

在這裡...  
Serene Court...

尋找你的空間，思考自己的路向。  
Giving yourself space to choose your own way.



基督教家庭服務中心  
Christian Family Service Centre



恬寧居 婦女庇護中心  
SERENE COURT  
REFUGE CENTRE FOR WOMEN



你可以選擇  
平和的生活  
自在地與自己、他人連結

You can choose a peaceful life  
Be connected with yourself and others

*Take your own destiny in your hands.*



我們會與你一起，離開家庭暴力。

We stand together against family violence.

通訊地址：基督教家庭服務中心 | 觀塘翠屏道3號9樓（請註明轉交恬寧居）  
Mailing address: Christian Family Service Centre | 9/F, 3 Tsui Ping Road, Kwun Tong, Kowloon (Attn: Serene Court)  
24小時熱線電話 24-hour Hotline: 2381 3311  
印刷日期：2022年2月



恬寧居網頁 Our website

### 服務特色

Characteristics of service

- 24小時即時入住  
24-round the clock immediate admission
- 提供擺放基本個人物品之空間  
Provide private space for basic personal belongings
- 安全及保密的共住環境  
A safe and confidential co-living environment
- 保持與社區聯繫  
Keep connection with community
- 提供基本生活傢俱電器  
Provide basic furniture and electrical appliances
- 離開暴力威脅  
Living free from abuse



親愛的你：  
Dear,

若你正受到家庭問題困擾、家庭暴力對待，此刻感到無助、恐懼和憤怒，但你並非孤單面對，我們在這裡等待你的來電。

You are not alone. If you're facing family relationship problems or in danger of domestic violence, feeling helpless, fearful and angry at the moment, we are waiting for your call.

恬寧居廿四小時求助熱線  
Contact our 24-hour Hotline

2381 3311

一般查詢  
For general enquiries



## 我們的服務 Our Services



短途住宿，紓解打結的生活  
Time out, is to relieve the knotted life.

### 短期住宿

#### Temporary Accommodation Service

兩星期住宿服務，若有需要可延至最長三個月，住宿費全免  
Free accommodation service for 2 weeks, maximum period of stay can be extended to 3 months.

### 個案及小組輔導

#### Individual and Group Counselling

由註冊社工提供即時危機評估、個案及小組輔導  
Our registered social workers provide immediate risk assessment, individual and group counselling for women and children.



連結就在一瞬間  
We connect in each instant.



療癒心中最需要被呵護的傷口  
Don't forget to heal your heart and keep yourself alive.

### 支援服務

#### Supporting Service

親職服務、兒童服務、同路人支援、離舍跟進及資源轉介  
Parenting support, children supporting service, mutual help group, after-care services, community resources and referrals.

## 服務對象 Service targets

面對家庭關係緊張及受家庭暴力威脅之：

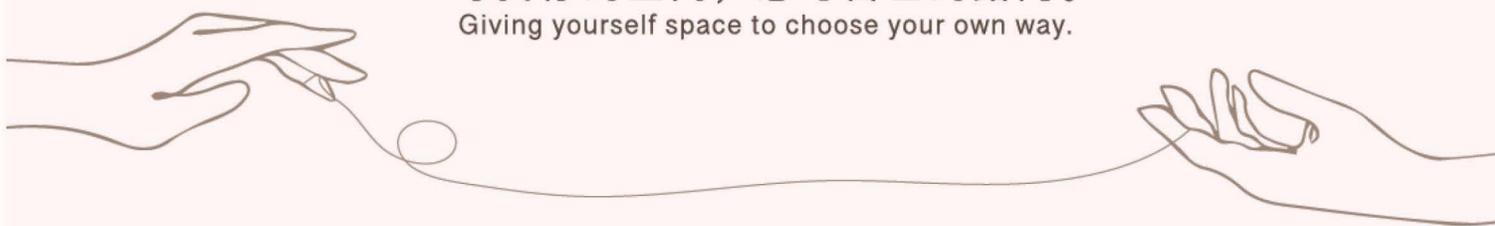
Below target groups who are facing family relationship problems or domestic violence:

- 單身或已婚婦女及其子女(任何年齡的女童及16歲以下男童)  
Single or married women and their children (girls of all ages and boys who are under 16)
- 13-17歲少女(需監護人同意)  
Single girls aged from 13 to 17 with guardian's consent
- 自行來電  
Self-referral
- 由社工或其他專業人士轉介  
Referrals by social workers or other professionals

## 申請入住 Application for admission

在这里...  
Serene Court...

