



泉源輔導中心

Living Water Counselling Centre

2022 年報

Annual Report

# Facing Challenges of Tsunami Scale with Our Collective Strength

抗 團  
衡 結  
洶 力  
湧 量  
挑 戰





## 目錄

總幹事的話	1
董事會主席的話	4
服務項目	5
統計與財務	6
有關我們	9

## Table of Contents

Message from Executive Director	1
Message from Board Chair	4
Programs and Services	5
Statistics and Finances	6
About Us	9



## Facing Challenges of Tsunami Scale with Our Collective Strength

### 團結力量、抗衡洶湧挑戰

Kit-ming Koo, MRE, MA, RP, RMFT, AAMFT Approved Supervisor, Executive Director

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

三年以來新冠病毒如驚濤駭浪般衝擊著全球人類，不但打擊著各國經濟，尤其嚴重地傷害著人們身心靈和人際健康。

面對著洶湧澎湃般的疫流，「泉源」更是提高警覺，加倍地堅守信念和召命，要與備受疫情肆虐的個人、家庭及社群共渡時艱，並善用科技設施，超越時空限制，提供急切的心理治療和婚姻家庭輔導，全人精神及心靈健康公眾教育，關懷人義工培訓，及靈命塑造等多元化服務。更難能可貴的事發生了，疫襲反倒讓人們體驗到人生無常，生死濶別就發生在旦夕之間，更懂得珍惜親情和家庭關係，並能推己及人，關愛鄰舍，並以不同而獨特的形式，成為「泉源」的非凡夥伴，一起凝聚力量，保衛社群的身心靈和人際健康，消除孤單感，安慰憂傷，壯健社區康寧。疫情不但阻擋不了「泉源」的服務，反倒成為了我們成長和擴展的契機，特此向所有非凡夥伴致萬二分的謝忱，以下讓我們一起數點抗疫里程中的精粹。

#### (一) 精進四元配合服務模式，增強社羣 抗逆韌性

##### 1) 增設電話和視頻輔導

藉著「泉源」專業團隊堅定不移的委身，和對社羣關切之心，配合精益求精的治療知識和技巧，為備受疫情打擊的個人、夫婦及家庭，增設網上及電話輔導，協助客戶認識自我、體驗蛻變成長；處理焦慮和壓力；重整婚姻家庭和 interpersonal 關係。

In the past three years, the impact of COVID 19 was like the onslaught of a tsunami, creating upheavals in global economy, and damaging our physical and mental health, as well as our social and spiritual well beings.

Facing these challenges, Living Water Counselling Centre (LWCC) was put on high alert to consolidate our belief and vision as we walk with those going through hard times, be they individuals, families or community groups. Technology has been well utilized to extend our services beyond barriers including psychotherapy, marriage and family counseling, education on wholistic health, training of care givers, and spiritual formation, amongst others. These challenges forced many to come to the realization that life is fleeting, unpredictable and can easily vanish at a moment. Yet, these challenges also drew families and neighbors closer, as we value life and its finality. Many have joined LWCC as exceptional partners to galvanize their strength to walk with the lonely, comfort those hurting, and enhance their mental and social health. As such, the tsunami not only failed to drown us, but allowed LWCC to grasp the opportunity of growth. For this, we truly thank our exceptional partners. Let us recount together the essence in our journey of growth.

#### (I) Sharpening 4 aspects of service model, enhancing communal resilience

1. **Creating phone and video counselling.** Through the commitment and care of our professional team, state of the art treatments are custom made for individuals, couples and families impacted by the pandemic. Service coverage include counseling on the phone or through the net, focusing on better self understanding and growth, managing worries and stress, rebuilding marriages, families and interpersonal relationships.

