

即將舉行的活動 UPCOMING EVENTS



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國語



親子互动工作坊： 建立健康的管教类型 Parent-Child Interactive Workshop: Establishing Healthy Discipline Styles

16/5/26 (Sat) 8:00PM - 9:30PM (via Google Meet)

費用: \$30



親子互动工作坊： 如何培养孩子自动自发 High EQ Parent-Child Interactive Workshop: How to Foster Children's Self-Motivation

13/6/26 (Sat) 8:00PM - 9:30PM (via Google Meet)

費用: \$30

*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

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。

如需捐贈，請掃描左邊的二維碼或訪問我們的網站以了解其他支持我們的方法。

我們非常感謝您的幫助和支持。

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。



感恩事項 THANKSGIVING

1. 我們感謝神，讓我們在假期後的新一年能有一個順利的開始。我們也感恩在 2026 年能繼續與教會合作，籌辦講座，提供有關親職教育與家庭生活的心理教育。同時，我們亦受到鼓勵，聽到這些活動或能成為福音外展的契機。我們為著神使用晨光在關顧與外展上支援教會而歡欣。

1. We thank God for a smooth start to the new year after the holiday period. We are grateful that several talks have been organised in partnership with churches to provide psychoeducation supporting parenting and family life in 2026. We were also encouraged to hear that these events may serve as a channel for evangelism. We rejoice that God is using FLC to support churches in both care and outreach.

代禱事項 PRAYER

1. 請為我們禱告，求神持續供應所需的資源，使我們的運作能順利進行。
2. 請為我們五月的年度策劃會議禱告，求神在我們預備並規劃來年的事工方向時引導我們。

1. Please pray that God will continue to provide the resources needed for our operations to run smoothly.
2. Please pray for God's guidance as we prepare for our annual planning meeting in May, that He will lead us in shaping the ministry for the year ahead.



NEWSLETTER 通訊 MAR 2026

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中心總監的分享

在我們繼續同行的旅程中，我想花一點時間與大家分享中心的一些最新消息，也同時分享我心中的一些感想。

我們很高興歡迎潘紀恩博士自 2025 年 9 月起加入我們的團隊。她同時在香港及澳洲提供專業服務，是一位香港註冊的發展與教育心理學家。目前，潘博士正進行澳洲註冊的過渡課程，並於我們位於 West Ryde 的中心提供面談的臨床服務。她在兒童臨床工作方面擁有豐富的經驗。許多人已對她的專業訓練與專長給予高度評價，尤其是在與年幼個案的工作上。潘博士為兒童及青少年提供治療服務及心理評估，包括智力 (IQ) 及學習能力評估。我們由衷感謝她為我們的臨床工作帶來的深度與智慧。

Centre Director's Sharing

As we continue our journey together, I would like to take a moment to share a few updates from the Centre, along with some reflections from my heart.

We are delighted to welcome Dr. Kean Poon, who has been with us since September 2025. She practises in both Hong Kong and Australia. Dr. Poon is a Hong Kong-registered developmental and educational psychologist and is currently completing a transitional program toward registration in Australia, seeing clients in person at our West Ryde centre. She brings with her a wealth of experience in clinical work with children. Many have already spoken highly of her training and expertise, particularly in her work with young clients. Dr. Poon provides both therapeutic services and psychometric assessments, including IQ and learning ability assessments, for children and adolescents. We are truly grateful for the depth and wisdom she brings to our clinical work.

當我回顧 2025 年以及 2026 年第一季時，很清楚地看見，無論在臨床或行政層面，我們都面對了不少挑戰。我常常因人類心靈的複雜、關係的細膩，以及這個世界所承載的深層痛苦而感到謙卑。有時，這份工作就像一個「不可能的任務」拼圖。坦白說，也有一些時刻，我不禁思考：究竟有誰能夠對醫治心靈、修復破碎的心懷抱如此的信心？

儘管晨光的治療師都受過專業訓練，並以誠信與卓越為本，全心投入服事，我們仍不斷被提醒，這項工作遠超過我們自身的能力。雖然我們是一個規模不大的機構，卻經常需要面對複雜且具挑戰性的個案。這份醫治的工作與事工，每一天都呼召我們以謙卑、分辨力，以及對主深切的倚靠來前行。

As I reflect on 2025 and the first quarter of 2026, it is clear that we have not been short of challenges, both clinically and administratively. I often find myself humbled by the complexity of the human mind, the intricacies of relationships, and the deep pain that exists in our world. At times, this work can feel like a “mission impossible” puzzle. If I am honest, there are moments when I find myself wondering how anyone could feel confident about healing the mind and mending the heart.

While our therapists at FLC are professionally trained and deeply committed to serving with integrity and excellence, we are continually reminded that this work is far greater than our own abilities. Although we are a small-scale operation, it is not uncommon for us to encounter complex and demanding cases. This healing work and ministry call us daily to humility, discernment, and deep dependence on the Lord.

I believe this is precisely why we were established as a Christian ministry. We want to be honest in telling others—and reminding ourselves—that we need God in order to do this work well. We believe our ultimate source of healing is Jesus, our King. While we work diligently to grow through professional training and clinical experience, we do so with the prayer that we may become better channels for Him, allowing Him to use us as His hands and feet.

我相信，這正是我們成立為一個基督教事工的原因。我們願意誠實地告訴他人——也不斷提醒自己——若要把這份工作做好，我們是何等需要上帝。我們相信，最終的醫治源頭乃是我們的君王耶穌。當我們努力透過專業訓練與臨床經驗不斷成長時，也同時以禱告來到祂面前，祈求我們能成為更合用的器皿，讓祂使用我們，成為祂的手與腳。

我誠摯邀請您在禱告中記念我們的團隊，願上帝的保護、力量與恩典臨到這事工中的每一位成員。願主持續塑造我們，無論在個人生命或整個中心的層面上，都不致偏離我們的初心與使命。願我們在所行的一切事、所服事的每一個人身上，都定睛仰望耶穌。

感謝您與我們同行、為我們代禱，並支持這項事工。我們由衷感恩。

滿懷感謝與祝福!

Cherrie

I would like to invite you to remember our team in your prayers—that God's protection, strength, and grace would rest upon each member of this ministry. May the Lord continue to transform us, both individually and as a Centre, so that we do not lose sight of our purpose and mission. May we keep our eyes fixed on Jesus in all that we do and all whom we serve.

Thank you for walking with us, praying for us, and supporting this ministry. We are deeply grateful.

With gratitude and blessings,
Cherrie

Cherrie

