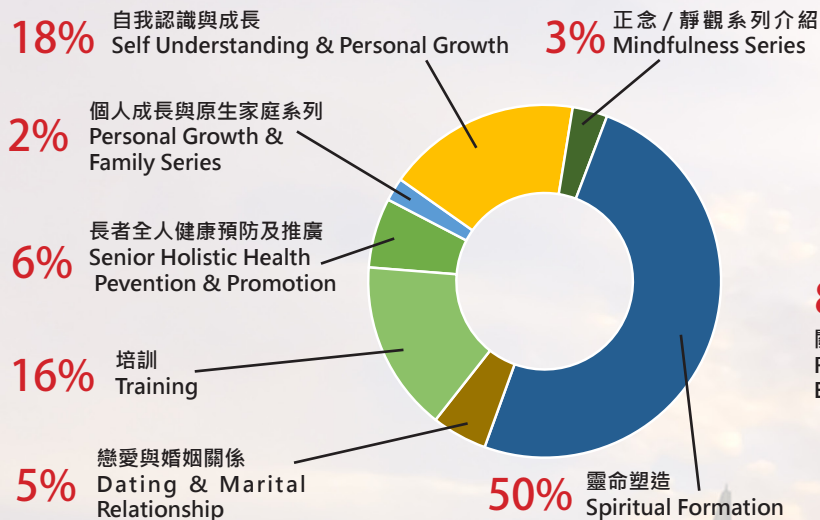
Statistics for Wholistic Education / Training / Spiritual Formation Programs

主題項目時間分佈 %

% of Hours Distribution on Themes

1 「泉源」課程 / 培訓 / 小組

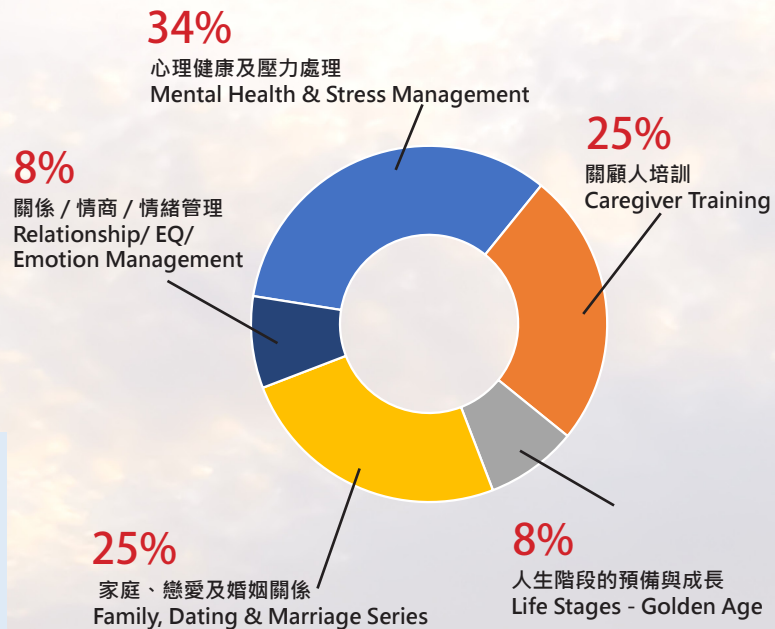
Courses/Trainings/Groups Held by LWCC



| | Sessions 次數 | Hours 小時 | Attendance 出席人數 |
|----------------|----------------|-------------|--------------------|
| Subtotal 小記 1 | 75 | 147 | 2009 |
| Subtotal 小記 2 | 12 | 14 | 495 |
| Grand Total 總記 | 87 | 161 | 2504 |

2 應教會及社區邀請的講座 / 培訓 / 營會 / 主日學 / 退修會

Seminars / Trainings / Retreat / Sunday School - Invited by Churches & Community Agencies



2021 應邀 / 合作教會及社區機構

Invited Churches & Community Agencies Partners

約克區華人精神健康計劃 Chinese Mental Health Initiatives of York Region

華人精神健康網絡 Chinese Mental Health Network

加拿大華福中心 CCCOWE Canada

北約恩典福音堂 Grace Chinese Gospel Church of North York

恩福幼兒園 Grace Christian School Day Nursery

證道浸信會(美麗徑) Logos Baptist Church (Milliken)