## 2) 擴展以「正念／靜觀」為本的精神健康公眾教育

回應急需，近年來「泉源」努力地擴展經有臨床實證果效的「正念／靜觀」課程，協助受眾提昇自我覺察，處理壓力和焦慮等精神健康課程。並組織「正念／靜觀」練習小組，建立羣體接納及歸屬感，一起培育正向情緒，體驗對己對人的仁愛和感恩的幸福，共建逆境自強的自主和自信，共同建構家庭和社會康寧。

## 3) 開創長者全人健康網上活動

自21年9月起，特為長者增開辦「樂齡暢聚」網上節目，由於深受長者歡迎，22年增至每週一聚，目的是要增進人際聯繫，消除孤寂感，鼓勵長者各展所長，貢獻才華，推廣全人健康。另增設關懷長者義工培訓課程，助有心的義工們，能掌握關心長者必備的知識和技巧，實踐老吾老以及人之老，讓愛溫暖社區。

## 4) 加固靈命塑造課程及開展靈程導引服務

靈性健康與身心及人際健康是息息相關的。心慶聘請到認同「泉源」異象，並具有專業訓練的靈程導師加入行列，開設具優良傳統的靈命塑造課程系列，並增設個別靈程導引服務，引導凡有心與神建立親密關係的基督徒，明白神旨，實踐愛神，愛人如己的信仰生活化的人生。「泉源」也受惠，自領導層、前線同工及義工，都有定期的退修營，一起更新召命，及體驗配搭事奉所需培育的謙卑，溝通，同心，動力，和方向。

## 2. Promoting mindfulness through mental health public education.

In order to meet the needs in recent years, LWCC has incorporated evidence-based mindfulness training to enhance self awareness, stress and anxiety management in our mental health courses. Mindfulness training groups were formed to build a sense of acceptance and belongings. Members in these groups nurture positive emotions together and experience love towards self and others. When facing adversity, they learn how to gain confidence and build a harmonious family and society.

## 3. Embarking on wholistic healthy activities for seniors through the internet.

Since September of 2021, a program, "Senior's Happy Gathering", through the internet was designed for and well received by the seniors. It became a weekly event in 2022. The participants are able to connect, share their talents, learn healthy life styles and therefore feel lonely no more. At the same time, caregivers and volunteers are trained on the necessary skills to care for other elders at home as if they were their own.

## 4. Consolidating Spiritual Formation courses and develop service for Spiritual Direction.

Our body, mind and spirit are intertwined together. LWCC is pleased that we are able to engage professionally trained spiritual directors who share our vision. Through their guidance, Christians learn to build closer relationships with God, discern His will, and practice the motto of loving God and loving others as ourselves. Our leaders, frontline staff and volunteers also benefit from our regular retreats where we learn how to humble ourselves, communicate, be of one mind, as we rekindle our calling and direction.

## (二) 以有限的資源回應風高浪急的需求

來勢迅猛的疫情，觸發社群更多精神、心靈、如關係等方面的問題，急需及時的治療干預，和普及心理健康預防教育。雖面對有限的資源，「泉源」仍堅守初衷，秉持健康公平的視野，要讓低收入的个人及家庭，不會因經濟困難而得不到及時的幫助。故除繼續舉辦愛的「泉源」週年步行籌款外，今年更努力地凝聚眾多非凡夥伴，以創新形式，舉辦「星Sing聲」慈善音樂籌款活動，成績斐然，大家都能充份地發揮愛的力量，實踐愛也是一種具體的擔當，得享助人為樂的幸福。已計劃於明年2023年10月16日再度以嶄新的慈善音樂形式籌款，懇請預留時間，擁躍參加，關注未來消息，與我們聯絡，建立愛心聯盟。

活在這幻變莫測，危機四伏的大時代，大凡關切全人健康，尊重婚姻和家庭價值的個人、家庭、群體和教會，相信都不難認同「泉源」的感召和使命。雖然我們不是活在戰火連天的國家裏，但其實無論我們願意與否，都已活在沒有硝煙的保衛戰中。所謂三軍未動，糧草先行。要「泉源」更能穩固壯健地發展，必須在人力和物力兩大資源上得著更多有心人的參與、支持和投入，成為我們強而有力及可信賴的盟友，無懼挑戰，眾志成城，上下一心，長久有效地保衛群體身心社靈全人健康，鞏固婚姻家庭，終止傷痛代傳，為新生代許一個幸福的未來。

## (II) Meeting the Waves of Needs with Limited Resources

The onslaught of the pandemic has triggered ever increasing mental health and psychosocial problems in the community, which require urgent and timely interventions, prevention and education. While limited in resources, LWCC holds onto her fundamental principle to provide timely services to all in need and not let their financial constraints be their obstacles. As such, in addition to the walkathon, we have drawn together many exceptional partners who successfully raised funds through a creative music event. The power of love was manifested and the joy of giving was evident. There is already another music event planned for 16/10/2023. So, stay tuned and partner with us.

