



# 後疫情的春天 - 蛻變與成長

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踏入2023年,世界許多地方已先後實行與病毒共存,解除防禦限制,希望人們能盡快回復生活常規,恢復經濟。然而多項研究顯示,新冠疫情對全球精神健康有著長遠的影響,尤其是憂鬱及焦慮等方面。疫情更增加了社會隔離,孤單,喪失等創傷,同時亦影響個人情緒與家庭關係。對於近年的新移民而言,除需面對文化及語言隔閡,經濟壓力外,精神健康問題更成雪上加霜。

洞察世情,敏銳時需,「泉源」加倍努力地藉專業心理及婚姻家庭治療,身心社靈健康教育,為處於動盪幻變中的人們播送溫暖,治癒和希望。春回大地,萬物復甦,「泉源」亦與生機勃勃的春意交融,孕育後疫情的春天。

## (一) 凝聚愛與行動為向心力, 體現改變為成長的契機

鼓動懷有同一願景與擔當的董事會及管理層,專業團隊,義工隊,並家屬和關懷者等非伙凡伴,為備受疫情衝擊後的長者、女性、青少年、家庭及新移民,策動適切華裔文化的多元服務。藉著愛心所賦予的方向與力量,協助社羣洞悉人生際遇,困難可轉化為生命的成長,促進全人健康,生命蛻變,重建人際連繫,讓溫暖充滿人間,希望萌芽於內心,提升自我認知,自愛愛人等應變及成長的智慧。

1) 長者全人健康教育:剛完成《關懷移民長者全人健康教育》的義工培訓,現正製作有關長者全人健康課題的資訊短片,再安排分配關顧對象,並配合每週一次的《樂齡暢聚》網上活動,以消除孤單感,重建社羣連繫,並提升對長者精神及心靈健康的關注,作出及時的駕馭。

2) 正念/靜觀課程系列:應用經科學實證的正念/靜觀為基礎的心理療法,融會於多個全人健康課程,藉以提昇人們的自我覺察和自我關懷,學習調節情緒和壓力,能以明白和接納變幻及苦痛,乃人類所共有的經歷,能作智慧的選擇,體現活在當下的正向人生態度。

3) 婚姻家庭關係及個人成長:提供學以致用的滋養婚姻家庭關係,善解溝通,及建立健康心理界線等課程。並增設婦女和男士精神健康小組,以提升對人生不同階段及精神健康的認知,由洞悉到成長,增進家人及朋友間彼此的了解和接納,欣賞和守護。

4) 靈命塑造及靈程導引:近兩年更積極為基督徒開辦靈命塑造小組、課程、及靈程導引等服務,藉以深化對自己和基督的認識和關係,落實生命的錨,能處變不驚,活出愛神及愛人如己的意義人生。本年三月更為新移居加國的教牧人員增設《移加牧人與您同行》友伴小組。於全人健康及適應新生活上,彼此相伴扶持,重整身份、角色及方向。

## (二) 結連及滙聚人力和資源脈絡

以健康公平的視覺,匯聚社區各行各業的人脈,共負擔當,同心策動具創意的多元籌款活動,致力為低收入的個人、家庭及群體籌募經費,以支助他們能同樣獲得及時和所需的專業輔導,並普及全人和精神健康預防教育。(續下頁)



1) 已定於本年十月十六日舉辦「聲暖人心燃希望」特備籌款活動,正徵召12~15位有意支持事項籌款活動的歌者,成為「泉源」的非凡夥伴,藉歌聲唱出溫情與希望。

2) 近年來更善用現代科技設施,讓泉源的服務有更大的擴展,使更多人受惠。歡迎瀏覽「泉源」更新了的網站 <https://lwcounselling.ca>,了解我們更多的服務、活動、優惠,及你也可以成為「泉源」的非凡伙伴。

