

HOPE
GARDEN

Rebuilding Life
Through
Hope and Love

用愛與希望
來重建生命

紐約勵馨

2017 感恩募款餐會



GARDEN OF HOPE
2017 BENEFIT DINNER

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勵馨園-- 避風港灣

Garden of Hope Shelter in the Storm

婦幼服務中心



Lee-Lee Chang, Esq.
Chair of Board of Directors

張麗麗律師
紐約勵馨董事會主席

“耶和華阿，你知道困苦人的願望，你必垂聽他們的呼救，安慰他們。”-- 詩篇 10:17 (CCB)

“Lord God, You listen to the longings of those who suffer. You offer them hope, and you pay attention to their cries for help.” -Psalms 10:17 (CEV)

當我們回顧過去13個年頭，我們滿心感謝讚美神豐富的預備和引領，也很謝謝社區人士頂力的支持和鼓勵。

如眾所知，現今生活的步調是愈來愈快。因各種經濟、教育及情緒因素，家庭的穩定性受到很大的壓力和挑戰。這在移民社區更為顯著。當移民婦幼受到最近親人的言詞及行為暴力，他們會從震驚的最初反應，到拒絕相信，更甚者為施暴者找藉口，這是最常有的反應，他們無法相信暴力以對的現實，而常自問“我真不敢相信，怎會發生這樣的事。”家暴受害人常自我混淆，至終為自己的信任被背叛而傷痛。他們感到無助，他們無法繼續生活下去，他們需要一個安全港灣倚靠、歇腳、重新整理自己再出發，建立新的人生方向。

紐約勵馨受神託付，多年來一直以神的愛與遭受家暴、性侵及人口販運的受害人同行，提供各種資源幫助上千百的婦幼，讓他們重拾破碎的自我形象、信心及希望來重新塑造生命。紐約勵馨已設立三個庇護所，為這些無處可居，被社會邊緣化的婦幼提供避風港灣，讓他們不至露宿街頭，在寒夜有棲所。當中，我們也見證許多婦幼生命改變，重新站立，邁向正面的生活方向。我們與他們同慶，更加感謝神使用紐約勵馨成為“信、望、愛”的施福器皿。

最後，再次感謝社區人士與我們同工，因你們的愛心和關懷成為勵馨園丁，滋潤他們原已冰冷的心，再度看到社會有愛，改變生命是可能的。

When we look back, we cannot but give thanks to our Lord for His provision and guidance, along with the enormous support GOH has received from our community at large for the past thirteen (13) years.

Life seems to move at a much faster pace these days. Family stability is coming under increasing pressure from a variety of economic, educational, and emotional factors. This kind of impact appears to be more prevalent among immigrant communities. When women and children of immigrant families are abused and hurt by their loved ones, they initially would feel shocked, then deny the reality of the abuse, and eventually make excuses for their abusers. These are often their common responses. They may try to deny the violence by asking “I can't believe it. How could this happen?” At times, some victims may get confused, and even grieve over the betrayal of trust through violence. They are tired, helpless ... They cannot move on. They need a safe harbor to rest their feet, to pick up their broken pieces, and to re-establish the direction and journey of their lives.

Garden of Hope has been commissioned by our Lord to walk alongside with victims of domestic violence, sexual assault and human trafficking by providing various supports to benefit hundreds and thousands of women and children, so they may regain self-esteem, confidence and hope to rebuild their lives. In carrying out the commission, Garden of Hope has since established three (3) shelters, harboring many displaced and marginalized women and children over the years, so they no longer become street bound, but instead have a warm place to stay during cold nights. When we witness the transformed lives of these women and children, who are able to stand on their feet and lead productive lives, we wholeheartedly rejoice with them. And we give thanks to our Lord for using Garden of Hope as His instrument of Faith, Hope, and Love.

Together, we are seeing lives changed everyday, and with your generous support and partnership, we are making a difference in our community. Thank you again!

紐約勵馨董事會

Garden of Hope Board of Directors



張麗麗律師
執行董事(主席)

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Executive Board Chair



林恩湛建築師
執行董事(財務)

Emily Lin
Executive Board Treasurer



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Alison Fung, Esq.
Executive Board Secretary



宋弘恩教授

Hung-En Sung, Ph.D.



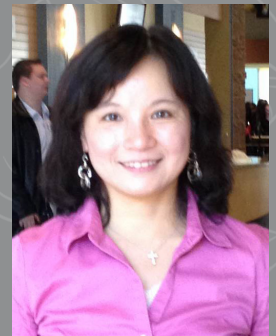
紀惠容女士

Hui-Jung Chi
Executive Board



梁信惠博士

Grace Hong, Ph.D.



潘瓊琬教授

Ay-Woan Pan, Ph.D.

我們的使命

紐約勵馨本著耶穌基督博愛精神，關懷、救助遭受到家庭暴力、性侵害以及人口販運的受害者，協助他們的身、心、靈獲得重建。

我們的信念

男女同按神的形象受造，人人享有同等的豐榮與價值，都有被尊重、免於恐懼及不被虐待的權利。

Our Mission

Through the love of God, Garden of Hope dedicates itself to serving, caring for and rebuilding the lives of people who have been exposed to domestic violence, sexual assault and human trafficking.

Our Beliefs

Women and men are equally created in the image of God; equally enjoy God's given value and dignity. Everyone has the rights to be treated with respect, to live a life free from fear, to say no to unjust treatment, and to refuse to assume responsibility of abuser's wrong doing.

2017 感恩募款餐會委員會 聯合主席歡迎致辭

Welcome Message from 2017 Benefit Dinner Committee Co-Chairs



Rose Huang
黃王美津女士



Christopher Law
羅光甸先生

各位女士、先生、嘉賓、朋友們：

我們很榮幸以晚宴委員會聯合主席身份，邀請您們參加紐約勵馨第十三週年感恩募款餐會。

近年來，紐約勵馨的服務不斷在拓展，嘗試從更多管道援助受暴人士，如提供熱線電話、安全計劃、危機處理、緊急庇護、法律轉介、支持團體與諮商、公共維權、協助申請保護令、犯罪受害者補償等服務。並且不遺餘力地在社區中從事宣導教育，提升大眾對家暴、性侵與人口販運議題的認識，盼中止暴力循環。