寻找你的空间，思考自己的路向。  
Giving yourself space to choose your own way.



你可以选择  
平和的生活  
自在地与自己、他人连结

You can choose a peaceful life  
Be connected with yourself and others

*Take your own destiny in your hands.*



我们会与你一起，离开家庭暴力。

We stand together against family violence.

通讯地址：基督教家庭服务中心 | 观塘翠屏道3号9楼（请注明转交恬宁居）  
Mailing address: Christian Family Service Centre | 9/F, 3 Tsui Ping Road, Kwun Tong, Kowloon (Attn: Serene Court)  
24小时热线电话 24-hour Hotline: 2381 3311  
印刷日期：2022年2月



恬宁居网页 Our website

### 服务特色 Characteristics of service

- 24小时即时入住  
24-round the clock immediate admission
- 提供摆放基本个人物品之空间  
Provide private space for basic personal belongings
- 安全及保密的共住环境  
A safe and confidential co-living environment
- 保持与社区联系  
Keep connection with community
- 提供基本生活家具电器  
Provide basic furniture and electrical appliances
- 离开暴力威胁  
Living free from abuse



亲爱的你：  
Dear,

若你正受到家庭问题困扰、家庭暴力对待，此刻感到无助、恐惧和愤怒，但你并非孤单面对，我们在这里等待你的来电。

You are not alone. If you're facing family relationship problems or in danger of domestic violence, feeling helpless, fearful and angry at the moment, we are waiting for your call.

恬宁居廿四小时求助热线  
Contact our 24-hour Hotline

2381 3311

一般查询  
For general enquiries



## 我们的服务 Our Services



短途住宿，纾解打结的生活  
Time out, is to relieve the knotted life.

### 短期住宿

Temporary Accommodation Service

两星期住宿服务，若有需要可延至最长三个月，住宿费全免  
Free accommodation service for 2 weeks, maximum period of stay can be extended to 3 months.

### 个案及小组辅导

Individual and Group Counselling

由注册社工提供即时危机评估、个案及小组辅导  
Our registered social workers provide immediate risk assessment, individual and group counselling for women and children.



疗愈心中最需要被呵护的伤口  
Don't forget to heal your heart and keep yourself alive.



连结就在一瞬间  
We connect in each instant.

### 支援服务

Supporting Service

亲职服务、儿童服务、同路人支援、离舍跟进及资源转介  
Parenting support, children supporting service, mutual help group, after-care services, community resources and referrals.

## 服务对象 Service targets

面对家庭关系紧张及受家庭暴力威胁之：

Below target groups who are facing family relationship problems or domestic violence:

- 单身或已婚妇女及其子女(任何年龄的女童及16岁以下男童)  
Single or married women and their children (girls of all ages and boys who are under 16)
- 13-17岁少女(需监护人同意)  
Single girls aged from 13 to 17 with guardian's consent
- 自行来电  
Self-referral
- 由社工或其他专业人士转介  
Referrals by social workers or other professionals

## 申请入住 Application for admission

سیرین کورٹ ...  
Serene Court...

اپنا راستہ خود منتخب کرنے کے لیے اپنے آپ کو خود موقع دیں  
Giving yourself space to choose your own way.

 **基督教家庭服務中心**  
Christian Family Service Centre

 **恬寧居** 婦女庇護中心  
SERENE COURT  
REFUGEE CENTRE FOR WOMEN



**آپ پر امن زندگی کا  
انتخاب کر سکتے ہیں۔**  
اپنے آپ سے اور دوسروں سے جڑے رہیں۔

You can choose a peaceful life  
Be connected with yourself and others



*Take your own destiny in your hands.*



ہم خاندانی تشدد کے خلاف ایک ساتھ کھڑے ہیں۔

We stand together against family violence.

