



青年發展基金
The Youth Foundation
年度報告 *Annual Report*

使命宣言

Mission Statement

青年發展基金以輔助國內青少年全人發展為目標，透過培訓青少年工作者、進行研究及建立可行有效的服務模式，提昇青少年的生命素質，發展人生路向，回應時代需要。

The Youth Foundation aims to assist holistic youth development in mainland China, through training youth workers, undertaking research, and developing actionable and effective service models to promote character building and forge vocational paths for youth as they respond to the needs of our time.



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2023-2024年度 主席及會長的話

「青年發展基金」一直以「青年發展培訓有限公司」為代理，專業支持在內地開展的各項目。隨著內地逐步走出新冠疫情，人民的生活似乎已回歸常態。然而，疫情對個人的工作、學習和經濟收入等方面的嚴重影響仍未完全消退，青少年的精神心理健康問題更愈發顯著。

面對後疫情時代的社會經濟挑戰及青少年心理健康危機，我們選擇持續支持內地三個重要項目，包括「精神障礙患者家屬的遠程康復項目」、「青年工作者培育計劃」及「咖啡與生命青年培育計劃」。我們深信，今天的耕耘儘管在大環境中似乎微不足道，但愛的種子已埋於每位青少年及青年工作者的心中，必將發芽生長，並在他們的生命中綻放希望的花朵，讓每一個人都能感受到彼此之間的連結與力量，勇敢前行。

「精神障礙患者家屬的遠程康復項目」是我們與「四川大學華西醫院」合作的第五個三年計劃，現已圓滿完成。自2008年汶川地震以來，我們與「四川大學華西醫院」攜手，從「四川災後心理康復培訓及服務計劃」到「醫院社區一體化精神健康專案」，在過去15年中，我們支持培訓了過千名專業醫護人員、心理輔導員、社會工作者及志願者，幫助了過萬名青少年及其家庭。透過線上與線下的培訓模式，我們的服務範圍已擴展至成都以外的地區，見證了許多家庭的轉變並收穫祝福。我們的歷史任務已完成，執行服務的「四川大學華西醫院」專業及義工團隊已組織成型，我們相信他們會繼續努力，幫助精神障礙患者逐步康復。在新的一年里，我們將支援「青年發展培訓有限公司」以捐贈形式支持成都的「翱翔天空復學項目」，持續關注青少年精神健康問題。

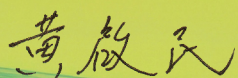
「青年工作者培育計劃」旨在培養青年工作者承傳「青年發展基金」的使命，促進內地青少年的全人健康成長。過去兩年，我們支持的青年工作者李艷，在兒童發展障礙的專業領域上建立服務平台，並透過社會企業模式，在成都提供全人服務。兩年的資助期結束後，李艷積累了豐富的經驗與人脈，讓她能夠繼續在此專業領域上踐行使命，回應時代的需要。

「咖啡與生命青年培育計劃」已在深圳成功啟動，我們的青年工作者王韋成立了一家咖啡工作室，並於2023年9月正式開業，提供咖啡及烘焙食品服務。這一事工已全面進入啟動期，透過青年咖啡學徒計劃培育青年，轉化生命，同時透過各種文化藝術活動凝聚青年群體。我們相信，隨著深圳與香港逐漸形成共同生活圈，兩地的青年工作支援將更頻繁互動。我們將全力支持此項目的發展，讓這些在社會中流轉、缺乏資源、尋找生命價值的青年人獲得培育，開展不一樣的人生道路。

最後，我們要特別感謝各位董事、同工、志願者、同行者以及捐獻者的辛勤付出和支持。正因為有了你們的信任與支持，我們才能夠繼續前行，為內地的青年人創造更美好的明天。

信託人 —— 青年發展有限公司

董事會主席



黃啟民先生

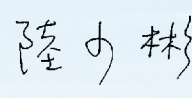
「青年發展基金」聯席會長



曾育彪博士



蔡暉明博士



陸少彬先生

Message from the Chairman and Presidents of the Youth Foundation

The Youth Foundation (YF), represented by Youth Development and Training Limited (YDT), provides crucial support for projects in Mainland China. As life returns to normal post-COVID-19, the pandemic's impact on work, studies, and the economy remains significant, and mental health issues among youth have become increasingly prominent.

In response to these challenges, we continue supporting three key projects: the "Tele-rehabilitation Project for Patients with Mental Disorders and Their Families," the "Youth Worker Development Programme," and the "Coffee and Life Youth Leadership Training Project (Shenzhen)." We believe our efforts, though modest, plant seeds of hope in young people and youth workers, allowing each individual to feel connected and empowered to move forward with courage.

The "Tele-rehabilitation Project" marks our fifth three-year collaboration with West China Hospital, Sichuan University (WCHSU) successfully completed. Since the 2008 Wenchuan earthquake, we have partnered with WCHSU on initiatives ranging from the "Sichuan Psychological Rehabilitation Training and Service Programme" to the "Integrated Hospital and Community Mental Health Programme." Over the past 15 years, we have supported the training of over a thousand professional medical staff, psychological counsellors, social workers, and volunteers, helping tens of thousands of young people and their families. Through both online and offline training, our service has expanded beyond Chengdu, and we have witnessed the transformation and blessings of many families. Our historical mission has been fulfilled, and the professional and volunteer teams at WCHSU are now fully established to continue the vital work. In the coming year, we will support YDT in making donations to Chengdu's "Soar High Supported Education Project" to continue addressing youth mental health issues.

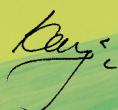
The "Youth Workers Development Programme" aims to cultivate youth workers who will carry forward the mission of YF and promote the holistic growth of young people in Mainland China. Over the past two years, we have supported youth worker Li Yan, who has established a service platform in the field of children's developmental disorders and provided holistic services in Chengdu through a social enterprise model. After the two-year funding period, Li Yan has gained extensive experience and connections, enabling her to continue her mission in this professional field and respond to the needs of the times.

The "Coffee and Life Youth Leadership Training Project" in Shenzhen, led by Wang Wei, has started a coffee shop in September 2023, providing coffee and baked goods. The project nurtured and transformed the lives of young people through the Apprenticeship Programme and various cultural and artistic activities. As Shenzhen and Hong Kong form a shared living circle, youth support between the cities will increase. We will fully support the development of this project, helping young people who are wandering in society, lacking resources, and searching for meaning in life to receive guidance and embark on a different life path.

We extend our gratitude to all directors, staff, volunteers, partners, and donors. Your dedication enables us to create a brighter future for the youth in Mainland China.

Trustees — The Youth Foundation Limited

Chairman of the Board

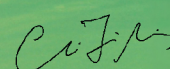


Mr. Wong Kai Man

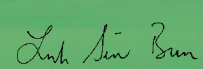
Co-Presidents



Dr. Bill Tsang



Dr. Jonathan Choi



Mr. Ben Luk

我們的歷程

Our Milestones



1/1999

正式成立，於香港註冊為非牟利慈善團體

Founded as a non-profit-making charitable organisation in HK

7/2002

贊助「國際華人青年領袖訓練營」

Began to sponsor Leadership Academy (LA)

9/2003

與上海華東師範大學簽訂

「校本心理諮詢培訓」計劃贊助協議

Signed sponsorship agreement of "School-based Counselling Training" with East China Normal University, Shanghai

1/2007

贊助上海華東師範大學成立

「青少年心理健康教育研究與培訓中心」

Sponsored East China Normal University, Shanghai to set up the Research and Training Centre For Youth Education in Mental Health

12/2007

開展中國外來工項目，在上海及北京進行需求研究

Commenced migrant project in China and conducted need assessment in Shanghai and Beijing

3/2008

開展北京「外來工子女健康發展」項目

Commenced "Beijing Migrant Youth Holistic Development Project"

5/2008

進入四川，開展災後心理復康培訓課程

Commenced "Post-Disaster Psychological Rehabilitation Training and Service Programme" in Sichuan

12/2008

獲香港特區政府贊助推展

「四川災後心理康復培訓及服務」計劃

Sponsored by the Hong Kong SAR Government and commenced
"Sichuan Psychological Rehabilitation Training and Service Programme"

4/2009
-9/2012

與四川大學華西醫院合作設計及執行

「四川災後心理康復培訓及服務計劃」

Co-operated with West China Hospital, Sichuan University to
develop and roll out "Sichuan Post-Disaster Psychological
Rehabilitation Training and Service Programme"

10/2009

再次獲香港特區政府贊助推展「四川災後復康支援網絡」計劃

Once more sponsored by the Hong Kong SAR Government to commence
"Health Presence Network System in Support of Sichuan Rehabilitation Work" Project