Living in our era of perils and unpredictability, those who adhere to marriage and family values, be they individuals, families, churches or community groups, would identify with the calling and mission of LWCC. Even though we do not live in the war zone, like it or not, we are already caught in a tug of war. As such, we need to have a well oiled war machine before the battle even starts. For LWCC to steadfastly develop, we need both human and financial resources from partners whom we can rely on and shoulder together in one mind to face the many challenges, so as to safeguard our wholistic wellbeing, our marriage and family, to stop the pain passing from one generation to the next, and create a future for them.



## Rejuvenating The Soul, Rebuilding Goodness

### 轉化心靈、重建美善

Mrs. Rose Mary Lo Chan, Chair of the Board of Director

正當2022年「泉源輔導中心」邁進三十五週年之際，我不期然回想起過去兩年所經歷的日子，應是「泉源」多年來面臨最大的挑戰。因強制隔離而導致所有的門都好像要關上的一刻，我們卻開拓了網上的服務，原來看似的危機，卻是契機的化身。當我們打開了一扇衝破地域界限的大門，亦因此接觸到更多有需要服務的人群，解決了多年因懼怕接受輔導而被標籤的人仕的困難。

今年正當我們以為全球已進入新冠疫情的第三年了，大家都嘗試著接受與不斷變異的新冠病毒共存，希望能從新出發，好好過活之時，卻又爆發俄羅斯與烏克蘭的戰事，憂慮的陰霾又再度籠罩著每個人的心。因為這是全球性的問題，所以無人能置身度外。

面對這種全球性的困境，「泉源輔導中心」希望能協助民眾學習調整自我，提升身心健康，以便在無論任何處境之下，都有能力接受不同的挑戰。我們鼓勵眾人結伴同行，不再因害怕受病毒感染，而產生孤獨或情緒低落。讓大家在網上共聚暢談，傾心吐意，可以改善生活的品質，開展身心。我們又積極培訓一群「關懷者」義工來幫助移民長者重拾人生目標，建立關係及在社區中互相聯繫，幫助他們更能適應新生活 and 環境。原來當你協助別人的時候，也是建立著自己，從而使你感覺到你的生命比從前活得更有意義。

「泉源」是一間非牟利機構，資財有限，但我們卻十分有幸，多年來獲得一群有同一信念的支持者，我們暱稱他們為「非凡伙伴」。他們無私的愛心，獻出時間、才幹和金錢，時刻叫我們感動不已。因為我們明白生活越是艱難，我們越需要學習互助相愛，帶著正念的思維，面對黑暗的湧流才不會懼怕，人與人之間能彼此交流激發愛心，勉勵善行，匯聚愛心力量。唯有愛能戰勝困境，她是轉化能量的渦輪，只要人人心中有愛，人生便有希望。期待「泉源」能與你一起努力，藉心靈的轉化，可以重建一個美善的世界。

陳盧道賢女士，董事會主席

As Living Water Counseling Center (LWCC) embarked on her 35th year in 2022, I could not help but reflect on likely the biggest challenge LWCC has ever faced over the two years passed. At the time, all the doors seemed to be closing on us as a result of enforced isolations. Yet, this crisis has been transformed into many opportunities, as new doors were opened through the use of internets. These changes allowed us to breakthrough geographical barriers to reach out to many more, including those who had feared being stigmatized seeking face to face counseling.

Just as we are beginning to accept the new normal and learn to coexist with the virus in its third year of onslaught, we are faced with the war between Russia and Ukraine. We are once again surrounded by darkness and worries that burden our hearts, for no one is spared from the global impact of this magnitude.

Facing these universal predicaments, LWCC finds herself helping people in need of emotional regulations, physical and mental health enhancement, so that they can be well equipped to face challenges in all circumstances. Through gatherings on the internet, participants are able to walk and share openly with each other, leaving behind their sense of loneliness and fear. LWCC has also trained a group of caregivers who volunteer to help senior migrants to connect with each other, to adapt to their new environments and find their purpose in life again. While helping others, one inadvertently helps oneself to live more meaningfully.