感謝諸位長期以來對紐約勵馨的支持。這傳達一份強烈訊息：面對任何暴力，身為亞裔族群的我們將不再緘默，我們團結一致抵抗這些不義。

來到紐約勵馨尋求服務的人常感生命無望，而紐約勵馨提供了一個安全的環境，扶持他們重新站起來。各位的支持，直接幫助了這些在異無從發聲、迫切需要協助的人。今天的晚宴，除了歡慶成果以及表揚義工與同工無私的奉獻，展望未來，我們知道還有很多的工作需要努力。

我們由衷感恩並期盼各位持續的支持。無論奉獻多寡，都能為這些受傷無助的心靈帶來正面影響。任何人，無論是我們的朋友、鄰居或家人，都有可能是下一位登門求助的受害者，唯有大眾認清這些議題的嚴重性，才有機會中止施暴的循環。

再次感謝各位的參與以及慷慨支持紐約勵馨，敬祝大家有個美好的夜晚。

Ladies and gentlemen, distinguished Guests, Honorees, friends and colleagues:

We are delighted to welcome you to this 13th Anniversary Benefit Dinner as co-Chairs of tonight's Committee.

Garden of Hope's mission has expanded tremendously in recent years to include helping victims of abuse by providing hotline services, safety planning, crisis intervention, shelter options, legal referrals, support groups & counseling, advocacy, assistance with filing Orders of Protection, public welfare and crime victims compensation. Additionally, a large part of their work now also includes community outreach and education, to raise awareness to these causes of abuse, assault and human trafficking in order to prevent the cycle of abuse.

Thank you all for your contributions tonight and in the past to Garden of Hope. This sends a loud statement that we of the Asian American community will not stand quiet to abuse of any kind and that we stand united with the victims against these crimes.

People referred to Garden of Hope are often people who see no hope left in their lives and Garden of Hope provides a safe community in which to raise one up again. Your contribution reaches real people who need our help—often who do not have a voice in a foreign land and who need our help desperately.

Galas are a celebration of hope and a acknowledgment of the hard work that the many volunteers, counselors and staff do on a daily basis. The Gala also reminds us that the mission is still growing and more work is still to be done.

I hope you continue to support this worthy cause and know that every contribution no matter how small, directly impacts someone hurting and in need of our help. The next person reaching out could be our friend, our neighbor, our family member, no one is immune from this cycle of abuse until we are able to educate everyone to the pains of these issues.

Thank you all again for coming and thank you for supporting this great organization again and again. Have a great evening.

2017 感恩募款餐會委員會
2017 Benefit Dinner Committee



黃王美津女士
(聯合主席)
Rose Huang
(Co-Chairs)



羅光甸先生
(聯合主席)
Christopher Law
(Co-Chairs)



張麗麗女士
Lee-Lee Chang



張麗芬女士
Heather Chao



翁張碧君女士
Cindy Cheung



馮智慧女士
Alison Fung



林秀昕女士
Isabella Giardina



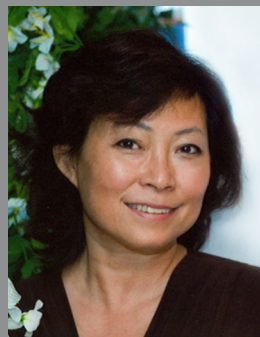
謝嘉燕女士
Joann Hsieh



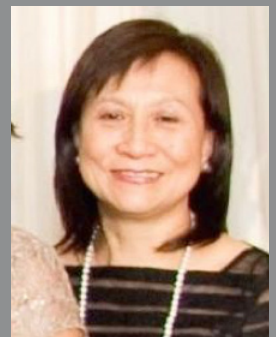
葉何嘉琪女士
Rene Ip



劉艾倫女士
Ellen Lii



林恩湛女士
Emily Lin



黃鍾小玲女士
Veronica Wong

有信、有望、有愛

Faith, Hope and Love

Faith makes all thing possible
Hope makes all thing work
Love makes all thing beautiful

紐約勵馨致力幫助家暴、性侵、人口販運的受害人獲得安全、療癒，以及重新再出發的力量。同時透過公共教育，增加社會對相關議題的瞭解及關懷。我們心中最大的負擔，就是「人」，我們自己的同胞。自2004年以來，我們與二千多位華裔婦女及孩童一起面對人生的苦難。身心受創的他們，或不敢為自己發聲、或不信任他人，或從火坑中逃出來，卻難以再融入社會。

我們的工作人員在法院陪伴受害人，除了申請保護令及各種法律服務、並提供情感支持、諮商輔導、職業培訓、婦女成長團體以及各種社福服務。我們的希望之家目前有廿八個床位，為遭受家暴或虐待導致無家可歸的婦幼提供一個安全的避風港。看著她們一步一步邁向獨立、健康的生活，我們與她們一同歡喜感恩。

協助受虐者找回身為人之榮美及價值是我們的使命。因著愛與希望，她們的生命得以翻轉，甚至讓我們這些見證人也一同經歷從神而來的愛與希望。當哭泣的臉，綻放出笑顏、當悲傷的情緒，被神采飛揚取代、當她們興奮的展示新家的照片……我們勵馨同工與他們同喜同悲，而這樣的事工沒有您的支持是不可能走到今天的！謹代表所有勵馨人，由衷感謝您的陪伴與鼓勵，您的愛讓勵馨有愛、您的挺身而出，讓這個社會有正義。

Yuanfen Kristen Chi
Executive Director
劉元芬總幹事



Garden of Hope is dedicated to safety, healing and empowerment of domestic violence, sexual assault and human trafficking victims / survivors, as well as creating a knowledgeable and supportive community through prevention education. The heart of Garden of Hope is on people, our community. Since 2004, we have worked with more than two thousand women and children, most of whom did not dare to voice their abuse, did not trust anyone after trauma or have difficulties re-integrate into society after escaping from hell.

Assistance in obtaining protection orders and providing court support is one of the services provided by our court advocates and legal partners. Survivors of sexual assault and human trafficking who need our services receive medical advocacy, emotional support, counseling, vocational training, support group and related legal assistance. Our 28-bed safe house is a 24/7 confidential haven for families left homeless as a result of domestic violence and abuse. Safety planning, emotional support, advocacy, children's programming, therapy, support group, food, transportation and referrals are among many of the services shelter families receive free of charge. Some of our most enduring successes are those that have gained their independence.