10/2012
-9/2015

與四川大學華西醫院合作開展「醫院社區一體化精神健康項目」

Co-operated with West China Hospital, Sichuan University to roll out
"Integrated Hospital and Community Mental Health Programme"

11/2012

與中國青年政治學院於北京合辦

「新生代農民工家庭的社會融入」學術研討會

Jointly organised a major conference on the topic of
"Social Integration of New Generation Migrant Families"
with China Youth University of Political Studies

1/2013

與四川大學——香港理工大學災後重建管理學院合作開展

「學校心理素質教育及早期干預專案」

Commenced "Psychological Education and Early Intervention Project"
together with Sichuan University-Hong Kong Polytechnic University
Institute for Disaster Management and Reconstruction

6/2014

開始贊助「夢·行動」北川中學畢業生群體

Began to Sponsor the Beichuan High School Alumni Community - "Dream in Action"

10/2015
-9/2018

與四川大學華西醫院合作開展「翱翔天空復學項目」

Co-operated with West China Hospital, Sichuan University to
roll out "Soar High Supported Education Project"

2016-
2018

與上海華東師範大學合作開展
「生命教育及生涯規劃政策研究、培訓及實踐先導計劃」
Co-operated with East China Normal University, Shanghai to
commence "Life Education Project"

7/2017-
12/2020

贊助四川「生命創路咖啡室」
Sponsored "COFFEE CONNECT" Café in Sichuan

6/2018

贊助北川中學畢業生群體 - 願望彩虹·十年彙聚
Sponsored the 10th Anniversary activity "Rainbow Hope" of
Beichuan High School Alumni Community

10/2018
-9/2021

贊助「四川師範大學青少年生命教育及生涯規劃行動研究中心」
Sponsored "Sichuan Normal University Youth Life Education and
Career Development Action Research Centre"

贊助四川大學華西醫院開展
「重性精神疾病的家庭心理健康教育及朋輩支持服務項目」
Sponsored West China Hospital, Sichuan University to roll out "Supported Family Project"

7/2019
-6/2022

贊助上海華東師範大學開展「生命教育及生涯規劃師資培訓計劃」
Sponsored East China Normal University, Shanghai
to support the work of teacher training programme for Life Education

10/2021
-6/2024

贊助四川成都「青年工作者培育計劃」
Sponsored the "Development Project for Youth Workers" in Chengdu of Sichuan

1/2022

開始贊助「咖啡與生命青年培育計劃 - 深圳」
Began to sponsored the "Coffee and Life Youth Leadership Training Project (Shenzhen)"

10/2021
-9/2024

贊助四川大學華西醫院開展
「精神障礙患者家屬的遠程康復項目」
Sponsored West China Hospital, Sichuan University to support
"Tele-rehabilitation Project for patients with mental disorders and their families"

9/2023

贊助「咖啡與生命青年培育計劃 - 深圳」項目下
的「一窗咖啡工作室」開始營運
"One Window Coffee Studio" under the sponsored project of
"Coffee and Life Youth Leadership Training Project (Shenzhen)" started operation

信託人及董事會成員

Trustee and Board of Directors 2023-24

主席

Chairperson

黃啟民先生

Mr. WONG Kai Man

副主席

Vice Chairperson

張蘇嘉惠女士

Mrs. CHEONG SO Ka Wai Patsy

司庫

Treasurer

張彩蘭女士

Ms. CHEUNG Choi Lan Hilda

秘書

Secretary

陳玉麟醫生

Dr. CHEN Yuk Lun Ronald

董事

Directors

方偉晶教授

Prof. FONG Wai Ching Eric

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Ms. LEE Mi Yu Elizabeth

蘇權良先生

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孫德基先生

Mr. SUN Tak Kei David

黃子欣博士

Dr. WONG Chi Yun Allan



青年工作者培育計劃

Development Project for
Youth Workers



培育青年工作者

Developing Youth Workers



承傳使命

Passing on the mission

尋找召命，規劃人生

Identify the calling, Life planning

委身接棒，成為領袖

Commit to the call
and become the leader



裝備工人

Equipping the worker

塑造生命，承載生命

Cultivate life that upholds life

發現天賦，提升技能

Discover talents and sharpen skills



服務社群

Serving the community

扎根本土，建立平台

Plant roots locally and establish a platform

進入群體，轉化生命

Enter into society and transform lives

本土化事工

Localise Ministry

年度項目概要 Annual Project Highlights

「青年工作者培育計劃」旨在培育內地青年工作者，承傳培育青少年全人健康成長的使命。本計劃協助青年工作者在當地建立自己的機構或平台，在專業領域和營運上提供支援，持續為所選的服務群體提供本土化培育工作。

本計劃挑選長期與機構同行及曾接受培育的青年工作者參加，支持青年工作者按自身的優勢及對不同群體的負擔，建立自己的服務機構。

The "Development Project for Youth Worker" aims to cultivate youth workers in mainland China, passing on the mission of fostering the holistic growth among young people. This project assists youth workers in establishing their own institutions or platforms at the local level, providing support in both professional fields and operations, and continuously offering localised development work for the intended service community.

This initiative identifies trained youth workers who have long-term collaboration with The Youth Foundation, and provides them with assistance in establishing their own service organisations based on their strengths and their commitment to different groups.



感統與專注講座

Sensory integration and concentration training



11月品格營 – 搶飛盤

Character camp - Catch a frisbee

李豔以合夥人身份加入「啟智兒童關愛中心」後，主要在運營、康復專案規範化和家庭支援系統建立三方面開展工作。營運方面，從公眾號及視頻號和對外的合作需求方向來拓寬學生來源渠道；把康復項目中一系列的流程，包括評估、個案計劃的實施和督導方法翻譯成當地的語言；在家庭支援系統的建立方面，主要從人際關係、教養技能和休息三方面開展活動，給家長提供支援。

After joining the "Qizhi Care Centre for Children with Mental Disabilities" as a partner, Li Yan primarily worked in three areas: operations, standardisation of rehabilitation projects, and establishing a family support system. For operations, she expanded student recruitment channels through WeChat's public and video accounts and sought external cooperation opportunities. She translated various processes in the rehabilitation projects, including assessments, case plan implementations, and supervision methods, into the local language. In establishing a family support system, she focused on three aspects: interpersonal relationships, parenting skills, and providing rest and support to parents.



品格營 – 驛站傳書
Character Camp - Mailing game



品格營 – 回答問題
Character Camp - Q & A game



品格營 – 穿越地雷陣
Character Camp - Landmines game



品格營 – 孩子與志願者的互動
Character Camp - Interaction between child and volunteer



家長休憩日 – 孩子們自發一起畫畫
"Parent Retreats" Camp - Drawing Together



家長休憩日 – 做蛋撻
"Parent Retreats" Camp - Egg tart baking class

我們的故事 Our Stories

奇妙的蛻變

靜靜是一個患有輕度自閉症的6歲男孩，自兩年前到中心訓練，已有很大的進步，後來因他媽媽急於尋求孩子在認知上有更快速的進步，就決定離開中心另覓機構受訓。可是在半年後，孩子的情況不但沒有改善，反而自傷的行為變得更加嚴重，他的臉頰、後背、肚子和大腿都是淤青，家庭與機構都無法處理，唯有再次回到中心向我們求助。

靜靜回來後，經過家庭與中心配合，他的自傷行為得到了顯著改善。後由於家長的高壓管教，自傷行為再次反覆且更甚從前，甚至不能返幼兒園。老師與他父母商討後，大家決定把靜靜送來中心參加「日間康復」課程。「日間康復」是指孩子在中心一整天，穿插安排生活自理，感覺統合訓練及桌面課程，在老師的專業干預下，模擬孩子在家的生活，幫助孩子用語言表達情緒和需要；同時協助孩子多感官的參與，從情緒表達、生活技能、感覺統合、認知多角度給與孩子支持和幫助。而且，老師也拍攝了干預的整個過程，幫助家長進行家庭康復的教學。

經過不斷努力，靜靜從起初逃避或不滿，連續自傷3小時，逐漸減少.....，一周後自傷時間降至少於10分鐘，而頻率亦減少至每天2-3次。父母看到孩子明顯的改變，願意通過視頻學習，調整家庭的管教模式，因此孩子的行為語言認知都有很大進步，父母也重新拾起盼望，期待孩子能到普通小學就讀。

A Wonderful Transformation

Jingjing is a 6-year-old boy with mild autism. Since he started training at the centre two years ago, he had made significant progress. However, his mother, eager to see faster cognitive improvements, decided to leave the centre and seek training at another institution. After six months, not only did Jingjing's condition fail to improve, but his self-harming behaviours also became more severe. His cheeks, back, stomach, and thighs were bruised, and neither the family nor the institution could manage the situation. They had no choice but to return to the centre for help.