美城華人浸信會 Mississauga Chinese Baptist Church

美堅華人基督教會 Milliken Christian Community Church

北約華人浸信會 North York (Chinese) Baptist Church

加拿大華人基督教禮賢會 Rhenish Church of Canada

城北華人基督教會 Richmond Hill Christian Community Church

士嘉堡華人浸信會 Scarborough Chinese Baptist Church

東南亞社區中心 SEAS Centre

聖公會聖約翰堂 St. John's Anglican Church

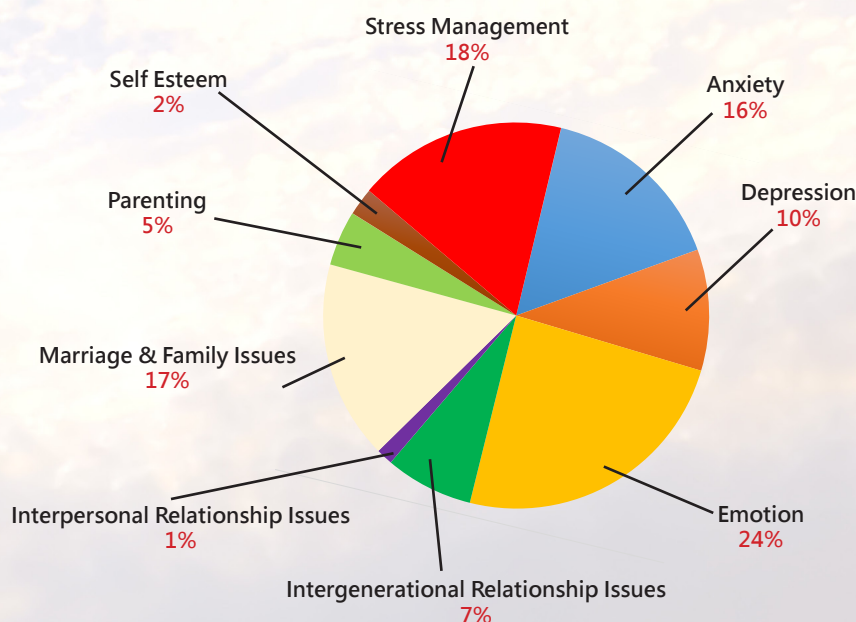
多倫多中華循道會 Toronto Chinese Methodist Church