As a non-profit organization, LWCC is limited in financial resources. We are however blessed with a group of amazing partners who share our values and have been our unrelenting support over the years. We are deeply touched by their love as they freely offer their time, talent and finance. We realize that the more trying the circumstances, the more we need to adopt a positive mindset to overturn the current of fear. As we learn from and care for each other, our love is galvanized. Love is the turbine in our engine that generates hope. LWCC looks forward to working and walking with you to rejuvenate our souls and to rebuild a better world filled with beauty and goodness.



# 2022 Mental Health & Spirituality Awareness Campaign Accomplishments

## 『精神與靈性健康』關注運動的成果

Nature 形式	Topics 課題	Sessions 次數	Hours 小時	Attendance 出席人次	
Events/ Seminars/ Courses 講座/ 研習會/ 專題課程	Charity Fundraising Show Studio Recording & Celebration (C) 泉源35周年籌款錄影及慶典 (粵)	1	5	78	
	LWCC 35th Ann. Fundraising Online Charity Show and Preparation (C) 泉源35周年網上籌款錄製：星SING聲傳情晚會(粵)	1	90	314*	
	Mindfulness Retreat Day (C) 「正念/靜觀退修日營」(粵)	1	4	29	
	Living Water of Love Walkathon (C) 樂齡小鎮樂遊遊暨愛的泉源步行籌款 (粵)	1	9	45	
	Heart to Heart Couples Group Walkathon (C) 心連心步行籌款 (粵)	1	7	22	
	Singing Class for the Charity Show 2022 (C) 星SING聲傳情唱歌班 2022 (粵)	8	12	112	
	Volunteers Recruitment: Aging Well in an Engaging Community for Immigrant Seniors (M & C) 義工召務：愛心行動 - 關懷移民長者全人健康 (粵及國)	30	30	32	
	Video Production on Mindfulness Practices for Aging Well in an Engaging Community for Immigrant Seniors (M & C) 正念/靜觀短片 - 關懷移民長者全人健康 (粵及國)	3	40	10	
Connecting & Fundraising Dinner (C) 2022 非凡伙伴暨籌款晚宴 (粵)	1	3.5	98		
Groups 小組	Mental Health Psycho-Education - Women's Support Group (C) 活得精彩婦女互助小組 (粵)	6	12	175	
	NHS Grant (Sept. to Dec.): Seniors Virtual Club (C) 新視野長者基金 (9-12月)：樂齡暢聚 (粵)	17	78.5	1039	
	Mindful Self-Compassion (C) 正念/靜觀自我關懷 (粵)	5	12.5	102	
	Mindfulness-based Cognitive Therapy(C) 正念/靜觀認知治療 (粵)	8	20	125	
	Mindfulness Relationship (C) 正念人際關係	8	20	280	
	Mindfulness and Resilience (C) 正念抗逆力	8	20	249	
	Women Personal Growth Group: Self Identity (1) (M) 個人成長心理系列 - 女性自我創建 (一) (國)	3	6	43	
	Women Personal Growth Group: Self Identity (2) (M) 個人成長心理系列 - 女性自我創建 (二) (國)	3	6	24	
Training 培訓	Circles of Practice (C) 正念/靜觀學員實踐(粵)	2	4	65	
	Women Support Group Volunteer Meetings (C) 活得精彩婦女義工會議 (粵)	7	7	28	
	Volunteers Training: Aging Well in an Engaging Community for Immigrant Seniors (M & C) 義工培訓：愛心行動 - 關懷移民長者全人健康 (粵及國)	8	24	214	
C= Cantonese E= English M= Mandarin		<b>TOTAL 共</b>	<b>125</b>	<b>418</b>	<b>3084</b>

\* Attendance is based on the online visit on the premiere month.  
出席人數基於首映月份的網上到訪次數。