After Jingjing returned, his self-harming behaviour improved significantly through cooperation between the family and the centre. However, due to the parents' strict and high-pressure discipline, his self-harming behaviour resurfaced and worsened, to the point where he couldn't attend kindergarten. After discussions between the teachers and his parents, they decided to enrol Jingjing in the "Day Rehabilitation" programme at the centre.

The "Day Rehabilitation" programme involves the child spending the entire day at the centre, with a schedule that includes self-care tasks, sensory integration training, and table-based lessons. Under the professional intervention of the teachers, the programme simulates the child's home life, helping them express emotions and needs through language. It also supports the child's development through multisensory engagement, offering assistance in emotional expression, life skills, sensory integration, and cognitive abilities from multiple angles. Additionally, the teachers recorded the entire intervention process to help the parents with home-based rehabilitation training.

After continuous efforts, Jingjing's behaviour gradually improved. Initially, he would engage in self-harming for up to three hours, but over time, this decreased. After a week, his self-harming episodes lasted less than 10 minutes, and the frequency reduced to 2-3 times a day. Seeing their child's obvious progress, the parents were willing to learn through the videos and adjust their discipline methods at home. As a result, Jingjing made significant improvements in behaviour, language, and cognition. His parents regained hope and now look forward to the possibility of him attending a regular elementary school.



家長休憩日 – 家長小組
"Parent Retreats" Camp - Parents group

渴望被看見的小錦

小錦是一名患有情緒障礙、抑鬱兼網癮的女生，目前已經休學在家3年了！此外，她還伴有自傷行為，不與人交往，只沉浸於自己喜歡的動畫片世界中，失去部分生活自理的動力。

2024年3月當她初來到中心時，平板不離手，全無與人交流的意願，後參加了「日間康復」課程，參與買餸、煮飯和照顧其他學生，過程中老師也給予她適當的心理支持。隨著時間的推移，我們發現小錦有很大的轉變：原來她的內心世界非常豐富，從網絡直播到教育問題，從遊戲聊到人物設計，小錦越來越多的與人分享自己的想法；而且她也有勇於嘗試的心態，在中心按照教程開發新的菜式和甜品。

3個月後，她不僅學會了獨立買餸、煮飯、炒菜，更樂於與人分享零食，甚至學習老師的方式把零食獎勵給小朋友；在看到別人有需要時，她亦願意提供協助和說明。她由從前每天花十餘個小時的螢幕使用時間，到現在可約束到自己在規定時間才能看。最令人開心的是小錦居然主動地跟老師分享9月回歸學校的擔心和預備。為此，中心和家庭一起為她制定了學習計劃、生活日程表、零錢使用細則等來幫助她預備回歸學校。

小錦在中心發展了多方面的潛能，心扉被打開了，開始重新關注和探索奇妙世界，那個以前不願與人交往的女孩，現在會跟我們聊天，告訴我們很多從來沒有瞭解過的科普知識，又懂得說笑話讓我們開懷大笑。經過各方面的努力，她的生命不再一樣了！

Xiaojin, Who Longs to Be Seen

Xiaojin, a girl with emotional disorders, depression, and internet addiction, has been out of school for three years. She also engages in self-harming behaviour and isolates herself, losing much of her motivation for self-care.

When Xiaojin first arrived at the centre in March 2024, she was constantly on her tablet and refused to communicate. She later joined the "Day Rehabilitation" programme, where she participated in activities like grocery shopping, cooking, and helping other students. Over time, we saw significant changes. Xiaojin, who initially avoided interaction, began sharing her rich inner world—discussing topics like live streaming, education, video games, and character design. She also developed a willingness to try new things and explored creating new dishes and desserts at the centre.



After three months, Xiaojin had learned to independently shop, cook, and share snacks with others. She even started rewarding younger children with snacks, imitating the teachers. When she saw others in need, she was willing to help and assist them. Her self-harming behaviour and excessive screen time also significantly decreased, from once spent over 10 hours a day to within a set limit.

The most remarkable change came when Xiaojin took initiative to share her concerns about returning to school in September with the teachers. In response, the centre and her family created a study plan, daily schedule, and guidelines for managing pocket money to help her prepare.

Xiaojin has since opened up, becoming more engaged with the world. She now chats with us, sharing interesting scientific facts and making jokes that brighten everyone's day. Her life has transformed in ways none of us could have imagined.

成果 Accomplishments



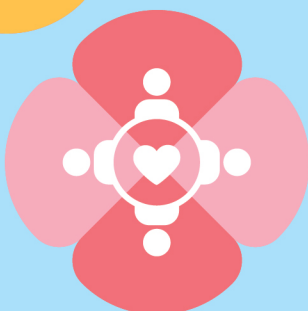
持續規律開展個案干預，個案討論日常工作。累計服務8個孩子及家庭，開展7次個案討論。
Continue to carry out case intervention on a regular basis and discuss daily work on a case-by-case basis. A total of 8 children and families have been served and 7 case discussions have been conducted.



針對老師開展一期培訓，內容為《認識特需孩子》，參與者共有9位老師。
A training session was conducted for teachers on "Understanding Children with Special Needs", with a total of 9 teachers participating.



與友機構聯合開展了2期線下公益講座，主題分別為：《家庭干預與行為管理》、《感統與專注》；參與者共計66人，其中線下43人，線上23人。
Jointly conducted 2 offline public talks with another organisation, with the themes: "Family Intervention and Behaviour Management" and "Sensory Integration and Concentration"; a total of 66 participants, including 43 offline and 23 online.



開展家長休憩日及家長小組4次，針對志願者開展了一期培訓，學生共計31人次，家長參與共計18人次，志願者25人次。
Conducted parent retreats and parent groups 4 times, as well as organising a training session for volunteers, with a total of 31 students, 18 parents and 25 volunteers participation count.



支持和關懷家長，開展室內家庭活動及家長小組，室內活動3次；家長及孩子共計24人次，志願者6人，為家長提供分享和互助的關係支援。

Carry out indoor family support activities and parent groups: 3 indoor activities; a total of 24 parents and children participation count, and 6 volunteers, providing relationship support for parents through sharing and mutual help.



開展一期《我很勇敢》兒童品格營。學生人數20人，志願者4人，中心老師3人。

Launch a children's character camp "I'm Brave". A total of 24 students, 4 volunteers and 3 teachers.



新年展望 – 熱身音樂活動
New Year Outlook : Warm up activity

活動匯報 Activities



時間 Date	培訓類別 Training Items	參加人數/人次 Number of participants/times
老師培訓 Teacher Training		
2023.07.20	《認識特需孩子》"Understanding Children with Special Needs"	12位老師 12 teachers
公益講座 Public Service Lectures		
2023.09.08	《家庭干預與行為管理》 "Family Intervention and Behaviour Management"	線下13位家長/老師，線上23人，工作人員6位 Off-line 13 parents/teachers; On-line 23 peoples, 6 Staff
2023.10.23	《感統與專注》"Sensory Integration and Concentration"	參與人數30人 30 participants
家長休憩日 Parents Retreats		
2023.08.12	志願者培訓 Volunteer Training	志願者9人, 9 volunteers
2023.08.26		8位孩子, 3位家長, 3位志願者, 3位老師 8 children, 3 parents, 3 volunteers, 3 teachers
2023.11.25		12位孩子, 9位家長, 5位志願者, 3位老師 12 children, 9 parents, 5 volunteers, 3 teachers
2024.01.27		6位孩子, 5位家長, 5位志願者 6 children, 5 parents, 5 volunteers
2024.04.20		5位孩子, 1位家長, 3位志願者, 3位老師 5 children, 1 parent, 3 volunteers, 3 teachers

品格營會 Character Camp

2023.11.18	《我很勇敢》 "I Am Brave"	20個學生, 4位志願者, 3位老師 20 students, 4 volunteers, 3 teachers
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家庭活動 Family Activity - 室內 Indoor

2023.12.16	年終慶典 End of Year Celebration	4個孩子, 7位家長, 6位志願者, 3位老師 4 children, 7 parents, 6 volunteers, 3 teachers
2024.03.01	新年展望, 與愛同行 New Year's Outlook, Walk with Love	3位孩子, 4位家長, 3位老師 3 children, 4 parents, 3 teachers
2024.06.27	父親節特別活動 Father's Day Special Event	3位孩子, 3位家長, 3位老師 3 children, 3 parents, 3 teachers

家長小組 Parent small Group

2023.08.26	《我如何休息》How I Rest	5位家長, 5 parents
2023.11.25	《我帶娃日常中的感恩與挑戰》 Gratitude and Challenges in My Daily Life of Raising Kids	9位家長, 9 parents
2023.12.16	《2023 生活回顧》2023 Life Review	7位家長, 7 parents
2024.01.27	《愛的五種語言》The Five Love Languages	3位家長, 3 parents
2024.03.01	《我的孩子很特別》My Kid is Special	4位家長, 4 parents
2024.04.20	《正面管教親子實踐》一對一對談 "Positive Discipline Parenting Practice" 1-on-1 conversation	1位家長, 1 parents
2024.06.27	《行為管理及家庭干預策略》 "Behaviour Management & Family Intervention Strategies"	3位家長, 3 parents

項目的夥伴 Project Partners

零加壹教育諮詢(成都)有限公司
Caring One Education Consultation (Chengdu) Co. Ltd.