That is our mission – to help victims / survivors find the parts of themselves they lost or had to give up when forced to live in fear. The hope and love experienced by the individuals and families we serve in turn produce new hope and love for all of us, the staff and volunteers who are moved beyond words by the strength and courage we witness. The smile on a previously tear-streaked face, the words and gestures that speak confidence, the picture of the new homeThis is our work, and it would not be possible without the support of people like you! On behalf of all those we serve, thank you from the bottom of my heart. Thank you all for taking a stand against domestic violence, sexual assault and human trafficking. Your continued support is crucial to our mission and has an enormous impact on the community.

服務成果報告 (2016年10月至2017年9月)

Program Highlights (from 10/1/2016 to 9/31/2017)

緊急處置及諮商輔導

我們的十二位輔導員可以提供普通話、廣東話、台灣話、福州話服務。每年超過七百多位婦女在最急需幫助時，接受紐約勵馨緊急處置、輔導諮商、團體課程、法律協助及各種社福服務。我們服務的對象中95%是第一代移民，98%是低收入家庭。

希望之家庇護服務

在過去的這十二個月，我們的希望之家庇護所總共接待了七十二位婦女及孩子。希望之家專案目前有三個住所，同時最多可以接待廿八人，最多可以住六個月。

家庭正義中心駐點服務

紐約勵馨在皇后區的家庭正義中心提供駐點服務已經四年。今年五月，我們正式在布魯倫區家庭正義中心提供駐點服務。家庭正義中心結合檢察官、警察、非營利機構律師、社工、福利局、心理健康等機構，提供受害人全方位服務。紐約勵馨今年在家庭正義中心已服務七十五人。

Crisis & Counseling Services

Our 12 counselors and case managers, fluent in Mandarin, Cantonese, Taiwanese, and Fujianese, supported over 700 survivors through individual and group counseling, crisis intervention, legal assistance, and a range of supportive services to counteract the deep emotional effects of abuse and help our clients thrive. We meet the needs of the most vulnerable survivors. 95% of our clients are new immigrants, 98% live in poverty.

Hope House Shelter Services

We provided residential services to 72 women and children, helping them to find safety and stability as they start over. Our 3 Safe Houses are available to 28 adults and children every night, who may stay for up to six months. Our safe houses are warm, welcoming and designed to help families heal together.

On-Site Services at Queens & Brooklyn Family Justice Center

This year is our fourth year providing on-site services at the Queens Family Justice Center. Since May 2017, we extended our services to the Brooklyn Family Justice Center to help clients living in the area access one-stop comprehensive services. We served 75 clients at the centers in 2017.



服務成果報告 (2016年10月至2017年9月)

Program Highlights (from 10/1/2016 to 9/31/2017)

緊急救助金及租屋補助

這段期間我們發放了將近三萬元的緊急救助金給五十二個經濟非常困難的家庭。同時，使用二萬五千元的租屋補助金，幫助三十五個家庭/個人，因為安全因素或希望之家沒有空位時，在外租屋。

就業輔導服務

我們提供英文、電腦，及各種職業訓練，並且協助撰寫履歷表及找工作。全年大約九十位婦女參與就業輔導專案。

兒少輔導教育

紐約勵馨今年一共提供八十四位兒童及青少年個別輔導、團體課程、春令營、夏令營、課業輔導、節慶活動及戶外旅遊。

親職教育課程

我們提供每週一次的媽媽小組，以及各種親職教育課程，幫助母親照顧好自己，以及教養健康的下一代。

社區外展及公共宣導

紐約勵馨積極地在社區中從事外展工作及公共教育。在過去的十二個月，面對面接觸超過11500個人。包括社區民眾、年輕學子、執法人員、社福機構職員、以及家暴、性侵、人口販運的受害高危險群。

Emergency Fund & Rental Assistance

We provided 52 families with emergency fund and assisted 35 families in moving to safe places for protection and recovery, utilizing our shelter rental assistance when our safe house is not available.

Economic Empowerment

We provided English and Computer classes, intensive career training workshops, employment referrals, education and additional services to help over 90 women achieve economic independence.

Children & Youth Services

We provided individual and group counseling for 84 children and youth, using developmentally-appropriate methods including talk, play, and art therapies. Volunteer tutors provided long-term academic support to students of all ages. In spring and summer, we provided children arts and crafts, music and cooking lessons, activities, camps and trips. We also hosted holiday parties and planned educational and cultural trips for parents and children throughout the year.

Parenting Support

Weekly groups and various workshops taught effective parenting tools, and provided parents with a safe place to share emotions, experiences, and feel less alone.

Outreach & Public Education

We provided outreach, education and trainings to over 11,500 community members, including potential victims, families, schools, faith communities, law enforcement and service providers. These public efforts increased awareness about gender violence and improved prevention efforts in our communities



GRACE MENG
HOUSE OF REPRESENTATIVES
Washington, D.C. 20515



October 26, 2017

Garden of Hope
P.O. Box 520048
Flushing, NY 11352

Dear Garden of Hope:

I am pleased to extend my heartfelt greetings to all gathered at Garden of Hope's Annual Benefit Dinner!

Garden of Hope (GOH) works tirelessly to meet the needs of women and children in the Chinese immigrant community who have been the victims of domestic violence and sexual assault. Since its founding 13 years ago, GOH has assisted thousands of women and children through its vital services. These services include hotline and crisis intervention staffed by professionally-trained counselors, legal assistance for women trying to leave their abusers, support groups, case management, and youth groups and camps for children who have been exposed to abuse. GOH seeks to enable these individuals to seek and find safety, shelter and empowerment.

I am honored to send my sincere gratitude to Garden of Hope for its many years of compassionate and exceptional service to some of the most vulnerable in our city and nation. Garden of Hope truly serves as a refuge for many and I commend them for bringing great courage, healing, and hope to people in need.

Please accept my best wishes for a wonderful dinner and much continued success!

Sincerely,

Grace Meng
Member of Congress



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PETER KOO
COUNCIL MEMBER, 20TH DISTRICT, QUEENS

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LAND USE
SMALL BUSINESS

October 26, 2017

Garden of Hope
P. O. Box 520048
Flushing, NY 11352

Dear Friends:

It is a great honor to extend my best wishes as you celebrate your 13th Anniversary Benefit Dinner.

This annual event truly embodies everything that your organization is proud to stand for, namely serving, caring and rebuilding the lives of victims of domestic violence, sexual assault and human trafficking, in particular, new Chinese immigrants. The Garden of Hope has provided services to thousands of families through culturally-relevant crisis intervention, individual counseling, support groups, advocacy, case management, translation services, and referrals. Thanks to this extraordinary organization immigrant victims are no longer underserved because of cultural, linguistic and socioeconomic barriers that once prevented them from seeking help.