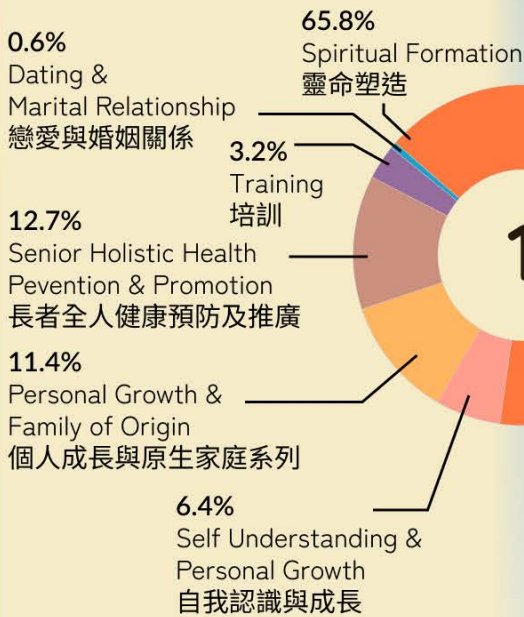
# 2022 Statistics for Wholistic Education/Training/Spiritual Formation Programs

全人教育，培訓及靈命塑造項目

% of hours distribution on themes held by LWCC

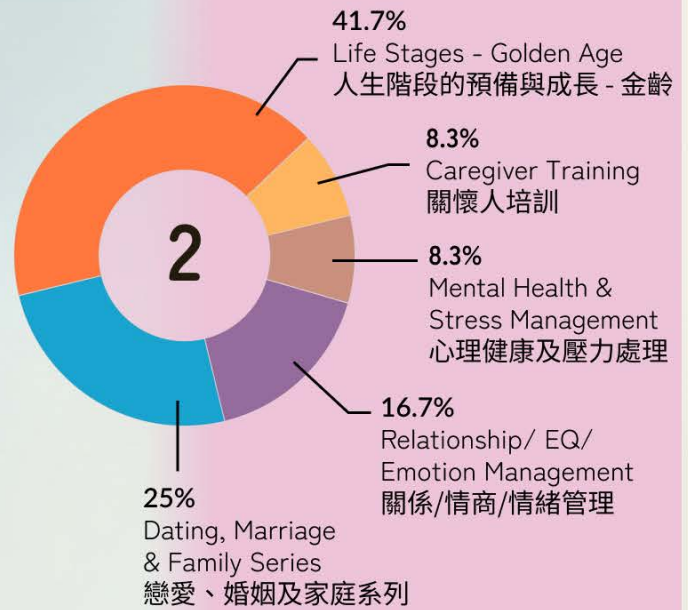
## Courses/Trainings/Group Work Held by LWCC

「泉源」課程/培訓/小組



## Seminars / Trainings / Retreat / Sunday School - By Invitation From Church & Community

應教會及社區邀請的講座/培訓/營會/主日學/退修會



	Sessions 次數	Hours 小時	Attendance 出席人數
Subtotal 小記 1	120	238	2400
Subtotal 小記 2	12	12	676
<b>Grand Total 總記</b>	<b>132</b>	<b>250</b>	<b>3076</b>

## 2022 Invited/Collaborative Churches & Community Agencies

年應邀/合作的教會及社區機構

加拿大華福中心 CCCOWE Canada

耆輝會 Carefirst Seniors & Community Services Association

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

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

恩福幼兒園 Grace Christian School Day Nursery

頌恩華人播道會 Hosanna Evangelical Free Church of Ontario

靈盈學院 Makarios Institute for Spiritual Formation Ministries

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

城北華人浸信會 Richmond Hill (Chinese) Baptist Church

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

聖公會聖約翰堂 St. John's Anglican Church Willowdale

多倫多華人基督教會 Toronto Christian Community Church

多倫多中華循道會 Toronto Chinese Methodist Church



# 2022 Statistics of Counselling/Psychotherapy

輔導服務統計

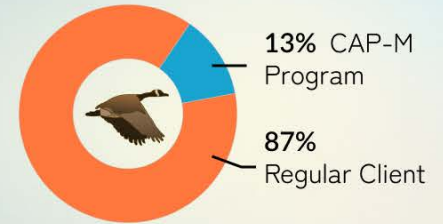
## PRESENTING ISSUES



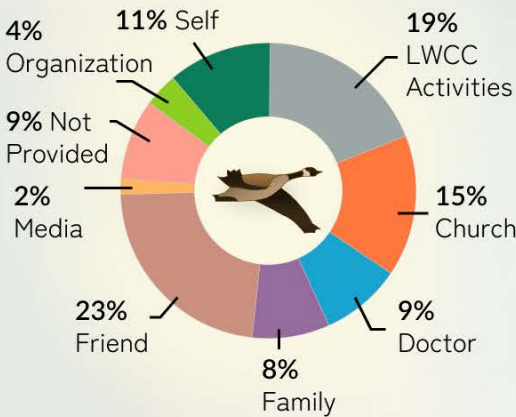
## 總共 TOTAL

總輔導小時 Counselling Hours: 1211  
 全年新個案 New Cases in 2022: 83  
 教會會眾輔助服務 - 多種語言  
 CAP-M # of churches/ Schools: 6