成都與你童行公益服務中心
Chengdu Companion with your Childhood Charity Service Centre

光與言兒童感統及語訓中心
Light and Word Children Sensory Integration and Speech Training Centre

青年發展培訓有限公司
Youth Development and Training Limited



學校老師培訓
Teacher Training



家長休憩日 Parent Retreats

1. 做蛋糕
Baking cake
2. 小組挑戰活動
Group challenge activity
3. 認識烤箱
Learn how to use an oven
4. 故事時間
Story telling
5. 學生主動幫助推輪椅外出
Students take the initiative to help push wheelchairs out
6. 植物拓印成品
Flower pounding craft



前瞻 Looking Forward

展望未來：儘管嘗試了計劃中的各種招生途徑，中心的招生仍未取得突破。李艷將尋求新的方式來服侍有特殊需要的家庭。並會暫停中心的事工，改為加入專門服務特殊需要家庭的機構，繼續致力於服侍這個群體。

Looking ahead: Despite trying various planned recruitment methods, the centre has not made a breakthrough in student enrolment. Li Yan will seek new ways to serve families with special needs. She will suspend the centre's activities and join an organisation that specialises in serving families with special needs, continuing her dedication to this community.

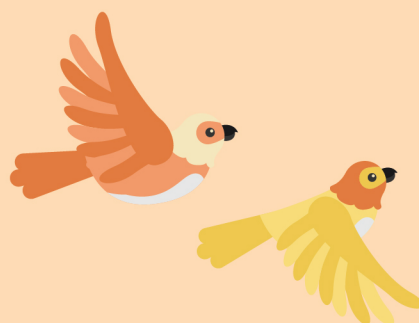
咖啡與生命青年培育計劃

Coffee and Life

Youth Leadership Training Project



深圳
Shenzhen

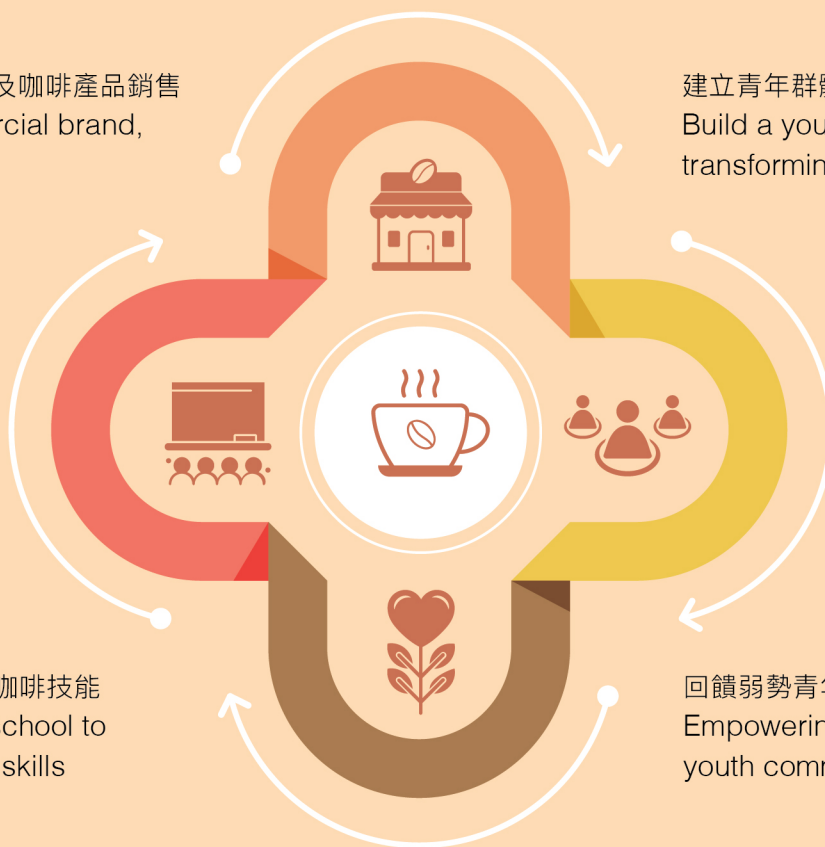


一窗咖啡工作室營運模式

Operational Model of "One Window Coffee Studio"

建立商業品牌，咖啡及咖啡產品銷售
Establish a commercial brand,
selling coffee and
coffee products

建立青年群體，轉化生命價值
Build a youth community,
transforming the value of life



建立咖啡學校，培訓咖啡技能
Establish a coffee school to
train coffee-related skills

回饋弱勢青年群體
Empowering disadvantaged
youth communities

事工啟動程序 Ministry Startup Procedure

啟動期 Startup Phase

1. 建立咖啡空間與平台
Establish a coffee space and platform
2. 打造咖啡產品，探索咖啡商業模式，建立咖啡品牌
Develop coffee products, explore the coffee business model,
and create a coffee brand

發展期 Development Phase

1. 連結青年群體，傳遞價值觀，完成生命轉化
Connect with youth communities, impart values,
and achieve life transformation
2. 深化咖啡品牌，建立咖啡學校，完善咖啡商業模式
Deepen the coffee brand, establish a coffee school,
and refine the coffee business model

成熟期 Maturity Phase

整合社會資源，服侍弱勢群體，建立可持續發展的服務模式
Integrate social resources, serve disadvantaged communities,
and form a sustainable service model.