On behalf of the New York City Council, I commend the officers, staff, and members of the Garden of Hope for their tireless work in protecting immigrants from many life threatening circumstances.

Please accept my best wishes for continued success.

Sincerely,

A handwritten signature in blue ink, appearing to read "Peter Koo".

Peter Koo
Council Member
20th District, Queens



RON KIM
Member of Assembly
District 40, Queens

SECRETARY
Majority Conference

THE NEW YORK STATE ASSEMBLY

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Asian Legislative Caucus

New York State
Assembly/Senate
Puerto Rican/Hispanic
Task Force

October 26, 2017
P.O. Box 520048
Flushing, NY 11352

Dear Friends,

I welcome you this evening to Garden of Hope-New York (GOHNY)'s 13th Anniversary Benefit Dinner, and hope you will join me in commending its thirteen years of outstanding service to our community.

Since its inception, GOHNY has labored tirelessly to address cultural and societal barriers in the services provided to our city's women and children, particularly within our Asian immigrant communities. It has remained at the forefront of our community's efforts to tackle domestic violence, sexual assault, and human trafficking. Through its staff members' hard work and dedication, over a thousand individuals have been assisted on issues as diverse as crisis intervention, shelter and counseling, and legal advocacy.

The shelters GOHNY has opened since July 2011, including Hope House and Grace House, have served hundreds of women and children displaced or rendered homeless by domestic violence. In light of an ever-increasing number of requests for human trafficking and sexual assault victim services, it has also begun collaborating with other agencies and departments. With over a decade of unparalleled commitment, it is truly difficult to overstate GOHNY's essential role in helping, healing, and growing our community.

On behalf of the New York State Assembly, I offer my best wishes for a successful evening, and look forward to an even brighter future of continued collaboration.

Sincerely,

Ron Kim
Member of Assembly
District 40, Queens



**Mayor's Office to
Combat Domestic
Violence**

100 Gold Street, 2nd Floor
New York, NY 10038

212 788 3156
nyc.gov/domesticviolence



October 4, 2017

Yuanfen Kristen Chi
Executive Director
Garden of Hope


Dear Ms. Chi,

The Mayor's Office to Combat Domestic Violence (OCDV) is pleased to offer our congratulations to Garden of Hope on your 2017 benefit dinner, "Rebuilding Life Through Love and Hope".

OCDV is proud to partner with Garden of Hope through our Family Justice Centers where Garden of Hope provides direct services to survivors of intimate partner violence and sex trafficking at our Queens and Brooklyn Family Justice Centers. We greatly value our partnership with Garden of Hope as your staff provide exceptional trauma informed and culturally competent services and work in strong collaboration with OCDV staff to ensure our clients are well served.

In recognition of the excellent work Garden of Hope is doing in partnership with OCDV to support survivors at our Brooklyn and Queens FJC's, we congratulate you on this terrific event. Thank you for the wonderful work you do every day on behalf of survivors across New York City as they seek safety for themselves and their children.

Sincerely,


Cecile Noel
Commissioner



MELINDA KATZ
PRESIDENT



CITY OF NEW YORK
OFFICE OF THE
PRESIDENT OF THE BOROUGH OF QUEENS
120-55 QUEENS BOULEVARD
KEW GARDENS, NEW YORK 11424

(718) 286-3000
www.queensbp.org
info@queensbp.org

October 26, 2017

Lee-Lee Chang
Chair
Garden of Hope
P.O. Box 520048
Flushing, NY 11352

Dear Ms. Chang:

Greetings to you and to all the friends and supporters of Garden of Hope on the occasion of your 2017 Benefit Dinner.

This evening's event is a great opportunity to celebrate the success Garden of Hope has had in serving women and children victimized by domestic violence, sexual assault and human trafficking. Over the past 14 years, thousands of people have benefited from Garden of Hope's helpline, crisis intervention, counseling, shelter, support group, legal advocacy, case management and youth programs.

Garden of Hope has also done a great job of advocating for social justice and promoting domestic violence prevention through mass media, community activities, workshops and outreach in local churches and organizations.

On behalf of the 2.3 million residents of the Borough of Queens, "The World's Borough," I offer our sincere congratulations to you and to the entire Garden of Hope organization in recognition of your amazing work in rescuing and counseling battered women and their children and in providing many other important services to the community. I hope all those in attendance enjoy your 2017 Benefit Dinner and I wish you and everyone associated with Garden of Hope continued success in all your endeavors.

Sincerely,

Melinda Katz
President
Borough of Queens

紐約勵馨獎獲獎人 Kimberly Smith Highland

GOH Award Honoree-Kimberly Smith Highland

Kimberly Smith Highland為國際組織Make Way Partners總裁，該機構介入並預防戰爭區域人口販賣。Kimberly 著有Passport through Darkness一書，並經常於著名平面媒體如時代、靈恩雜誌等撰寫文章，個人部落格則分享她自身行遍世界角落尋找希望，及個人信念與勇氣的奮鬥故事。

Kimberly 致力於終止人口販運議題，無懼外界質疑，完成了許多不可能的任務。在慈悲與對社會不公的憤怒引燃下，她帶領Make Way Partners一同在蘇丹的達佛(Darfur)邊境創立第一座孤兒院，在兩千英里險峻的路途中運送建材。如今MWP持續締造史前無例的成功，並在蘇丹境內與南蘇丹以反人口販運為號召拓展建房、教育與就業機會，受惠超過兩千名當地住民。

Kimberly為Natural Lifemanship機構核可的馬術治療師，她透過此技巧協助他人傾聽內心的聲音，喚回生命中的喜樂和價值。她對幫助每個人找到獨一無二的生存價值也充滿了熱誠。Kimberly除引領MWP，也積極走訪國際、寫作和公開演講。平時，她喜愛同愛馬Rusty-the-True與同好們在林間馳騁，開闢探險新道。



Kimberly Smith Highland is President of Make Way Partners and author of Passport through Darkness, which received wide acclaim including the INSPY Best Creative Nonfiction Award. Make Way Partners is an international organization committed to prevent and combat human trafficking in war zones and other “no go” zones. She is also a regular contributing op-ed writer, published in powerful and widely read sources such as TIME, The Blaze, Patheos, and Charisma. She blogs regularly, sharing rich and reflective stories from her

experiences of finding Hope in all corners of the world, including in the vilest forms of human trafficking and her personal, daily struggles with faith and courage.

