



March 2024

newsletter

通訊

— A Word from the Centre Director —

Dear brothers, sisters and friends,

I thank my God every time I remember you. (Philippians 1:3)

Every now and then, we receive inquiries from individuals facing financial difficulties who wish to seek therapy for themselves or their loved ones but lack the necessary funds. Upon assessing these cases, I find that many of them are genuine, yet they do not meet the criteria for government-funded services due to their unique circumstances. In such instances, we gladly offer special rates, bulk-billing, or even free services, depending on their needs. These individuals are the very reason we exist, and their gratitude for our assistance never fails to touch my heart. It serves as a constant reminder of the invaluable support we receive from all of you - our donors, supporters, and volunteers - who contribute to the functioning of FLC. Therefore, I often respond to them by saying, "It is not us, but the generosity of our donors." I only wish I could capture these beautiful moments of appreciation and show you the difference you have made.

If you live locally, you may have noticed the abundance of professional counselling and psychology services available in our community. However, among these options, FLC holds a unique position. Thanks to the support of individuals like you, FLC is able to offer a range of services that set us apart. We provide multilingual and affordable psychology and counselling services that is grounded in strong Christian values. This combination of factors truly distinguishes us from other providers in the area.

In addition to our therapy services, we also offer free psychoeducation seminars both online and in-person at churches and other organizations. These seminars allow us to reach a wider audience and provide valuable information and resources to those

who may not have access to professional help otherwise. We are grateful to all those who have made these initiatives possible and have allowed us to fill the gap in the community's needs.

We sincerely hope that you will continue to partner with us and support our mission. Your ongoing support is crucial in enabling us. We also invite you to prayerfully consider becoming one of our pledge donors. Regular donations make a significant impact on our ability to serve individuals and families in need, and your contribution would be greatly appreciated. Thank you for your continued support and for helping us make a difference in the lives of those we serve.

On a different note, I would like to share some updates regarding the internal changes and transitions happening at FLC. We have made significant progress with our new client information system and our accounting procedures. I want to express my gratitude to our volunteers, Mr. Ivan Cheung, Mr. Kingsley Hui and Ms. Wylie Ma, for their valuable time and expertise. Additionally, I am pleased to announce that we have welcomed two new staff members, Ms. Paula Ngu, who joined us in April and Ms. Venus Lee, who joined us in May, as part-time administration officers.

May the Lord continue to be your sustenance, shield, and delight as you pass each day with His unfolding grace.

Warmly,

Cherrie Liu

Thanksgiving & Prayer

1. Praise God for having new blood in our FLC family. Paula and Venus were onboard in April and May respectively. I admire their serving hearts, talents, and expertise they bring along.
2. Please pray for God's continued providence in upholding and strengthening all staff as we go through transitions and changes.
3. Please pray for the clients we serve, Christians and non-Christians. We notice that there has been an increase of active suicidal clients in our caseload for the past few months. Your intercessory prayers are much needed to support them in their internal battles.

Upcoming Cantonese Seminars

粵語研討會 first light care
ABN 21 133 068 517

發掘自己的才幹

★★★★★
3種才幹
發現你的「絕活」
善用你的才幹

講員：陳謝麗婷博士

24/07/2024 (WED) | 8PM - 9:30PM | 網上聚會
截止日期：15/07/2024

查詢：(02) 9211 9988 | admin@firstlightcare.org.au
www.firstlightcare.org.au

請掃描報名

粵語研討會 first light care
ABN 21 133 068 517

認識工作價值觀

發現你所重視的東西
檢視內在動力與外在現實之間的張力
選擇你的生命取向

講員：陳謝麗婷博士

28/08/2024 (WED) | 8PM - 9:30PM | 網上聚會
截止日期：19/08/2024

查詢：(02) 9211 9988 | admin@firstlightcare.org.au
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請掃描報名

粵語研討會 first light care
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配對合適的工作

人的個性與工作環境之間關係
尋找適合你的工作配對
Holland Code Test

講員：陳謝麗婷博士

25/09/2024 (WED) | 8PM - 9:30PM | 網上聚會
截止日期：16/09/2024

查詢：(02) 9211 9988 | admin@firstlightcare.org.au
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請掃描報名