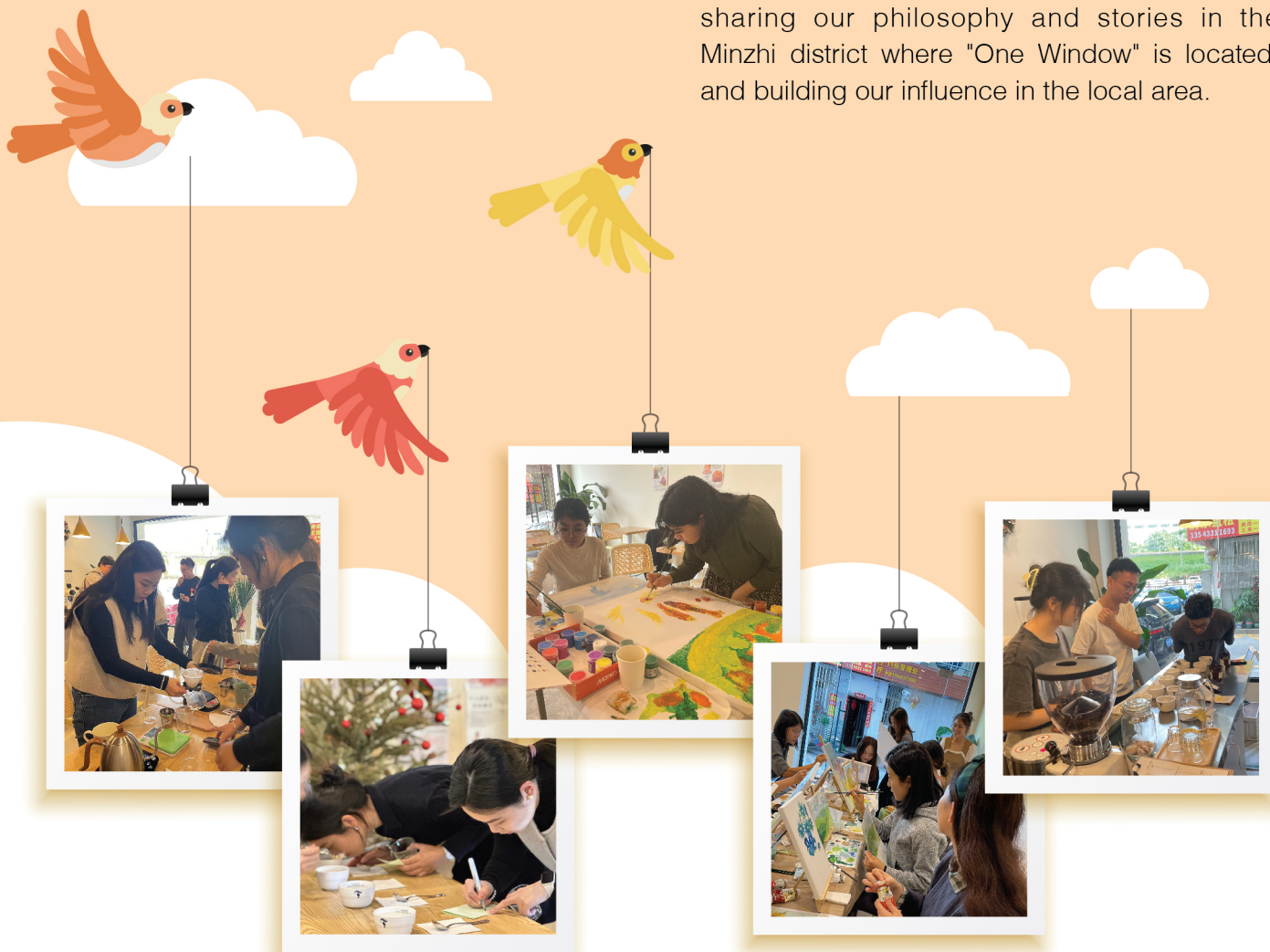
年度項目概要 Annual Project Highlights

在2023年9月，「一窗咖啡工作室」在深圳龍華區民治鎮人口最密集的城中村正式開業，為這裏的年輕人打開了一扇窗。在這裏，我們培養了4位咖啡學徒，藉著開展多項咖啡品鑒和不同主題的興趣活動，去建立年輕人的咖啡群體，一起探索生命的價值和意義。

為了進一步鞏固工作室的營運能力和在社區內紮根，我們又建立咖啡品牌，嘗試咖啡商業化運營的可能性。此外亦聯繫了「龍華區社會組織總會」並成為其專案顧問，在「一窗」所在的民治街道分享我們的理念和故事，建立在當地的影響力。

In September 2023, "One Window Coffee Studio" officially opened in the most densely populated urban village of Minzhi Town, Longhua District, Shenzhen, offering a new opportunity for the young people here. At this place, we have trained four coffee apprentices, and by organising various coffee tasting events and themed activities, we aim to build a community of young coffee enthusiasts, exploring the value and meaning of life together.

To further consolidate the studio's operational capabilities and establish deeper roots in the community, we have also created a coffee brand, exploring the possibilities of commercial coffee operations. Additionally, we have connected with the "Longhua District Social Organisations Federation" and became a project consultant, sharing our philosophy and stories in the Minzhi district where "One Window" is located, and building our influence in the local area.



手沖咖啡體驗
Hand drip coffee experience

藝術共創活動
Art Co-Creation activity

油畫體驗課
Oil painting experience class

咖啡杯測分享活動
Coffee cupping and sharing experience

我們的故事 Our Stories

原來我不是一無是處！

當咖啡學徒之前，展意已經獨自呆在城中村單間房一年了！他沒有朋友、沒有社會支持，整個人焦慮不安，不知道自己還可以做什麼！

他曾做過餐廳的服務員、男裝店和炸雞店的員工，找的工作門檻低工作強度大，很快就被替代了。為了生活，他甚至在地鐵站旁賣關東煮，但因為味道不佳而最終失敗了！

「我就是沒有用的人！」、「我做不到！」——剛開始做學徒時他總這樣評價自己。因為害怕失敗，他寧願不做；因為缺乏自信，他總是渴望得到別人的肯定。

在培訓過程中，除了在工作教導上需要更多耐心，還常常需要與他談心。在他的糾結、恐懼和複雜的心路歷程中安慰和鼓勵他。當他遇到困難時，告訴他「你的價值在於你本身是珍貴的，不在於你做成了什麼」。在半年後，展意終於能打奶拉花做出一杯好的咖啡了。

「我覺得面對困難是痛苦的，但成功克服後又是歡樂的。在這段日子裡我學到很多東西，不光是技術，也學習怎樣去變通思考。當我站在吧台的時候才意識到自己並不是那麼一無是處，我感受到很多的愛，愛會一直引導我尋找能讓我成長的地方。」

展意最後在光明一家咖啡店順利入職，對於未來他也多了一些盼望，「我已找到了新的生活方向，未來想要成為一名優秀的咖啡師，可以把咖啡和愛分享給更多人」。



It Turns Out I'm Not Useless!

Before becoming a coffee apprentice, Zhan Yi spent a year alone in an urban village subdivided unit, filled with anxiety and lacking friends or social support. He had worked various low-skill jobs — waiter, clothing store employee, and fried chicken shop worker — but was quickly replaced due to high turnover rates. To make a living, he even tried selling “ODEN” next to a subway station, but it failed because of poor taste.

“I’m just a useless person!” he often thought at the start of his apprenticeship. Fearful of failure, he avoided trying new things and longed for the affirmation of others. Throughout his training, patience was essential. Heart-to-heart talks were necessary, and I comforted him through his struggles. I often reminded him, “Your value lies in being precious as you are, not in what you achieve.”

After six months, Zhan Yi learned to froth milk and create beautiful latte art. He began to see challenges as painful yet rewarding. “I find that facing challenges is painful, but overcoming them brings joy. During this time, I learned a lot —not just technical skills but also how to think flexibly. When I stand at the bar counter, I realise I’m not as useless as I thought. I felt a lot of love, and that love will always guide me to seek places that can help me grow.”

Ultimately, Zhan Yi secured a job at a coffee shop called Guangming and feels more hopeful about his future. “I have found a new direction in life. I want to become an excellent barista and share coffee and love with others.” His journey from self-doubt to confidence has transformed his outlook, revealing that he is capable of much more than he initially believed.



一窗是我在深圳心靈的棲息地

剛開始吸引小刀（化名）來一窗的是咖啡，而讓她留下的是關係。

大學畢業後，與原生家庭關係破碎的小刀隻身遠赴深圳在某大學做科研助理。除了工作，每逢放假就獨自窩在學校宿舍裏，焦慮對她身體造成各種不良的反應，如厭食和情緒抑鬱等。在深圳，每年有近十萬畢業生來尋找工作的機會。他們大多數蝸居在城中村，沒有生活的場景，人被物化成為工具，承受著一線城市超高的生活壓力，失去作為「人」應有的尊嚴和感受，年輕人對生活逐漸失去夢想和盼望。

「宿舍只是一個身體居住的地方，唯有在「一窗」心靈也可以得以棲息。我在這裏不但認識了很多既善良又能聊得來的朋友，還可以做一些自己喜歡的事情。」小刀之後逐漸開放自己，除了常常來分享咖啡，也漸漸的分享更多關於自己的成長、生活和夢想。「雖然我是學生物學的，但是我更加喜歡人類學。我常常在做實驗時，就不停的問自己，這個實驗有什麼意義呢？我總是覺得，人活著，總要做有意義的事。」

我們和小刀一起探索生活的意義，她加入我們的生命成長小組，每周我們都相聚分享彼此的生活，相互承擔，共同面對。我們也鼓勵她在人類學這個專業上有更多探索，尋找自己的熱愛。我們更一起在店裏籌備開展飲食人類學的活動，很受歡迎，小刀也因此感受到一份成就，找到生活的一點存在意義。

"One Window" is the Habitat of My Soul in Shenzhen

What initially attracted Xiaodao (a pseudonym) to "One Window" was the coffee, but what made her stay was the relationships. After graduating from university, Xiaodao, whose relationship with her family was broken, moved to Shenzhen alone to work as a scientific research assistant at a university. In addition to working, she often isolated herself in her dorm room during holidays, and her anxiety manifested in various physical and emotional issues, such as anorexia and depression. In Shenzhen, nearly 100,000 graduates arrive each year seeking job opportunities, many of whom live in cramped urban villages, where life lacks meaningful experiences. In this high-pressure environment, people become mere tools, stripped of their dignity and humanity, causing many young individuals to lose hope and dreams.



感恩節派對
Thanksgiving party



成人心理繪本沙龍
Adult Psychological Picture Book Salon

“Dormitories are merely places for bodies to live, but at “One Window”, my spirit finds a home. Here, I not only met kind friends who I could connect with but also engaged in activities I genuinely enjoy.” Over time, Xiaodao gradually opened up. Beyond sharing coffee, she began to reveal more about her growth, life, and dreams. “Although I study biology, I’m more passionate about anthropology. While conducting experiments, I often ask myself their significance. I believe that living means doing something meaningful.”

