



即將舉行的活動 UPCOMING EVENTS



掃描了解詳情
SCAN FOR
MORE DETAILS

國語



高情商親子互動工作坊：
陪伴孩子的喜怒哀懼
High EQ Parent-Child Interactive Workshop:
Accompanying Your Child Through
Every Emotion

費用: \$30

1/11 (Sat) 8:00PM - 9:30PM (via Google Meet)



高情商親子互動工作坊：
化“危”為“機”的挫折學習
High EQ Parent-Child Interactive Workshop:
Turning Setbacks into Opportunities

費用: \$30

6/12 (Sat) 8:00PM - 9:30PM (via Google Meet)

*所有收益將捐贈給晨光基金，用以支持我們的事工，幫助更多需要幫助的人。
您的參與將不僅有助於自我增值，還他人帶來希望和支持。



支持晨光 SUPPORT US

晨光是一個非政府資助的慈善社區組織，依靠公眾、個人、教會和其他社區團體的捐款來維持我們對社區的免費或低收費的非牟利服務。



We are a non-government-funded organisation and relies on donations from the general public, individuals, churches and other community groups to maintain our free or low-fee non-profit services to the community.

捐款 A\$2.00 或以上給與 "First Light Care Fund" (晨光關懷基金) 可憑捐款收據申請扣稅。

Donations of A\$2 and over made to "First Light Care Fund" are tax deductible.

感恩事項 THANKSGIVING

1. 我們非常感謝上帝賜給我們每一位支持者和默默在背後付出的義工，衷心感激你們的忠心與服事。
 2. 一切榮耀歸給上帝！我們為從教會講座中收到的正面回應獻上感恩。願祂繼續使用這個事工，作為祂愛和關懷的管道，關懷有需要的人。
1. We're so thankful to God for each of you—our supporters and the volunteers who faithfully work behind the scenes. We truly appreciate you.
 2. We give all glory to God and praise Him for the positive feedback we've received from our church seminars. May He continue to use this ministry as a channel of His love and care for those in need.

代禱事項 PRAYER

1. 身為心理學家和輔導員，我們竭盡所能提供專業的照顧，但我們相信上帝才是最終的醫治者。請為我們的個案禱告，願他們能透過上帝的愛，經歷身心靈全面的醫治和復和。對於那些仍未認識耶穌為救主和生命之主的人，求主不但在情緒與心理上醫治他們，也在靈性上帶來轉化與重生。
 2. 請禱告上帝引領合適的治療師加入我們的團隊。
1. While we do our best to provide professional care as psychologists and counsellors, we believe that God is the ultimate healer. Please pray that our clients experience holistic healing and restoration through His love. For those who don't yet know Him personally as Saviour and Lord, pray that they will be healed not only emotionally and psychologically, but also spiritually.
 2. Please pray that God will lead the right therapist to join our team.

晨光關懷協會
first light care
ASSOCIATION INC.
ABN 21 133 068 517



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Cherrie 的分享

親愛的弟兄姊妹與朋友們，

我希望你和我一樣，正享受著春天的氣息。

春天總有一種輕柔提振人心的力量——提醒我們，即使經歷最寒冷的季節，之後新生命與希望依然會綻放。

我常常把我們的機構比作天父花園中一朵小小的春花——在祂的慈愛、看顧與保護下靜靜成長。但我們並不是孤單地成長。在過去的二十七年中，您一直以愛心、代禱與財務支持與我們同行——我們衷心感謝您。

因著您慷慨的奉獻，我們得以繼續以合宜的價格提供專業服務，讓更多人能夠獲得他們所需的幫助。不僅如此，我們也得以向正在面對困難的個人和家庭，提供免費或大幅補助的支援。

您的支持，改變了一切。它使我們能夠與一些在人生幽谷中的人同行，為他們帶來一種許久未曾感受的東西——希望。

讓我與您分享 Joey 的故事(經她許可)，這是一個您所給與我們的支持如何真正改變生命的例子。

Joey (化名) 是一位二十多歲的年輕女性。她的童年充滿了痛苦與創傷——在家中，她從未感受到愛與安全。父母中的一人經常對她說她是個錯誤、不配被愛，並對她施以身體與性虐待；而另一位家長，因害怕激怒施暴者，選擇視而不見，未能保護她。

因此，Joey 從小便相信這個世界是不安全的，而她自己本身就是壞的、沒用的、不被愛的。她在十四歲時曾試圖自殺。她的心理健康嚴重受損，許多我們視為理所當然的日常行為——例如眼神接觸、點餐、與店員說話——對她而言都極具壓力。

儘管她努力從事各種工作以養活自己，但創傷讓她幾乎無法維持穩定就業，只能依賴政府補助 (Centrelink) 過活。當 Joey 第一次來到晨光時，她幾乎要放棄生命，看不到任何希望的曙光。

經過八個月定期的心理治療後，Joey 分享說晨光對她而言成為一個安全的避風港。她人生中第一次感受到自己有價值。雖然她的旅程仍在繼續，仍有許多掙扎，但她開始找到希望與復原的力量。

正因為您持續的財務支持，我們才能為像 Joey 這樣的人提供免費服務——那些極需要幫助卻無力負擔的人。

感謝您在這項事工上與我們並肩同行。您的慷慨真的為最黑暗的角落帶來光明。

滿懷感恩

Cherrie

Cherrie's Sharing

Dear brothers, sisters, and friends,

I hope you're enjoying spring as much as I am.

There's something about spring that gently lifts the spirit—a reminder that even after the coldest seasons, new life and hope begin to blossom.

I often think of our organisation as one of those small spring flowers in our Heavenly Father's Garden—growing quietly under His love, care, and protection. But we don't grow alone. For the past 27 years, you've stood alongside us with your kindness, prayers, and financial support—and we are deeply thankful.

Because of your generosity, we've been able to continue offering professional services at affordable rates—so that more people can access the help they need. Beyond that, we've been able to provide free or heavily subsidised support to individuals and families doing it tough.

Your support makes all the difference. It allows us to walk with people in their darkest moments and offer them something they may not have felt in a long time—hope.

Let me share with you Joey's story (with her permission), an example of how your support truly changes lives.

Joey [not her real name] is a young woman in her 20s. Her childhood was filled with pain and trauma—she never felt loved or safe at home. One parent repeatedly told her she was a mistake and undeserving of love, while also subjecting her to physical and sexual abuse. The other parent, afraid to upset the abuser, turned a blind eye and failed to protect her.

As a result, Joey grew up believing the world was unsafe and that she was inherently bad, useless, and unlovable. She attempted suicide at the age of 14. Her mental health suffered greatly, and everyday activities many of us take for granted—such as making eye contact, ordering food, or speaking to a shopkeeper—became deeply distressing for her.

Despite her efforts to support herself through various jobs, her trauma made it nearly impossible to maintain employment, leaving her dependent on Centrelink support. When Joey first came to First Light Care, she was on the brink of giving up, unable to see any light at the end of the tunnel.

After eight months of regular therapy sessions, Joey shared that First Light Care has become a safe place for her. For the first time in her life, she feels a growing sense of worth. Although her journey is ongoing and there are still struggles, she is beginning to find hope and healing.

Because of your continued financial support, we're able to offer free services to people like Joey—people who desperately need help but cannot afford it.

Thank you for standing with us in this ministry. Your generosity truly brings light into the darkest places.

With gratitude,

Cherrie