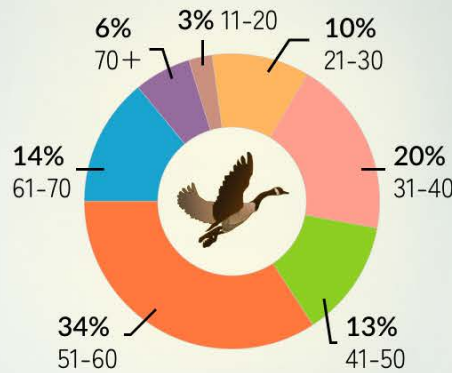
## CASE CATEGORY



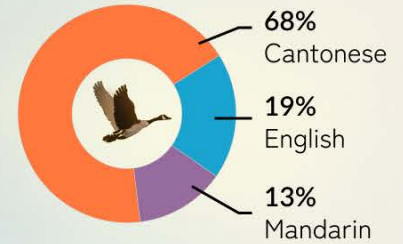
## REFERRAL SOURCE



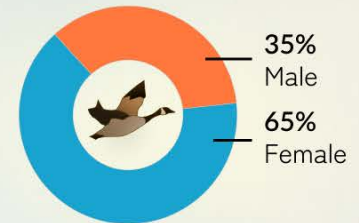
## AGE



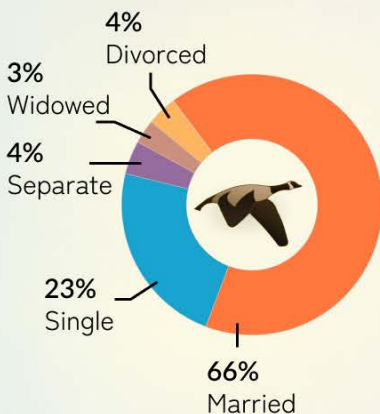
## LANGUAGE



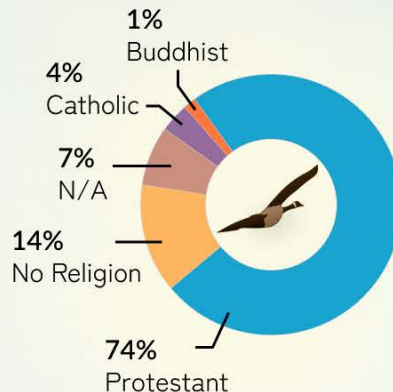
## GENDER



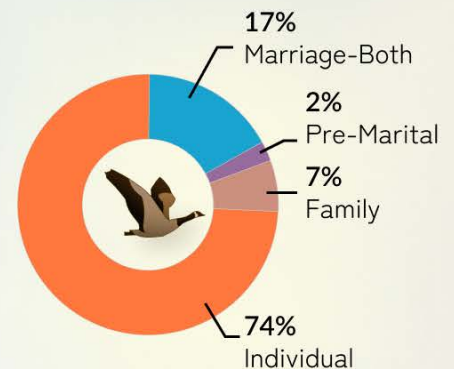
## MARITAL STATUS



## RELIGION



## NATURE OF CASES



## 2022 Supporters and Sponsors 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. 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 Grant

### Sponsors

Andy Po Yuen Tsang, Chapel Ridge Funeral Home & Cremation Centre  
Bonnie and Daniel Wan  
Charmaine Lau & David Tong, Landpower Real Estate Ltd  
CISNI Inc.  
Dr. Damon Tsai Dental Office  
The Co-operators, Irene Sham Insurance Agency Inc.  
Living Water Resorts  
Pegasus Enterprise Solutions  
Sammy Hui, RE/MAX Realtron Realty Inc., Brokerage  
Samuel Ip @RBC Wealth Management  
Sun Life Yuen & Leung Financial Services  
Wa Jee Food Package  
Winver Accounting Partners - Magdalene Wong