Fighting to end human trafficking in the darkest corners of our world, skeptics declared many of the tasks set before her as impossible. However, fueled by compassion and

incensed by grotesque injustice, Kimberly led Make Way Partners to the successful completion of building the first orphanage on the border of Darfur, Sudan. Building

supplies had to be transported nearly 2,000 miles over hostile terrain with no roads or bridges. Today MWP continues to build upon that groundbreaking success and leads a powerful, indigenously based anti-trafficking network spanning Sudan and South Sudan and housing, educating, and employing more than 2,000 indigenous peoples.

Kimberly is a certified Equine Professional and Organizational Leader through Natural Lifemanship and uses these skills to help others find their deepest calling, value, and joy in the Abundant Life we are promised in the here and now. She is passionate about helping others to discover their unique purpose in this world. She leads the daily operations of MWP, and divides her time between each of its international locations, writing, and public

speaking in the US and abroad. Kimberly takes great pleasure in blazing new trails with others on their journey—most notably her horse and constant companion, Rusty-the-True—that rescued her along the way.

餐會演出者簡介

Performers



林維洋

Mr. Andy Lin

林維洋先生被譽為現今最受歡迎及最有潛力的中提琴家與二胡演奏家之一。他的音樂的特色在於能巧妙融合東西方的音樂元素。他於2006年與2008年取得茱利亞音樂學院學士與碩士學位及紐約州立大學石溪分校音樂藝術博士學位。林維洋現為紐約新亞室內樂協會藝術總監並擔任賓州中華文化藝術學會二胡藝術指導老師。

Mr. Wei-Yang Andy Lin, born in Taiwan, is recognized as one of the most promising young violists and erhuists of today. He mixes musical elements from the East and the West. He is the artistic director and founder of the New Asia Chamber Music Society. He obtained his Bachelor and Master's Degrees from The Juilliard School and Doctorate Degree at State University of New York at Stony Brook.



Ms. Sylvia Kowalczuk

Ms. Sylvia Kowalczuk 是意大利瓦拉洛國際大賽的一等獎優勝者，也是紐約國際藝術家試演優勝者。Kowalczuk 曾在梵蒂岡為若望保祿二世演奏，並在白宮為柯林頓、布希及雷根等多位總統演出。原籍波蘭，Sylvia Kowalczuk 擁有 Warsaw Academy of Music 音樂碩士學位，以及紐約市立大學皇后學院藝術碩士學位。目前任教於皇后學院。

Ms. Sylvia Kowalczuk was the First-Prize Winner of the International Harp Competition in Varallo, Italy and the winner of the Artists International Audition in New York. Kowalczuk has given concerts at the Vatican for Pope Paul II and at the White House for Presidents Clinton, Bush and Reagan. A native of Poland, Sylvia Kowalczuk received a Master of Music Degree with Distinction from the Warsaw Academy of Music. She holds a Master of Arts Degree from Queens College of Music of CUNY where she is currently teaching.



紐約豐收青少年愛樂樂團

Harvest Youth Philharmonic Orchestra (HYPO)

紐約豐收青少年愛樂樂團成立於2012年九月，隸屬於豐收基金會。由前臺北市立交響樂團首席資深優秀專業音樂家江維中老師訓練及指導，演奏中西名典，提升音樂素質，培養青少年合作精神。成立以來，舉辦多次社區音樂會，優質演出深獲好評。紐約豐收青少年愛樂樂團遵循豐收基金會宗旨：睦鄰播愛 服務社區，多次去老人中心，貧困地區義演，表達對社會的關愛。

Harvest Youth Philharmonic Orchestra (HYPO) was established in Sept. 2012 under The Harvest Foundation Inc.. Led by former Taipei City Orchestra concertmaster Weichung Chiang, the youth orchestra performs both Western and Eastern pieces, enabling members to develop their musical abilities and to build teamwork. Since its founding, HYPO has organized and performed in many community events and has been well received. Under the goal of The Harvest Foundation Inc. - "to spread love to the community" the orchestra has performed in many venues, from churches and nursing homes to shopping centers and community centers.

公共宣導

Public Outreach & Education





希望之家事工

Hope House



六年前的夏天, 紐約勵馨第一間婦幼安全之家--「希望之家」在眾支持者的慷慨協助下誕生, 提供遭受暴力侵擾的婦女及孩子一個安全溫暖的庇護居所。面臨許多求助婦女對於緊急住房的龐大需求, 紐約勵馨於2015年連續成立「恩典之家」與「平安之家」, 我們統稱為「紐約勵馨希望之家事工」, 如今能同時接待廿八位婦女與孩子, 是每一位捐款人、捐贈物資善心人士、董事、顧問、義工以及所有工作人員共同合作、無私奉獻下的成果。至今年八月底, 紐約勵馨希望之家事工總共幫助了二百三十四位身心受創、走頭無路的婦幼, 他們在希望之家居住的平均時間是七十四天。對很多不習慣外國文化及不會英語的華人婦女而言, 希望之家的中文服務、家庭式的氛圍, 是讓她們願意前來求援, 接受服務並且在其中成長的主要關鍵。

居住期間, 除了輔導諮商、小孩轉學大人找工作、看診就醫、處理各種法律案件及福利申請事務外, 姊妹們也被鼓勵參加各種支持成長團體以及職業訓練。這一切準備帶領著她們從傷痛中逐漸恢復元氣, 培養出自信與自立的能力。希望之家事工能夠順利運作, 除了支持者的愛心, 負責維持庇護所大小事務的同工與義工們的耐心及毅力也很重要。除了要處理響個不停的電話, 經常看到她們跑進跑出、協助婦女搬進搬出、到醫院探訪、遞送物資、定期舉行家園會議等, 為的是確保能提供一個溫暖、有品質的生活環境。紐約勵馨不僅關心婦女及兒童基本的生活需要以及安全, 更希望幫助她們建立良好的人際互動, 學習「自我」與「他人」之間界限與相互尊重的議題, 能夠愛己愛人。

克服傷痛、重新站起來再出發, 需要時間及長期陪伴。紐約勵馨的輔導員陪同婦女做長期生涯規劃並追蹤, 許多人在生活逐漸穩定後會回來感謝一路陪同的輔導, 甚至回過頭幫助其他有需要救援的婦女, 這些點滴成長和婦女無私奉獻、情感的交流看在紐約勵馨所有同工眼中, 是最安慰也最無價的收獲! 看到她們能再度步入正常生活軌道, 真是再辛苦也值得。



Six years ago, with every supporter's generous effort and help, our Hope House Project began to provide a safe haven for women who suffer from violence or abandonment and their children. Facing the overwhelming need for emergency shelter, we established "Grace House" and "Peace House" in 2015, which we collectively refer to as our Hope House project. Now, we are able to simultaneously protect 28 women and kids with our shelter services. It is the blessing of God and contribution from every Board member, volunteer, staff member, and donor such as yourself, that collaboratively made this work. Until this August, we have served 234 clients with wounded souls. Their average stay was for 74 days. The Chinese-speaking and home-style environment offered by our Hope House project is the key factor in encouraging Chinese immigrants with limited English proficiency to seek help.