Mailing address: : ڈاک کا پتہ :  
Christian Family Service Centre  
9/F, 3 Tsui Ping Road, Kwun Tong, Kowloon (Attn: Serene Court)  
24-hour Hotline : 2381 3311 : 24 گھنٹے ہاٹ لائن :  
印刷日期: 2022年2月



Our website

### سروس کی خصوصیات Characteristics of service

- چوبیس گھنٹے فوری داخلہ  
24-round the clock immediate admission
- بنیادی ذاتی سامان کے لیے ذاتی جگہ کی فراہمی  
Provide private space for basic personal belongings
- ایک محفوظ اور رازدارانہ اکٹھے رہنے والا ماحول  
A safe and confidential co-living environment
- کمیونٹی کے ساتھ رابطہ  
Keep connection with community
- بنیادی گھریلو سامان اور برقی آلات کی فراہمی  
Provide basic furniture and electrical appliances
- بدسلوکی سے پاک زندگی  
Living free from abuse



محترم،  
Dear,

آپ تنہا نہیں ہیں، اگر آپ خاندانی تعلقات کے مسائل کا سامنا کر رہے ہیں یا گھریلو تشدد کے خطرے میں ہیں، اس وقت بے بس، خوفزدہ اور غصہ محسوس کر رہے ہیں، تو ہم آپ کی کال کا انتظار کر رہے ہیں۔  
You are not alone. If you're facing family relationship problems or in danger of domestic violence, feeling helpless, fearful and angry at the moment, we are waiting for your call.

ہماری 24 گھنٹے ہاٹ لائن سے رابطہ کریں  
Contact our 24-hour Hotline

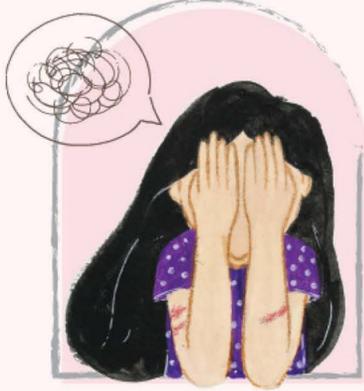
عام پوچھ گچھ کے لیے  
For general enquiries

2381 3311

چائیز اور انگریزی دونوں زبانوں میں  
Bilingual in Chinese and English



## ہماری خدمات Our Services



گھٹی ہوئی زندگی سے نجات کے لیے وقفہ لینا  
Time out, is to relieve the knotted life.

## عارضی رہائش کی خدمت Temporary Accommodation Service

2 ہفتوں کے لیے مفت رہائش کی خدمت، قیام کی مدت زیادہ سے زیادہ 3 ماہ تک بڑھائی جا سکتی ہے۔

Free accommodation service for 2 weeks, maximum period of stay can be extended to 3 months.

## انفرادی اور گروپ کونسلنگ Individual and Group Counselling

ہمارے رجسٹرڈ سماجی کارکن خواتین اور بچوں کے لیے فوری خطرے کی تشخیص، انفرادی اور گروپ کونسلنگ فراہم کرتے ہیں۔

Our registered social workers provide immediate risk assessment, individual and group counselling for women and children.



ہم ہر لمحہ جڑے ہیں۔  
We connect in each instant.



اپنے دل کو مضبوط رکھیں اور اپنی زندگی جینا برقرار رکھیں  
Don't forget to heal your heart and keep yourself alive.

## سپورٹنگ سروس Supporting Service

والدین کی معاونت، بچوں کی معاونت کی خدمت، باہمی مدد کے گروپ، دیکھ بھال کے بعد کی خدمات کمیونٹی کے وسائل اور حوالہ جات۔

Parenting support, children supporting service, mutual help group, after-care services, community resources and referrals.

## سروس کے اہداف Service targets

ذیل میں وہ ٹارگٹ گروپ ہیں جو خاندانی تعلقات کے مسائل یا گھریلو تشدد کا سامنا کر رہے ہیں :  
Below target groups who are facing family relationship problems or domestic violence:

- غیر شادی شدہ یا شادی شدہ خواتین اور ان کے بچے ( ہر عمر کی لڑکیاں اور 16 سال سے کم عمر لڑکے )  
Single or married women and their children (girls of all ages and boys who are under 16)
- سرپرست کی رضامندی سے 13 سے 17 سال کی عمر کی غیر شادی شدہ لڑکیاں  
Single girls aged from 13 to 17 with guardian's consent

## داخلے کے لیے درخواست Application for admission

- خود کا حوالہ  
Self-referral
- سماجی کارکنوں یا دیگر پیشہ ور افراد کی طرف سے حوالہ جات  
Referrals by social workers or other professionals