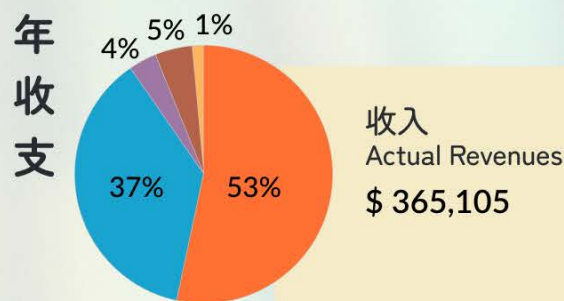
### Supporting Churches/ Christian Organizations

Brampton Evangelical Missionary Church  
Calvary Logos Baptist Church  
Chinese Coordination Centre of World Evangelism (Canada)  
Good Shepherd's Chinese Christian Church  
Hallelujah Chinese Evangelical Free Church Inc  
Logos Baptist Church (Milliken)  
Mississauga Chinese Baptist Church  
Ontario Chinese Christian Medical Fellowship  
Richmond Hill (Chinese) Baptist Church  
S.W. J Pun Family Fund  
Toronto Chinese Methodist Church

### Organizations, Corporations & Charities

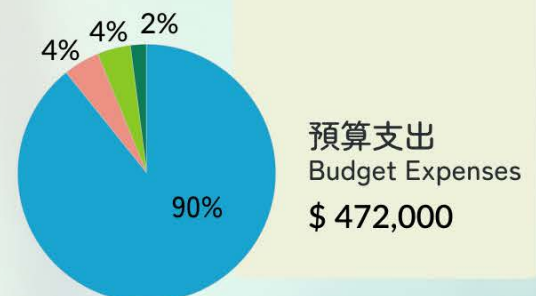
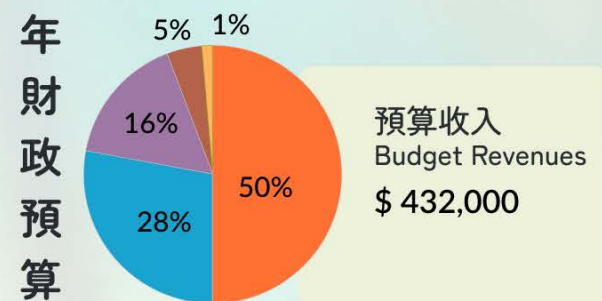
Association of Christian Evangelical Ministries (Canada)  
Canadian Online Giving Foundation  
Koinonia Charitable Trust  
Wa Jee Food Package

### 2022 Financial Statement



Deficits 赤字 : \$ 23,720

### 2023 Budget



Deficit Budget 赤字預算 : \$ 40,000

## Board of Directors

**Chairman:** Ms. Rosemary Chan  
**Treasurer:** Ms. Margaret Y. Wong  
**Secretary:** Mr. Paul S.K. Chau  
**Directors:** Dr. Alan Fung\*, Mr. Alven Choi,  
 Ms. Eva Wong

## Corporate Members

Mr. Colin So\*      Ms. Hilda Chow  
 Ms. Iris Tsui      Rev. Kelvin Luong\*  
 Mr. Samuel Ip      Ms. Sandy Ho  
 Dr. Thomas Choy\*

## Staff

**Executive Director/Therapist:** Kit-Ming Koo\*,  
 MRE, MA, Registered Psychotherapist,  
 Registered Marriage & Family Therapist, Approved Supervisor  
 (AAMFT / CAMFT)

**Director of Resource Development:** Lucetta Lam\*,  
 MSW, Registered Social Worker, Psychotherapist

**Clinical Therapist & Mindfulness Instructor:** Natalie Cheung\*,  
 MSW, RSW, Certified Mindfulness Instructor

**Intake Coordinator:** Julia Chen\*, MA, OAMHP

**Holistic Health & Clinical Therapist:** Kwong Chung Lee\*, BSW, RSW, MSc, MBCT Instructor

**Event & Program Coordinator (Contractor):** Winnie Wong, BT

**Office Administrator & Program Assistant:** Lesley Kwok, BA/Econ

## Clinical Faculty/Therapists

Agnes Chen	MDiv, RP, RMFT	Joanne Chan	MSW, RSW
Asanda Cheung*	MA, RP	Judy Wu*	MEd, RP, RMFT
Cindy Li*	MDiv, RP	Ramee Whittle	MA, RP