活證浸信會 Wismer Baptist Church

2021 輔導服務統計

Statistics of Counselling / Psychotherapy

Presenting Issues



總共 Total

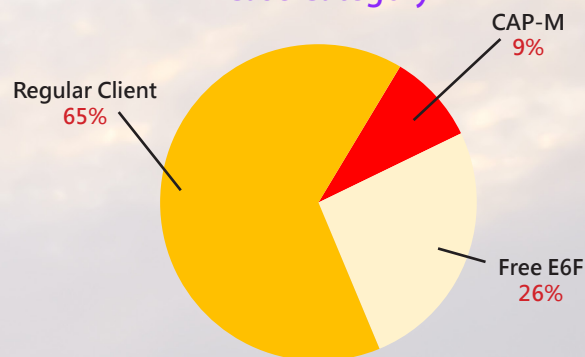
總輔導小時 Counselling Hours: 1890

全年新個案 New Cases in 2020: 211

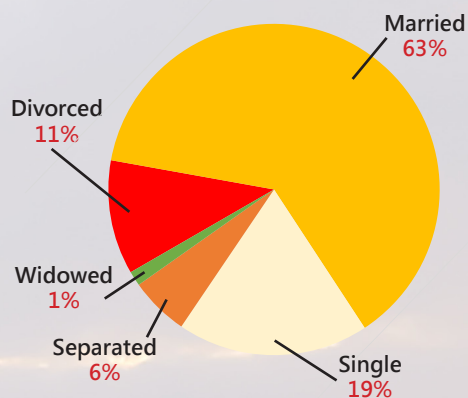
教會會眾輔助服務 - 多種語言

CAP-M # of churches/ Schools: 6

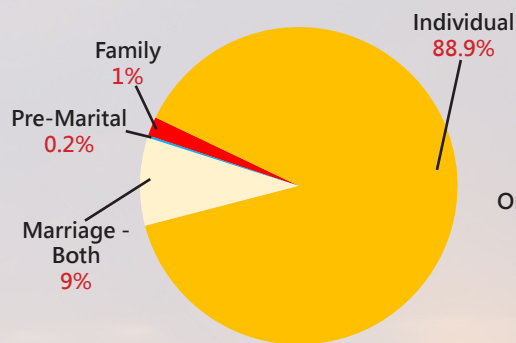
Case Category



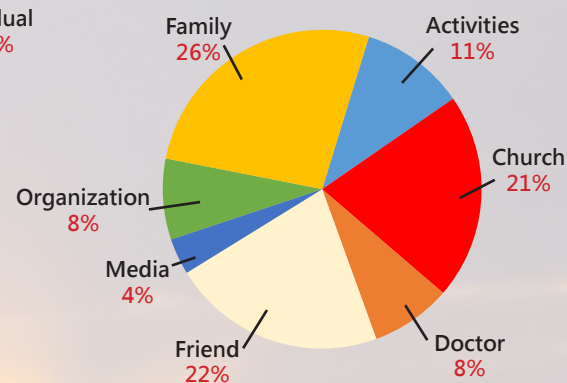
Marital Status



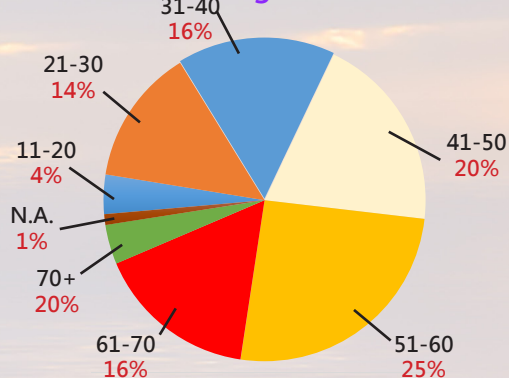
Nature



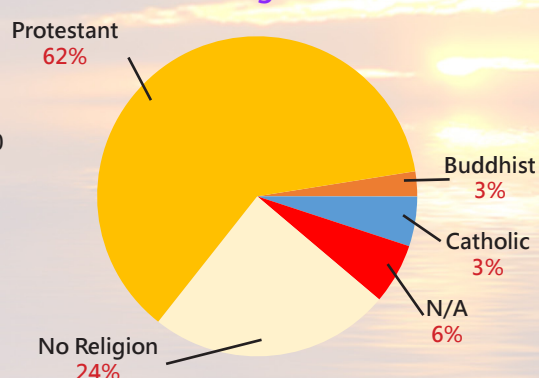
Referral Source



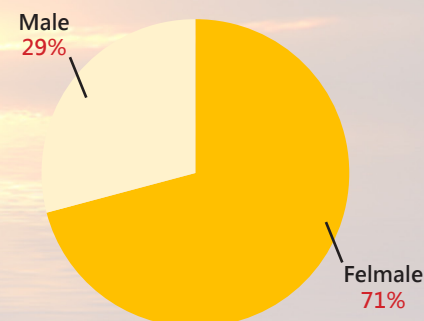
Age



Religion



Gender



2021 支持者和贊助商 Supporters and Sponsors

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. The federal government grants and all the generous supports are vital to the ongoing operation of our services.

Short Term Grant Funders

Federal Government:
New Horizon for Seniors (1) & (2)
Employment and Social Development Canada
Canadian Emergencies Wages Subsidies
Canadian Emergencies Business Account Loans
UWGT-Emergency Community Support Fund (1) & (2)

Organizations, Corporations & Charities

Association of Chinese Evangelical Ministries (Canada)
Canadian Online Giving Foundation Benevity
In Club Inc.
Investors Group
Lao's Family Charitable Trust
S.W.J. Pun Family Fund
Wa Jee Food Package

Sponsors

Andy Po Yuen Tsang, Chapel Ridge Funeral Home & Cremation Centre
CISNI Inc.
Charmaine Lau & David Tong, Landpower Real Estate Ltd.
Dr. Damon Tsai Dental Office
Highland Memory Gardens
Irene Sham Insurance Agency Inc.
Living Water Resorts
Dr. Michael Wong & Associates Dental Office
Pegasus Enterprise Solutions
Sammy Hui, REMAX Realtron Realty Inc., Brokerage
Samuel Ip, RBC Wealth Management Dominion Securities
Sun Life Yuen and Leung Financial Services Inc.
Wa Jee Food Package
Winver Accounting Partners- Magdalene Wong

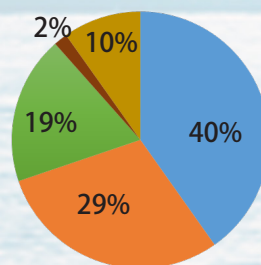
Supporting Churches / Christian Organizations

Brampton Evangelical Missionary Church
Calvary Logos Baptist Church
Fullness in Christ Fellowship
Good Shepherd's Chinese Christian 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

