



[中文版] f BOKSS





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Integrated Mental Health Services Training & Employment Services (**) Christian Ministry

Winter



🖒 Integrated Elderly Services

Over the past year, the world has experienced many difficulties and uncertainty. As there is always light after darkness, we have seen hope silently grow in this ever-changing era. Hong Kongers have shown perseverance and togetherness despite many obstacles. We have overcome diseases and climate change through collaboration, support, and unity.

we can overcome them and create a better, more hopeful future. As it says, "The old has gone, the new is here!" (2 Corinthians 5:17) Let us keep going, believing in optimism and building a better future.

We still confront issues, but we think that if we stay strong and work together,

WHAT'S NEW

Due to Hong Kong's poverty crisis, the Social Innovation Fund (SIF) funded the Social Innovation Hackathon (SI Hackathon) to bring together people from different backgrounds to create innovative and feasible solutions to improve

The 2nd Social Innovation Hackathon

the physical and mental health of children in subdivided units. Teams explored root reasons, applied inventive thinking to design solutions, and evaluated their practicality on the day.

Deadline: 28 February 2024

Date: 23 March 2024 (Saturday)

Link: https://forms.gle/z9BVfHFhYwcdejhU7

Enquiry: 3611 7145 (Kelly) / 3413 1657 (Emma)



照顧家人並不容易, 你是很重要!再忙也要好好 關顧自己的身心呀!

*每名成功申請人最高可獲得

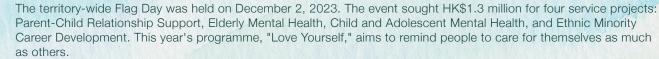
7,000元資助,以支付 心理評估及治療費用。

上午9時至下午6時 (公眾假期除外)

查詢/申請熱線: 5729 1077 熱線服務時間:星期一至六



SERVICE MESSAGE



Territory-wide Flag Day 2023

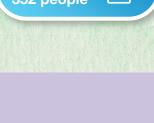
Volunteers 4,232 people Flag Paper Design





Christian Mental Health Conference 2023







Love yourself

0

and how to build a spiritually healthy and friendly church through the three keynote speeches. Four topic seminars addressed mental health concerns from the viewpoints of churches, ministry staff, ex-mental

patients, and young people.

The 17 November seminar was successful. Over 150 pastoral staff, church leaders, and organisational

staff attended the seminar "Churches Working Together for Mental Health" online and offline, discussing Hong Kong's mental health situation, the challenges of welcoming people with disabilities to churches,







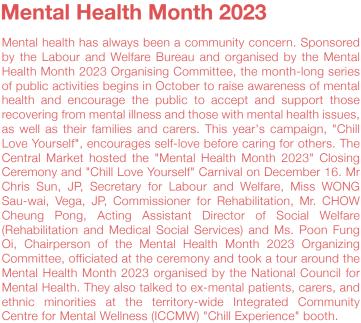
came to the canteen and thoughtfully prepared birthday cakes, gifts, and biscuits for the children, played games, and sang songs together, filling the venue with laughter and singing. Each family received rich gifts, making the birthday children's day happy and joyful. Every child should develop healthy and



Programme

Revisited





In addition to "Chill Love Yourself", we should help recovering carers. A 24-hour Carer Support Hotline "182183" can help carers

2023 精神健康月」 闭幕 器計位 「Chill 愛自己」嘉年

"Navigation for Closing





emotionally.



supports carers by "assisting them to plan their caring journeys, raising their awareness of self-care, assisting in the formulation of transitional arrangements, and providing community carer support for the 'left-behind' elders" and strengthening the community network and promotion to walk alongside them. Reach us at 3706 8158 or email nccsg@bokss.org.hk.





God protect the victims of the Noto earthquake in Japan and send them tranquilly as they recover. We pray for our colleagues with difficult workloads and projects. Wishing them fulfilment in His presence, a steady fellowship with Him, and the capacity to handle their tasks with ease and

















efficiency.