During their stay, the women closely and regularly connect with their counselors, who help them apply for social benefits or advocate for them in court. Also, the women participate in various support groups and occupational trainings in GOH. We especially appreciate our counselors and volunteers in charge of every issue in the shelters, including house visits, supply delivery, and intake assessment for every caller. Also, our staff coordinates routine shelter meetings with the residents in order to ensure a warm and quality living environment. Not only is GOH concerned about these women and children's basic needs and safety, we also help them build healthy relationships, set boundaries, and respect others so they can love themselves as well as others.

Recovering from trauma takes time and long-term companionship is needed. Our counselors offer care and assistance in making long-term safety plans. After settling down, many residents came back to thank their counselors for their constant care and support. Some women have even become crucial supporters and helped others in similar situations. For our counselors, it is truly gratifying to witness the transition and growth of these women. They always feel their efforts paid off when seeing these wounded souls regain their resilience.



性侵事工

Sexual Assault Program

紐約勵馨至今服務超過四百二十多位曾經遭受性侵的婦女及青少年，除了被陌生人強暴，大約七成五的受害人是被熟人，包括親人及親戚傷害。而人口販運的受害者，所遭受的性剝削更是慘無人道。有一些錯誤的社會迷思讓遭受性暴力的女性難以尋求幫助，例如：

1. 妻子應滿足丈夫需求，不管是否不被尊重，婚姻內沒有強暴之說
2. 遭受約會強暴的女性是自己不小心或判斷力有問題
3. 陷入性剝削的女性是自願的，就算被迫，也是自己的錯

華人對於性，往往羞於啟齒，也不知道如何表達，即使求助，要經歷許多問話，蒐證也困難重重，面臨正義難以伸張，受害人常常痛苦無奈。紐約勵馨的輔導員，盡心盡力地協同婦女報案、陪伴出庭，尋找各種法律、醫療以及心理治療資源，陪著受害人走過一個一個漫漫長夜。

除了直接服務，加強公眾性教育和推廣健康的兩性關係，也是促使議題能被正視和觀念修正的關鍵。紐約勵馨的同工積極地在社區、學校，向大眾和年輕學子們宣導、交流。呼籲即便在親密關係中，沒有愛和尊重，未經同意的性行為，都是性侵。無論男女老少，都可能存有偏見，需要一再的澄清、修正，才能停止責備受害者，轉而給予理解、支持，在復原之路上擔任鼓勵和保護的重要角色。

GOH has served more than 420 sexual assault survivors since its inception. Among them, as much as 75% were assaulted by friends, intimate partners or relatives. As for our human trafficking clients, most of them were sexually exploited at their workplace by force or coercion. However, this issue has been overlooked due to many misconceptions such as:

Wives should satisfy their husband's demands. Even at times when wives are not respected, there is no such thing as marital rape.

Women who encounter dating violence just have poor judgement or are careless.

Women who are sexually exploited willingly let others do so, even if they are forced, it is their own fault.

In Chinese culture, sex is often a shameful topic and many women do not know how to express their experiences. For those who do seek help, they have to face multiple investigations and go through many hardships when evidence is collected. Victims often feel painful and helpless. Despite the difficulty to obtain justice, GOH counselors still put in much effort to assist victims in reporting their case, advocating at court, and referring them to

specialized trauma therapists, accompanying victims during the long dark nights.

Our counselors see the significance of public education and outreach as well as raising awareness of sexual assault. Therefore, GOH staff and volunteers relentlessly build connections with community members and schools and spread the message that sex without love, clear consent and respect is considered an assault. Anyone could have biases, thus clarification is needed to stop victim blaming. Instead, understanding and support should be given to victims on their road to recovery so they can be encouraged and protected.



人口販運事工

Human Trafficking Program

自2015年以來，紐約勵馨人口販運事工持續地擴充服務的廣度及深度，與紐約市人口販運介入庭、外州檢察系統，及各方社福機構合作下，協助超過四百位華裔婦女。從法院轉介到紐約勵馨的婦女，每五個人就有一位是遭受人口販賣迫害的受害者。我們的輔導員積極介入，並針對個別需求提供合適的幫助，包括民事、刑事案件與危機處理、工作安全諮詢、創傷輔導，庇護安置和移民資源轉介等。從法院轉介到紐約勵馨上輔導課的婦女，許多人願意持續跟我們的輔導員保持諮商關係，不只處理各種法律案件，並且處理受創的心靈問題。

人口販賣受害婦女由於社會價值觀與輿論的污名化，羞于求助，缺乏受到剝削的意識。紐約勵馨同工深入關懷後發覺，在每個不在意的笑臉之後，都有令人心疼的坎坷背景。根據我們內部的統計，遭受人口販運的受害婦女，四成曾遭受家暴，五成遭受過性侵。

這些婦女需要被愛、被幫助、被療癒。我們根據她們的經驗設計出不同自我探索的藝術課程，結合創作與分享陪伴婦女走出創傷，重新省思夢想、自我認同與希望。團體課程的內容包括首飾設計、拼貼夢想，及彩繪家園等。透過手做的過程，我們看到婦女最大的生活重心和動力來源還是孩子和家鄉年邁的雙親。比如在做戒指時，有位婦女開心的說「今天是我女兒生日，剛好她一個我個，母女對戒！」有一次我們在畫夢想的家時，有一位婦女把兩個小人框在一個家的輪廓中。當輔導員問她，怎麼不在家中多放些其它家具和裝飾呢，婦女淡淡的說：「只要我跟孩子在一起，就什麼都滿足了！」這些看似不經意的對話，流露出濃濃的親情，以及華人社會中母親經常需要犧牲自己以照顧家人的無私與無奈。

我們的課程內容不斷推陳出新，感謝許多義工與實習生們的竭力參與。希望將來能結合創作與就業，讓婦女能朝向自尊、自重、與自信的方向前進。

Since 2015, the Human Trafficking Intervention Team of GOH has been making progress and improving the quality of their services, constantly connecting with New York Human Trafficking Intervention Courts, Assistant District Attorneys in New York and other states, and non-profit social service and legal organizations. Currently, more than four hundred clients have been provided with GOH's services. We have found that almost one in every five clients is at risk of human trafficking. Our counselors are actively involved and provide comprehensive assistance based on individual needs. These services include civil and criminal case management, crisis intervention, occupational consultation, individual and group counseling and immigration referrals, etc..