Together with Xiaodao, we explored the meaning of life. She joined our life growth group, where we gathered weekly to share our experiences, support one another, and confront challenges together. We encouraged her to delve deeper into anthropology, seeking what she truly loves. Additionally, we organised a cultural food anthropology activity at the café, which gained popularity, giving Xiaodao a sense of accomplishment and helping her find a glimmer of purpose in her life.

成果 Accomplishments

建立一窗咖啡運營平台，積累運營經驗

Establishing “One Window” Coffee Operation Platform and Accumulation of Operational Experience

在深圳選址，租賃場地，設計裝修以及實施運營，建立一窗咖啡工作室。不光在空間上建立一窗，也逐步建立一窗的產品、行銷、顧客群及探索咖啡在當地運營的可能。

Select a location in Shenzhen, rent the venue, design, decorate and implement operations to establish “One Window” Coffee Studio. Not only building “One Window” in terms of space, but also gradually establishing the products in its brand name, marketing, customer base and exploring the possibility of coffee operations in the local area.



開業分享會
Shop opening sharing

培訓咖啡學徒，完善職業規劃

Training Coffee Apprentices and Enhancing Career Planning

去年，我們共招收了4位咖啡學徒，按照每個人的進程完成相關的咖啡技術培訓，並且支持其個人及職業的發展。學徒期間不光在咖啡技術上有收穫，更加在自我認知、價值的建立、職場的溝通交流、思考和解決問題等多方面的能力得以提升，預備其進入職場的能力。

We recruited a total of 4 coffee apprentices last year, equipped them with relevant coffee skills training according to individual's progress, and supported their personal and professional development. During the apprenticeship, students not only gain in coffee skills, but also improve their abilities in self-awareness, value establishment, workplace communication, critical thinking and problem-solving, etc., preparing them for entering the job market.



端午飯聚
Dragon Boat Festival gathering



青少年披薩體驗活動
Pizza Making Activity for Youth

凝聚青年群體，實現生命轉化

Uniting Youth and Achieving Life Transformation

以一窗咖啡工作室為平台，開展心理、藝術、文化、咖啡等相關的活動共計12場，參與人數超過200人次。周日常規小組持續開展13次。在平台裏吸引到持續穩定的青年群體，並且建立真實的關係，實現其生命的影響和轉化。

Using the "One Window" Coffee Studio as a platform, we conducted a total of 12 activities related to psychology, art, culture, and coffee, with over 200 participants. Regular Sunday groups continued for 13 sessions. This platform has attracted a stable and continuous youth community, fostering genuine relationships that lead to impactful life transformations.

與當地機構建立良好的關係

Establishing Good Relationships with Local Organisations

過去一年與龍華區社會組織總會繼續合作，為其提供督導顧問服務，並且接觸相關本地的服務機構，建立合作的關係。

Over the past year, we continued our collaboration with the Longhua Society Organisation, providing them with supervisory consulting services and engaging with relevant local service organisations to establish cooperative relationships.



民治街道不同機構事工理念分享
Sharing our philosophy and stories with various organisations at the Minzhi district

活動匯報 Activities



時間 Date	培訓類別 Training Items	參加人數/人次 Number of participants/times
2023.09.23	開業分享會 Shop Opening Sharing	25人 people
2023.11.04	心理繪本沙龍 Psychological Picture Book Salon	16人 people
2023.11.11	咖啡拉花體驗課 Coffee Latte Art Experience Class	4人 people
2023.11.18	油畫體驗課 Oil Painting Experience Class	12人 people
2023.11.25	感恩節派對 Thanksgiving Party	10人 people
2023.12.02	成人心理繪本沙龍 Adult Psychological Picture Book Salon	10人 people
2023.12	南山社區居民咖啡體驗活動3場 3 Coffee Experience Classes Held for Nanshan Community Residents	每場人數25人 25 people in each class

2023.12.23	聖誕節音樂晚會 Christmas Music Party	
2024.01.14	沖煮咖啡體驗工作坊 Brewing Coffee Experience Workshop	12人 people
2024.03.23	藝術共創活動 Art Co-creation Activity	3人 people
2024.04.19	青少年披薩體驗活動 Pizza Making Activity for Youth	10人 people
2024.04.18	民治街道各社會組織負責人、工作站負責人分享 咖啡製作和透過咖啡發展社群的經驗。 Share experiences in coffee making and community development through coffee with the heads of various social organisations and workstations in Minzhi Street	30人 people
2024.06	咖啡杯測分享活動 Coffee Cupping Event	6人 people
2024.06.08	端午節飯局及習俗分享 Lunch Gathering Sharing the Customs of Dragon Boat Festival	10人 people

項目的夥伴 Project Partners

零加壹教育諮詢（成都）有限公司
Caring One Education Consultation (Chengdu) Co. Ltd.

深圳市龍華區社會組織總會
Shenzhen Longhua Society Organisation General Office

深圳市好鄰舍教育諮詢有限公司
Shenzhen Good Neighbour Education Consulting Co., Ltd.

青年發展培訓有限公司
Youth Development and Training Limited



聖誕節音樂會
Christmas music party



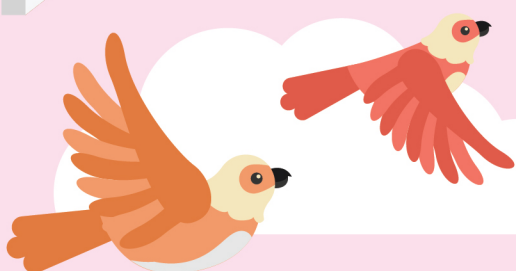
前瞻 Looking Forward

未來「一窗」將持續努力提升運營能力，以及加強在產品技術上的能力，形成與市場產品差異化、高品質化的運營定位。也藉著這個平台，繼續開展各類型的活動，凝聚青年人，建立真實的關係，回應不同的需要。針對核心的青年人，從職業規劃，心理與生命多維度的支持其個人發展，幫助大家從異化的社會價值下尋找真我，實踐夢想。

In the future, 'One Window' will keep improving its operations and product technology to stand out in the market. We'll use this platform to organise activities that bring young people together, build real relationships, and meet their needs. For our core young audience, we'll support their personal growth in areas like career planning, mental health, and life skills, helping them find their true selves and achieve their dreams in a society with different values.

華西精神障礙患者家屬的 遠程康復項目

West China Hospital Tele-rehabilitation Project for Patients
with Mental Disorders and Their Families



項目框架 Project Structure

華西精神障礙患者家屬的遠程康復專案 West China Hospital Telerehabilitation Project for Patients with Mental Disorders and Their Families



年度項目概要 Annual Project Highlights

本年以線上和線下結合模式開展多元精神康復服務，線上服務推廣至湖南、重慶、貴州、四川等不同地區的家庭，而線下的互動性和體驗感更強。遠程專案不僅有針對成年患者的《復元365課程》，還有針對患者和家屬共同參與的「多家庭教育小組」。該小組由華西醫院精神科護理醫生帶領，引導組員用「家庭指引」和「問題解決工作表」模式解決問題，組建的家屬社群有利於家屬間的互相交流與支持。

此外，「非凡家長」教練工作坊在成都希望之光康復中心舉行，第二及三期課程的參加學員共計45人。另我們也與成都青羊亞倫診所合辦了「非凡家長」講座，首次以線上和線下同步模式開展，反應踴躍，參與人數達71人。而我們的公眾號的粉絲人數增長到7,623人，文章的總計閱讀量為7,026次。

This year, we have implemented a diverse range of mental health rehabilitation services by combining online and offline methods. The online services have been expanded to families in various regions, including

Hunan, Chongqing, Guizhou, and Sichuan, while the offline services provide stronger interactivity and experiential opportunities. The tele-rehabilitation projects include the "Recovery 365 Course" aimed at adult patients, as well as a "Multi-Family Education Groups" that encourages participation from both patients and their families. Led by psychiatric doctors from West China Hospital, this group guides members in problem-solving using a "Family Guide" and a "Problem-Solving Worksheet", fostering communication and support among family members.

Additionally, the "Teen Parenting" Coaching Workshop was held at the HOPE Rehabilitation Centre in Chengdu, with 45 participants in the second and third phases. We also co-hosted the "Teen Parenting" Training with the Chengdu Qingyang Aaron Clinic, which was conducted in a hybrid of online and offline format for the first time, attracting 71 participants. Our public WeChat account has seen a growth in followers, reaching 7,623, with a total article readership of 7,026 views.