讓生機勃發的春天召喚人類活出愛人如己的勇氣、力量、快樂和光輝,光亮自己,也照亮他人,強化抗逆能力,共同建構壯健、康寧、和諧的社區。

# Post Pandemic Spring - Metamorphosis and Growth

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Now into 2023, many countries have gradually learned to live with the virus, lifting preventive restrictions, hoping that we would soon return to our normal routines and economic growth. Yet many research findings pointed towards long term impacts of the pandemic on mental health globally, particularly in depression and anxiety. The pandemic has increased social isolation, loneliness, losses and other related traumas. It has affected our emotional well beings and family relationships. To new migrants, other than having to overcome cultural and language barriers, and financial stress, mental health issues become yet another layer of frost on the fallen snow.

Mindful to our changing world and sensitive to the timely needs, Living Water is hastening its effort, through professional counseling, marital/ family therapy, and wholistic health education, to provide warmth, healing and hope to those caught up in turbulent changes. Like a fresh breath of spring that has arrived to germinate lives, Living Water flows with the living energy to bring forth growth in this post pandemic era.

## **(I) Love and Action Together as the Driving Force, Turning Changes into Opportunities for Growth**

Driving on the vision and commitment of the board, management, professionals and volunteers, together with the families and care partners, we serve the elderly, women, youths, families and new migrants, through multifaceted Chinese culture-based programs, to meet their needs. Through love that guides and motivates us, we will help those who face life challenges to metamorphose healthily to rebuild relationships, increase self awareness, love for self and others, grow in wisdom, such that warmth and hope will fill their lives and those around.

### **1. Holistic Health Education for the Elderly:**

Having just completed volunteer training for "Caring for Immigrant Elderly Holistic Health" we are producing a short education video on holistic health for the seniors. This will be followed by matching care receivers, and then synchronizing their participation in the weekly "Senior Virtual Club" zoom activity.



The purpose is to provide timely intervention to eliminate a sense of loneliness, while enhancing the awareness of mental and spiritual health in the elderly, henceforth rebuilding their community linkage.

**2. Mindfulness Course Series:** Incorporating evidence based positive and mindfulness psychology to our wholistic health courses, so as to enhance self-care and awareness, emotion and stress regulation, to better understand and accept changes and pain as part of our human experiences, thus able to make wise decisions to live presently with a positive attitude.

**3. Marriage and Family Relationships & Growth:** Provide hands on programs to enrich marital and family relationships, enhance communications and build healthy psychological boundaries. Establishments of mental health groups for men and ladies, with the aim to enhance awareness and adjustment at their different life stages, to improve their understanding, mutual acceptance, appreciation and care for each other.

**4. Spiritual Formation and Spiritual Direction:** In the past two years, there have been active establishment of spiritual formation groups and courses, as well as spiritual direction services catering for Christians. The goal is to deepen self understanding and relationship with Christ, so as to anchor life in times of change, living out how to love God and others as oneself. In March this year, a partnership group “Journeying with Migrated Pastors in Canada” was set up for pastors who recently migrated to Canada. The goal is to assist them in adapting to their identity, role and direction, through wholistic approaches to adjustment and mutual support.

## (II) Connect and Gather Human Resource and Networks

Approaching from a fair and constructive perspective, we gather professions across the region and from all walks of life, to share the same commitment and plan various creative fundraising activities in serving the grass root individuals, families and groups, so that they can receive timely professional counseling and wholistic mental health prevention education.

1. For the fundraising activity “Warm Voices Ignite Hope” Charity Show 2023 on 16/10/23, we would like to call for 12 to 15 musicians as extra-ordinary partners to support this event through singing out warmth and hope.

2. In this last year, Living Water has further utilized technology to expand its services to many. Please check out our new website [www.lwcounseling.ca](http://www.lwcounseling.ca), to better understand our varied services, activities and promotions, as well as how you can be an extra-ordinary partners of Living Water.

Let spring, that is full of life awaken the courage and power within us to love others as ourselves, to shine, and brighten ourselves and others with joy, while strengthening our resilience to build a strong, peaceful and harmonious communities.