Women support groups: jewelry design and making fondant cake

To date, approximately 30% of clients return to GOH for further services after their mandated sessions. Almost 50% of clients identified as human trafficking victims constantly contact our caseworkers for various and tailored assistance. These results imply a predominant lack of community resources in the U.S. for clients with limited English proficiency. It also shows the significance of GOH in helping these women speak out to the public.

Due to misunderstanding and stigmatization towards human trafficking victims by the general public, survivors are often ashamed to seek help or are not aware that they are exploited. Counselors provide timely rapport and discovered that most victims had a very tough life before meeting us. According to our statistics, about 40% encountered domestic violence and half of them had sexual assault experiences before or after coming to the U.S..

These women definitely deserve to be loved, helped and healed like any other type of victim. Based on their trauma and value systems, our counselors design different art therapy curriculums to help the clients explore themselves. Through the process of creating art and sharing, GOH assists clients in working through their traumatic experiences, recalling their dreams, developing positive self-identity and regaining hope. The curriculum includes ring design, collage and dream house painting, etc.. We are grateful to HT counselors, interns and volunteers for their devotion in improving current services and support groups. Future projects will have more empowering elements, including occupational training, small business, etc., to help these women become more competent and confident to lead a better new life.

家暴事工

Domestic Violence Program

「家裡的事怎麼可以對外說呢,說了也只是成為別人的笑料而已,又幫不了忙。」許多承受家庭暴力來到紐約勵馨的婦女們如此表示。一句話,透露出華人在傳統家庭觀念影響下,對遭受或目睹家人暴力相向時習慣先忍耐的無奈和無人求助的絕望。



全美親密伴侶與性暴力研究 (NISVS, 2010) 顯示,亞裔族群中僅19.6%表示正在或曾受過伴侶的暴力攻擊、性侵或跟蹤,相較其他族裔至少有35-46%的比率是非常低。但是美國亞太裔性別暴力研究組織 (Asian Pacific Institute on Gender-Based Violence) 綜合多項針對亞裔族群心理健康研究統計後發現真正的受害者比例可能介於20-55%。許多人是長期壓抑成疾,就醫後才被發現有家暴史,不幸的是,仍在暗處獨受煎熬者則未計其數。一般外界想像典型家暴女性形象可能是學經歷程度較低、依賴丈夫以求生存,在紐約勵馨服務的家暴婦女中,有高中職以上學歷者比例超過六成五,多數持有綠卡或是公民,其中甚至碩博士學歷,很好的工作,或是替施暴伴侶申請婚姻移民的婦女,她們一樣是隱忍許久才尋求幫助。



華人觀念中如「家醜不外揚」、「夫妻床頭吵床尾合」以及想給孩子一個「完整的家」等,常常讓受暴婦女們不敢走出扭曲變形的恐怖暴力關係。我們服務的很多婦女是看到她們的孩子因為家暴的關係而憂鬱或行為出現偏差時才選擇救助的。一個在掙扎著要不要離開施暴者的婦女說:「我看不到前面的路,不知道我倒下時誰能在背後接住我和照顧我的孩子」。其實婦女不是沒有能力獨立,而是長期在施暴者蓄意貶低下被磨去了獨自走下去的勇氣和自信。對於未知、孤獨的極度恐懼,也讓一些受暴婦女從施暴者身邊逃離後又選擇回到施暴者身邊。這樣來來回回直到完全絕望才會真正選擇離開。紐約勵馨輔導員們理解婦女們這些複雜心情和不安全感,對她們所有感受和想法都尊重接納。在這個過程中,紐約勵馨會提供婦女就業訓練和就業機會,同時為婦女和孩子申請福利。讓她們知道她們不是孤獨的,我們一直會在她們背後支持陪伴著她們。同時紐約勵馨在布魯克林和皇后區的家庭司法中心都有駐點,可以為婦女提供更完善的法律援助。我們希望能成為婦女一盞明燈、一道防線,保護她們能看清楚前面的道路,做好安全計劃,以減低遇到困境時的挫折感。

納稅人身份攸切

索取
欠賬單, 但是没有消费过。
社会安全卡钱包
被拒绝, 被告知税号已经报过了
联邦退税或者纽约州退税
或者纽约州税务局来信要求补钱
高取消了政府福利, 如健康保险
索取
查询免费身份证不用报告
未关闭未付的社会安全号报税号
未打印有个人信息的纸
装回无... 身份证号码, 少网上购物

紐約勵馨婦女成長團體

所得稅申報講座

孫熙媛律師



"It's hard to tell other people about our family matters...they can't help us and may just talk about us during meals." Such remarks are made by many of our clients suffering from domestic violence. It highlights the influence of traditional Chinese values, how Chinese people tend to tolerate domestic violence at first and how helpless they feel. According to the National Intimate Partner and Sexual Violence Survey (NISVS) in 2010, only 19.6% of the Asian population acknowledge being victims of intimate partner violence, sexual violence and stalking. The prevalence is significantly lower than other ethnic groups, who have a prevalence of at least 35-46%. However, researchers of Asian Pacific Institute on Gender-Based Violence analyzed several quantitative studies of mental health and discovered that the actual percentage among Asian Americans is between 20-55%. Many have become ill as a result of long-term repression. Only when seeking medical help are they reported as victims of domestic abuse. Unfortunately, there are a lot more unreported cases. A typical image of a domestic violence victim is a woman with lower educational level who is highly dependent on their partner. Yet, this is not always the case. Among the women served by GOH, more than 65% have at least high school level of education. Many of them are permanent residents or citizens and have graduate degrees. However, they, too, choose to remain silent for a long time like others (statistics before 5/3/2017).