## Spiritual Directors

Angelina Lim*	Dip of SD (Voluntary Spiritual Director)
Carman Ho*	ECE, MTS, Certified Spiritual Director
Karina W.S. Luk*	BSocSc, MEdu, MCS, MA, MSC
Viola Lee*	Dip of SD, DMin

## Speaker Faculty

Dennis Mok	MEng, MDiv, DMin
Rev. Nelson Yiu	MDiv, MT, DMin, DD
Dr. Vincent Poon	MD, DMin, PsyD, FABMP, CCFP, FCFP, Approved supervisor AAMFT
Sze Ming (Samuel) Leung	BSW, MA, PhD
Rev. Yeng On (James) Leung	BA, MDiv, DMin

## Consultants

Dr. Alan Fung*	MD, ScD, FRCPC, FAPA
Ling Ling Hui*	MSW, RSW, MCAPCT, SIPA, Toronto Psycho Analytic Society
Dr. Patrick Lo*	MD, FRCPC, MDiv, Member of CAMFT

Names with \* are also our speakers.

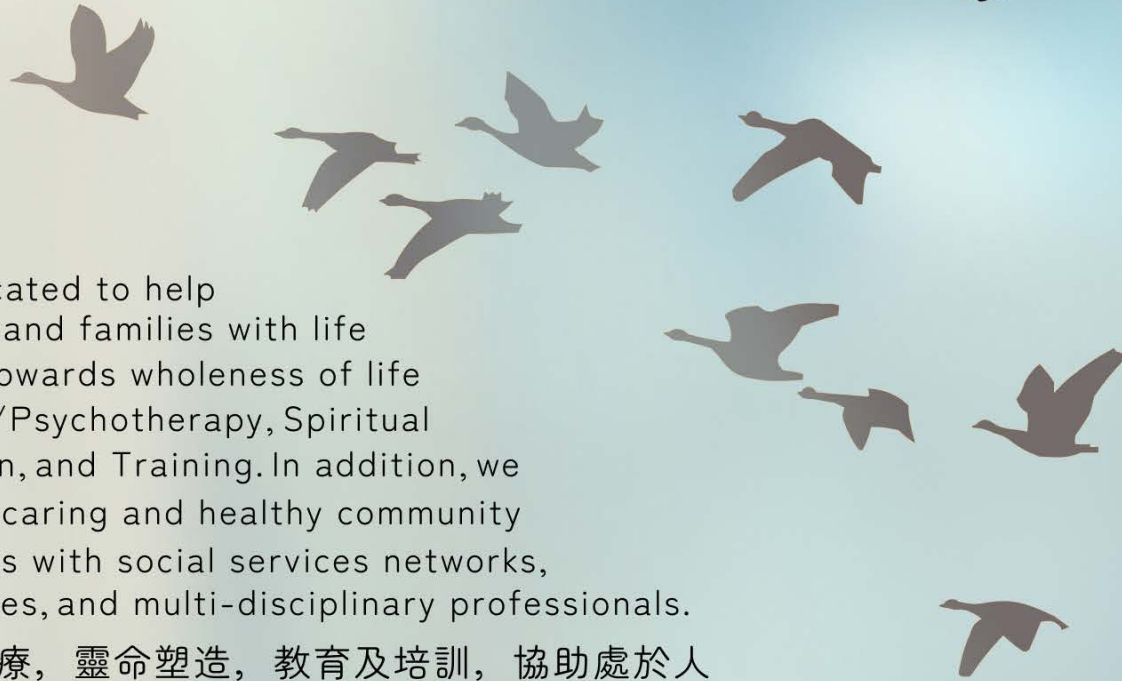


## Our Vision

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。

我們的異象



## Our Mission

我們的使命

Our mission is dedicated to help individuals, couples, and families with life situations to grow towards wholeness of life through Counseling/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。



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](http://www.lwcounselling.ca)