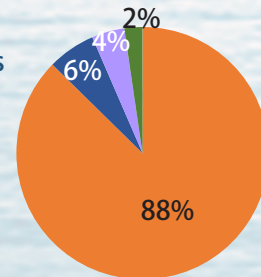
2021 年支出及 2022 年財政預算 Financial Statement 2021 and Budget 2022



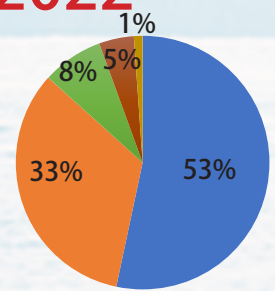
2021 收入
Actual Revenue
\$480,779



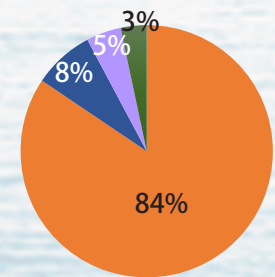
2021 支出
Actual Expenses
\$387,798



2022 預算收入
Budget Revenue
\$450,000



2022 預算支出
Budget Expenses
\$450,000



剩餘 (赤字) Surplus or (Deficits) : **\$92,981**
包括：聯邦政府緊急工資補貼：including CEWS \$34,956

Board of Directors

Chairman: Ms. Rosemary Chan
 Treasurer: Mr. William Hui (till Dec.1, 2021)
 Ms. Margaret Y. Wong
 Secretary: Mr. Alven Choi
 Directors: Dr. Alan Fung*, Ms. Eva Wong,
 Mr. Paul S.K. Chau,
 Dr. Thomas Choy*(retired in June 6, 2021)

Corporate Members

Ms. Bertha Chang Mr. Colin So*
 Ms. Eva Wong Ms. Hilda Chow
 Ms. Iris Tsui Rev. Kelvin Luong*
 Mr. Samuel Ip Ms. Sandy Ho

Staff

Executive Director/Therapist: Kit-Ming Koo*, M.C.E., M.A., Registered
 Psychotherapist, Registered Marriage & Family
 Therapist, Approved Supervisor (AAMFT / CAMFT)
 Director of Resource Development: Lucetta Lam*, M.S.W., Registered Social Worker,
 Psychotherapist
 Clinical Therapist & Mindfulness Instructor: Natalie Cheung*, M.S.W., R.S.W., Certified Mindfulness
 Instructor
 Intake Coordinator: Julia Chen*, M.A., OAMHP
 Event & Program Coordinator (Contractor): Winnie Wong, B.T.
 Office Administrator & Program Assistant: Lesley Kwok, B.A./Econ.

Clinical Faculty/Therapists

Agnes Chen M.Div., R.P., RMFT
 Asanda Cheung* M.A., R.P.
 Cindy Li* M.Div., R.P.
 Helen Jueyi Li* M.S.W., R.S.W.
 Joanne Chan M.S.W., R.S.W.
 Judy Wu* M.Ed., R.P., RMFT
 Ramee Whittle M.A., R.P.
 Shirlin Cheung* B.S.W., M.T.S., R.S.W.,

Spiritual Directors

Angelina Lim* Dip. of S.D. (Voluntary Spiritual Director)
 Carman Ho* E.C.E., M.T.S., Certified Spiritual Director
 Karina W.S. Luk* B.Soc.Sc., M.Edu., M.C.S., M.A., M.S.C.
 Viola Lee* Dip. of S.D., D.Min.

Speaker Faculty

Dennis Mok M.Eng., M.Div., D.Min.
 Rev. Nelson Yiu M.Div., M.T., D.Min., D.D.
 Star Ying Tao Yu B. Mgmt., M.C.S.
 Dr. Vincent Poon MD, D.Min., PsyD, FABMP, CCFP, FCFP, Approved supervisor AAMFT

Consultants

Dr. Alan Fung* MD, ScD., FRCPC, FAPA
 Ling Ling Hui* M.S.W., R.S.W., MCAPCT, SIPA, Toronto Psycho Analytic Society
 Dr. Patrick Lo* MD, FRCPC, M.Div.,
 Member of CAMFT

Names with * are also our speakers.

Our Vision

我們的異象

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

一個充滿關愛和康健的社群，人們可以邁向整全的身心靈及人際健康

Our Mission

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

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仕等，結成夥伴，合力建構有關愛及健康的社區

我們的使命



泉源輔導中心
Living Water Counselling Centre

165 East Beaver Creek Road, Unit 9,

Richmond Hill, ON L4B 2N2

Tel: 905-763-0818 Web: www.lwcounselling.ca