我們的故事 Our Stories

滋養心靈之光 –《多家庭教育小組》感想

通過八星期小組學習讓我深刻感受到這段旅程的寶貴。雖然我們的交流僅限於每週的線上相聚，但每一次互動都讓我從老師、家長和同伴們那裡獲得寶貴的知識和啟示。在這個群體中，我們相互鼓勵，默默支持，沒有批判，只有對彼此進步的歡欣和對困難的共鳴。

我們都是肩負著特殊孩子成長的家長，我們每個人都承受著生活的壓力、外界的誤解及在艱難中掙扎等的挑戰。我們無法預知孩子何時能夠覺醒，能夠真正理解我們深沉的愛，甚至不確定我們的努力是否會有回報。然而，這些未知並不妨礙我們每次在失望後重新燃起希望，繼續全心全意地關愛和支持孩子。

每次學習都讓我邁進了一大步，即使短期內看不到成果，但有大家的陪伴和老師的指導，我感到自己並不孤單。老師的指引就像陽光透過樹葉的縫隙，照亮我們的心靈，讓我們相信終有一天能夠觸摸到希望的光芒。讓我們保持耐心、接納和愛，像往常一樣生活，不要對他們抱有過高的期望。因為孩子的每一步，無論多麼微小，都值得被看見和被肯定的。

Nourishing the Light of the Soul - Reflections on the "Multi-Family Education Groups"

Through eight weeks of group learning, I have deeply appreciated the value of this journey. Although our interactions were limited to weekly online meetings, each exchange provided me with invaluable knowledge and insights from teachers, parents, and peers. In this group, we encouraged one another and offered silent support; there was no judgment, only joy in each other's progress and empathy for our struggles.

We are all parents carrying the unique challenges of raising special children. Each of us endures the pressures of life, misunderstandings from the outside world, and the difficulties of navigating through tough times. We cannot predict when our children will awaken to truly understand our profound love, nor can we be certain that our efforts will yield results. However, these uncertainties do not prevent us from reigniting hope after each disappointment, continuing to love and support our children wholeheartedly.

Every learning session has propelled me forward, and even if I don't see immediate results, the presence of others and the guidance of our teacher make me feel less alone. The teacher's guidance shines like sunlight filtering through the leaves, illuminating our hearts and making us believe that one day we will be able to touch the light of hope. We are reminded to maintain patience, acceptance, and love; to live our lives as usual without holding excessively high expectations for them. Because every small step our children take, no matter how minor, deserves to be recognised and affirmed.



小組練習
Small group practice

萬物皆有裂痕，那是光照進來的地方 –《365課程》感想

「希望之光」——希望的光芒，正如人生一樣，如果沒有希望、沒有光，那是多麼的可悲！這種光既是來自太陽照射，像人們的幫助，也是來自內心的靈光和內心的覺悟。

我是透過參與「希望之光」康復中心的課程學習到有關疾病的康復知識，感受到工作人員的熱情與無私的關愛，他們那份的尊重，讓像我這般因為疾病而被人歧視的一群人，能夠有勇氣重回社會的懷抱。特別是第三堂課，導師解釋了疾病主要是因為腦內神經遞質不平衡造成的，罪不在自己，這讓我能降低對患病的負罪感和羞恥感。

另外，導師也講解了為什麼人會被貼標籤？標籤是什麼？就是多數人對少數人的評價，有權力思維和考量，也是人類簡單生活的一種方式。但我們每位康復者都是活生生、有血有肉、有思想和感情的平凡人，同樣是有家庭和需要被人尊重，我們的價值不能用標籤去衡量。其實，我們每一位康復者同樣只有一個簡單的願望，就是回歸正常的生活，一年365天也是復元，每一年都如是。

“All Things Have Cracks; That’s How the Light Gets In” - Reflections on the "365 Course”

The "Light of Hope" shines brightly, much like life itself. Without hope and light, how tragic life would be! This light comes not only from the sun and the help of others but also from the inner illumination and awareness we cultivate within ourselves.

Through participating in the HOPE Rehabilitation Centre’s course, I gained valuable knowledge about mental health recovery and felt the warmth and selfless care of the staff. Their respect gave individuals like me, who face discrimination due to illness, the courage to return to the embrace of society. In particular, during the third session, the instructor explained that mental illness are primarily caused by imbalances in brain neurotransmitters, and that it is not our fault. This insight significantly reduced my feelings of guilt and shame regarding my illness.



學員分享課中練習作業

Student sharing their practice assignment during class

Additionally, the instructor discussed the concept of labeling: what it is and why people label others. Labels represent the judgments of the majority towards the minority, reflecting a mindset of power and a simplistic way of living. However, each of us in recovery is a real person with thoughts, emotions, and families who deserve respect. Our worth cannot be measured by labels. In reality, each of us in recovery shares a simple wish: to return to a normal life. Every year, 365 days, is a journey of recovery, and that journey continues year after year.

成果 Accomplishments

遠程專案在過去一年裡按照計劃開展了相關服務：

《復元365課程》 Recovery 365 Course

目前已開展4期365課程，共計487人次參與。參與者回饋在課程中學習到了管理精神疾病所需的資訊和技能，並改善了他們在社會關係、自我護理、學校、工作和家庭等領域的功能。

A total of 4 sessions have been conducted, with 487 participants in total. Feedback from participants indicates that they have learned valuable information and skills necessary for managing mental illness, which has improved their functioning in areas such as social relationships, self-care, school, work, and home management.

多家庭教育小組 Multi-Family Education Groups

目前已開展了9次線上小組活動，共計149人次參與。參與者回饋：在課程中每一次的互動都能從老師、家長和同伴們那裡獲得寶貴的知識和啟示。

9 online group activities have been held so far, with 149 participants in total. Participants reported that each interaction in the sessions provided them with valuable knowledge and insights from teachers, parents, and peers.

線上平台 — 微信公眾號 WeChat Articles

共計發佈29篇文章，公眾號的粉絲人數持續增長到7,623人，文章的總計閱讀量為7,026次，影響力有所擴大。

A total of 29 articles have been published, and the number of followers on the public account has steadily increased to 7,623, with a total readership of 7,026 views, expanding its influence.



家屬社群 Family Communities

通過微信建立了5個家屬社群，用於家屬間的交流與相互支持。

5 family communities have been established through WeChat for communication and mutual support among family members.

「非凡家長」教練工作坊 Teen Parenting Coaching Workshop

在2023年12月開展了第二期課程，在2024年3、4月開展了第三期課程，兩期參加學員共計45人。另我們與「成都青羊亞倫診所」於2024年8月10日聯合舉辦了「非凡家長」講座，有幸邀請到心理學專家陳心潔博士為我們作專題講座。這是首次以線上和線下同步模式開展，參與人數共計71人。線上和線下高達97%的學員回饋內容對他們教養孩子的意識有所提升和幫助。

The second phase of the course was conducted in December 2023, followed by the third phase in March and April 2024, with a total of 45 participants. Additionally, we co-hosted the "Teen Parenting Training" with the Chengdu Qingyang Aaron Clinic on August 10, 2024, featuring Dr. Chen Xinjie, a psychological expert, as the guest speaker. This was the first time the lecture was conducted in a hybrid format, attracting a total of 71 participants. Feedback from both online and offline participants indicated that up to 97% felt that the content enhanced their awareness and support in parenting.

研究方面 Research

《看護模式對公開意願的影響》正在投稿中；《瑜伽康復Meta分析》已發表（論文名：《Effects of yoga on clinical symptoms, quality of life and social functioning in patients with schizophrenia: A systematic review and meta-analysis》·期刊：Asian Journal of Psychiatry）

The paper titled "The Impact of Care Models on Willingness to Disclose" is currently under submission, while the "Yoga Rehabilitation Meta-Analysis" has been published. Name of Thesis : 《Effects of yoga on clinical symptoms, quality of life and social functioning in patients with schizophrenia: A systematic review and meta-analysis》· Journal : Asian Journal of Psychiatry)