Upcoming Mandarin Seminars

雪梨華人宣道會希伯堂 first light care
ABN 21 133 068 517

建立和諧之家

探討華人家庭面對的壓力和挑戰
了解家庭成員如何透過改善溝通、平衡壓力、
衝突管理等生活不同觀點和責任中和睦相處

講員：
廖郭冠姿女士 Mrs Cherrie Liu
晨光注册心理學家

27/07/2024 (六) | 7:30PM | 雪梨華人宣道會希伯堂
51 HAWKESBURY ROAD, WESTMEAD, NSW 2145, AUSTRALIA

查詢：雪梨華人宣道會希伯堂 Owen 0421159928 | https://mandarin.hcac.org.au
晨光关怀協會 (02) 9211 9988 | admin@firstlightcare.org.au | www.firstlightcare.org.au

國語研討會 first light care
ABN 21 133 068 517

帮助孩子将界限化为已有

讲員
宋晓玲女士
MS JOY SONG
晨光关怀协会家庭教育高级主任
新加坡国立大学社会工作硕士

日期：2024年8月17日 (周六)
时间：8:00PM-9:30PM
地点：ZOOM 视频会议
费用：\$20*#
*可通过银行转账或到晨光网页以信用卡付款
请注意研讨会费用不予退还

对不少父母来说，教育界限是件困难的事。在圣经中大卫王能信伟大的领袖，但他忽略了在养育孩子的事上设定界限，以至于雅多尼米勒长大后，成为一个以自我为中心、不守信用、且企图篡夺王位的人。(参列王纪上一至二章)

健康的界限孕育并培养出有责任心、负责任感、自主、主动、知现实、会成长、愿诚实、朝向卓越等兼具诸多优良品质的社会接班人。

而大部分的父母都在“坚守界限”和“训练孩子培养界限”之间来回挣扎。面对孩子“百折不断”地测试父母的决心以达致超越界限为已任的倔强，父母的工作就变成得记牢说，包括在坚持智慧处理孩子的怒气、沮丧、发脾气与冲突。父母有界限的经验，才能培养孩子的界限，就好像一棵橡树，孩子触摸几次之后，发现这棵树比他/她强壮，下次就会绕道而行以确保安全。

资深儿童教育专业人士Joy Song将以丰富的亲子教育经验与实践案例，教导父母们如何兼具决心与技巧，化干戈为玉帛，帮助孩子将界限化为已有，发展出适应未来挑战的重要品质。

截止日期：2024年8月7日

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ABN 21 133 068 517

提升抗挫力

父母的养育如何优化孩子的大脑情商发展

讲員
宋晓玲女士
MS JOY SONG
晨光关怀协会家庭教育高级主任
新加坡国立大学社会工作硕士

日期：2024年9月14日 (周六)
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*可通过银行转账或到晨光网页以信用卡付款
请注意研讨会费用不予退还

大脑科学的临床研究，尽管孩子出生时具有特定的情感模式，但他们的大脑具有可塑性。父母的养育可以帮助孩子学习新的思维和社交技能，从而创造出新的神经通路，以及发展适应性更强的生物化学模式。提升抗挫力和社会适应能力。

近二十年来，不断地训练孩子，充分给予鼓励的办法，一直受到人本主义心理学运动的倡导和支持。抱持这样观念的父母不在少数，认为这样有助于维护孩子的自尊，能够培养孩子的自信。但事实上，过度赞扬的负面影响远大于正面效果。鼓励具体行为形成而非笼统夸奖，让孩子害怕困难、害怕失败、裹足不前的行为。长此以往，具过度保护孩子自尊和自信的养育行为，造成这些孩子的大脑不会长出使大脑的额叶部分帮助信息部分冷静下来的神经通路，以至于他们在生活学会面对和处理不稳定的事。

资深儿童教育专业人士Joy Song将以丰富的亲子教育经验与实践案例，教导父母们如何优化自己的养育模式，按行之有效的训练方法，帮助孩子们发展出抗挫力带来的情商能力，成为极具抗挫力的高情商者。

截止日期：2024年9月4日

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Please be a financial supporter of First Light Care.

Please make a regular tax-deductible donation to help us by:

- calling us on (02) 9211 9998 to make a donation using a credit card, or
- visit our web page – [Support Us](#), to make a donation via other payment methods.

Thank you for your prayer and support!