活動匯報 Activities

活動名稱 Event / Activity Name	日期 Date	報名及招募人數 Participants	對象及參加人次 Type and no. of participants	合作夥伴 Partners
《復元365課程》 Recovery 365	2022.03 – 2023.12	報名 Application : 80	精神障礙患者 Patients 參加人次 Participation count : 487	希望之光會所項目 HOPE Clubhouse
多家庭教育小組 Multifamily Groups	2023.09 – 2024.09	報名 Application : 40 招募 : 21個家庭 Recruitment : 21	精神障礙患者及家屬 Patients and Their Families 參加人次 Participation count : 56	華西醫院精神科 Department of Psychiatry West China Hospital Sichuan University
微信公眾號： 成都希望之光 WeChat Official Account: The HOPE Chengdu	2023.09 – 2024.09	公眾號關注者 Followers : 7,623 文章總數 Articles : 29	總閱讀次數 Reading : 7,026	希望之光康復中心 HOPE Rehabilitation Centre
線下非凡家長 教練工作坊及 專題講座 Off-line Teen Parenting Coaching Workshops & Seminar	2023.12.20/ 12.27	報名 Application : 47 招募 Recruitment : 34	家長、心理諮詢師、社工等 Parents, Psychological Counselors, Social Workers, etc. 參加人次 Participation count : 69	希望之光康復中心 HOPE Rehabilitation Centre
	2024.03.29/ 04.14	報名 Application : 15 招募 Recruitment : 11	家長、心理諮詢師、社工等 Parents, Psychological Counselors, Social Workers, etc. 參加人次 Participation count : 11	
	2024.08.10	報名 Application : 98 招募 Recruitment : 71	家長、心理諮詢師、社工等 Parents, Psychological Counselors, Social Workers, etc. 參加人次 Participation count : 71	

項目的夥伴 Project Partners

Disabled Persons' Federation of Qingyang District, Chengdu
成都市青羊區殘疾人聯合會

HOPE Rehabilitation Centre
「希望之光」康復中心

West China Hospital, Sichuan University
四川大學華西醫院

Youth Development and Training Limited
青年發展培訓有限公司

Chengdu Qingyang Aaron Clinic Limited
成都青羊亞倫診所有限責任公司

Dr. Chen Xinjie
陳心潔博士

Dr. CHEN Yin
陳穎博士

Dr. CHEN Yuk-Lun Ronald
陳玉麟醫生

Prof. DENG Hong
鄧紅教授

Prof. ZHANG Shu Sen
張樹森教授



1. 心隨桿舞遊戲互動
Heart-following rod dance interaction
2. 張倬秋老師上課
Teacher Zhang teaches the class
3. 隻言片語遊戲分享
Sharing a few words and phrases in the game

前瞻 Looking Forward

與四川大學華西醫院的三年合約於2024年9月到期，我們與華西醫院的合作正式告一段落。團隊在過去15年成功建立了醫院社區一體化的精神健康教育服務模式，並培訓了一支醫護人員和志願工作者團隊，可以繼續在華西醫院的支持下服務成都及周邊地區。2015–2018年『青年發展基金』曾與四川大學華西醫院推動「翱翔天空復學項目」，為患有重症精神病的康復學生提供支援教育，項目在2018年後交與「希望之光」康復中心自資運作。在2024–2025新的年度，「青年發展基金」將委托「青年發展培訓有限公司」並透過捐贈予成都市殘疾人福利基金會資助「翱翔天空復學項目」，讓項目持續發展。

The three-year contract with West China Hospital of Sichuan University will expire in September 2024, marking the official conclusion of our collaboration with the hospital. Over the past 15 years, the team has successfully established a community-integrated mental health education service model and trained a team of healthcare professionals and volunteers to continue serving Chengdu and its surrounding areas with the support of West China Hospital. From 2015 to 2018, "The Youth Foundation" launched the "Sour High – Supported Education Project" with West China Hospital, providing supportive education for students recovering from severe mental illnesses. After 2018, the project was handed over to the "HOPE Rehabilitation Centre" for self-financing. In the new 2024-2025 fiscal year, "The Youth Foundation" will commission "Youth Development Training Co., Ltd." to support the "Sour High – Supported Education Project" through donations to the Chengdu Foundation For Disabled Persons, ensuring the project's continued development.

財務摘要

Financial Highlights

本財務撮要摘自青年發展基金截至2024年6月30日的年度財務報告。該財務報告由潘展聰會計師行所審核，完整報告可向本機構索取。所有金額以港元為單位。

These financial highlights are based on The Youth Foundation's financial accounts for the year ended 30 June 2024. The full audited financial statements by Philip Poon & Partners CPA Limited are available upon request. All figures are in Hong Kong Dollars.

損益及其他全面收益表

Statement of Profit or Loss and Other Comprehensive Income

		2023-24		2022-23	
收入	Income	港元 HK\$		港元 HK\$	
奉獻	Donations	1,450,175	97%	864,655	44%
項目贊助	Project Sponsorship	---	n.a.	1,047,841	54%
其他收入	Miscellaneous Income	40,838	3%	32,699	2%
總收入	Total Income	<u>1,491,013</u>	<u>100%</u>	<u>1,945,195</u>	<u>100%</u>
支出	Expenditure				
人力資源費用	Human Resources Expense	1,034,463	42%	737,341	34%
項目及行政費用	Project and Administrative Expenses	1,444,767	58%	1,412,739	66%
總支出	Total Expenditure	<u>2,479,230</u>	<u>100%</u>	<u>2,150,080</u>	<u>100%</u>
全年不敷	Deficit for the year	<u>(988,217)</u>		<u>(204,885)</u>	
總全面支出	Total Comprehensive Expense	(988,217)		(204,885)	

各贊助項目支出 Expenditure by Sponsored Project

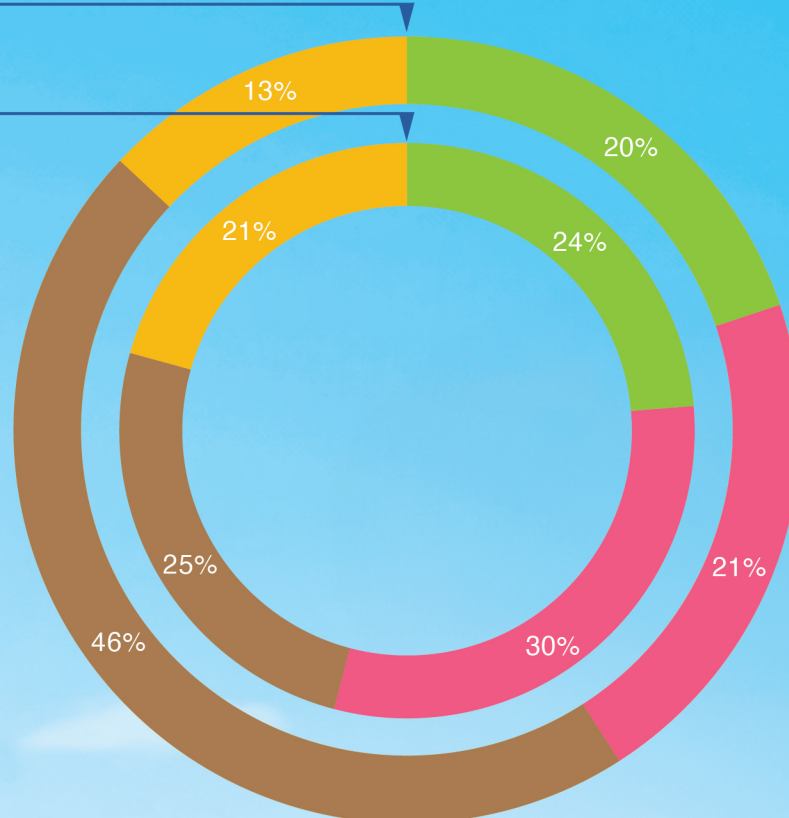
2023-24

HK\$2,479,230

2022-23

HK\$2,150,080

- 青年工作者培育計劃
Development Project for
Youth Workers
- 咖啡與生命
青年培育計劃－深圳
Coffee and Life Leadership
Training Project (Shenzhen)
- 華西精神障礙患者家屬的
遠程康復項目
West China Hospital
Telerehabilitation Project for
Patients with Mental Disorders
and Their Families
- 一般運作
General



財務狀況表 Statement of Financial Position

(截至2024年6月30日, as at 30 June 2024)

		2024	2023
		港元 HK\$	港元 HK\$
流動資產 ⁽¹⁾	Current Assets ⁽¹⁾	1,330,709	2,113,458
流動負債 ⁽²⁾	Current Liabilities ⁽²⁾	565,184	359,716
資產淨值	Net Assets	<u>765,525</u>	<u>1,753,742</u>
累積盈餘	Accumulated Surplus	<u>765,525</u>	<u>1,753,742</u>

備註 Note:

(1) 本年度流動資產包括銀行存款及現金1,210,728港元 (2023: 2,008,692港元)。

Current assets for the year included HK\$1,210,728 bank balances and cash (2023: HK\$2,008,692).

(2) 本年度流動負債包括遞延收入438,236港元 (2023: 266,262港元)。

Current liabilities for the year included HK\$438,236 deferred income (2023: HK\$266,262).



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