Due to traditional notions such as "Do not wash your dirty linen in public", "Harmonious family relationships are the most precious", and the wish to prevent children from living in a broken home, our clients are often afraid to cut off the already twisted and abusive relationship right away. Yet many clients bravely seek help when their children develop depression symptoms or behavioral problems. As one client who was struggling about whether to leave expressed, "I can't see my future path. I don't know who will catch me and help take care of my child when I fall." It does not mean these women are incompetent of becoming independent. Rather, it is the long-term degradation from abusers that have corroded the courage and confidence of these women to walk alone. Extreme fear of the unknown future and loneliness cause some women to go back to their abusers. Sometimes they go back and forth until they truly lose hope and leave.

Counselors understand these women's conflicted emotions and sense of insecurity, thus, they respect their complex feelings and accept the final decisions they make. While providing job training, we also accompany clients to apply for benefits if needed, and let them know that they are not alone. We also have on-site services at Brooklyn and Queens Family Justice Centers to provide more comprehensive legal assistance. We hope to serve as a gatekeeper, a beacon to help the women see the road ahead, to reduce their frustration when facing difficulties.



長期在暴力家庭的孩子非常渴望愛,卻不知道怎麼用正確的方式去得到愛。記得在紐約勵馨舉辦的夏令營中,有一個男孩無論老師在台前講什麼,都會刻意跟老師唱反調,並且還經常打其他孩子,以致被大家孤立。有一天,他又在課堂上搗亂,老師講一句,他反駁一句。老師很耐心的跟他講道理,試圖改變他的行為,他也不聽。直到紐約勵馨輔導員走過去,坐在他旁邊,輕輕的拍拍他,男孩頭傍在社工肩膀上,無需任何言語,他瞬間柔軟得像一隻小綿羊。那天他第一次安靜的上完整堂課,他還積極的舉手回答問題,答對的時候還會很自豪的回頭看關懷他的輔導員一眼。其實這些孩子要的很簡單,就是無條件的愛和接納。

另一個故事的主角是被繼父性侵的小女孩。女孩開始半夜睡不着而且經常做噩夢。當兒童局介入調查她的繼父時,她哭著覺得自己是不是又做錯什麼事了,又成為家人的麻煩了。孩子的心思其實常比我們所以為的更細膩早熟,他們善於觀察、模仿和思考,以便在危機四伏的家庭環境中適應生存。但其判斷常常是片面、情緒化的,因此在未經適當溝通引導下,脫口而出的言詞經常使我們輔導員聽到後十分心疼。還記得一個七歲的小孩想要自殺的原因是他覺得自己是個垃圾,沒有人要,他認為家中爭吵、分離、媽媽情緒不穩定,都是自己的錯,並害怕成為負擔、被母親遺棄。他們身邊沒有一個模範,去教他們怎麼正確表達自己的情緒、開導負面想法。他們模仿施暴者表達情緒的方式,來跟身邊的人相處,他們的行為把身邊的朋友推的越來越遠。逐漸,在這被排斥的環境中堆積憤怒和苦毒,終走上歪路或成為另一個施暴者。

紐約勵馨擔任母子溝通和重新彼此信任的橋樑,我們實際協助婦女就業而能有穩定收入和住所,提供孩子教育資源;我們幫助他們傾聽彼此的心聲,傳遞未流露的關心和教孩子學習體恤,進而鼓勵雙方更多正向、愛的支持與原諒。我們希望孩子心中沒有恨,只有更多的愛和感謝。有一位母親在我們的幫助下找到一份大樓清潔的工作,在她清理垃圾的時候,孩子走過去拉她,媽媽說我身上很臭啊,孩子回說:「沒關係,我想要幫媽媽做。」



Children growing up in abusive families often yearn for love, but do not know how to obtain love in an appropriate way. This story occurred in our summer camp. A boy was rebellious and often hit other kids, which made him excluded from the group. No one knew how to improve his behavior. One day, our counselor walked towards him, sat down next to him and tenderly put his arms around the boy's shoulders. The boy laid his head on the counselor's shoulder. No words were needed, he quieted down and became as meek as a lamb. It was the first time he remained well-behaved for the entire class. He actively participated in the group and frequently looked back at the counselor proudly when he answered the questions correctly. What these children need are very simple: unconditional love and acceptance.

Another case was a little girl who was sexually abused by her stepfather. She burst into tears when ACS intervened in her case since she thought she must have done something wrong. She became restless at night and had nightmares frequently. From these cases, we find that children's minds are much more delicate and mature than we think. They have good observation, imitation and imagination since they need to survive in harsh family environments. Nevertheless, they can only see things from partial aspects. Without appropriate emotional guidance, they often talk in ways that are shocking and heart-wrenching. One 7-year-old child disclosed his intention to commit suicide because he believed he was worthless. He attributed his parents' quarrels, separation and his mother's emotional reactions as his own responsibility. He was afraid of burdening his mother and being abandoned.

Without good role models to learn from, some children don't know how to express and release their negative emotions appropriately. They might unconsciously learn from their abusers, which leads them to be gradually isolated from peers. Rage and irrational thoughts accumulate in their minds as time goes by, as they deviate from a normal life.

GOH steps in to become a bridge between mother and child. We provide women with occupational assistance to stabilize their life and their children with various educational and developmental resources. We help mother and child listen to each other, fostering love and understanding between them. We hope there is only love, gratitude and forgiveness, not hatred. We still remember a mother who found a job as a cleaner through our referral. One day, after cleaning up the garbage, her son came and intended to hold her hand. The mother replied that she smelled bad when working. Yet, the son replied, "It doesn't matter. I want to help you out!"



折翼天使展翅飛 勵馨婦女感言

Wounded Angels, Fly Again: Stories of our Women

折翼倦鳥，來到紐約勵馨溫暖的簷下靜靜療傷修養，在充分資源與安全協助下復茁壯而展翅。以下分享的第一則是人口販運事工服務的一位婦女的故事，第二則是一位家暴婦女親筆寫來，感謝紐約勵馨的信。兩篇當事人皆用化名。字裡行間，見證紐約勵馨婦女們堅強的生命力與韌性。

Like wounded birds, distressed women rest under the warm roof of Garden of Hope to heal in peace. With abundant resources and a sense of safety, these women slowly thrive and spread their wings. Below are two stories: the first one is about a human trafficking survivor and the second is a letter of thanks written to us by a domestic violence survivor. Aliases are used in both stories. From their words and expressions, we can feel the vitality and resiliency of the women at Garden of Hope.

小雯的故事

「我感覺自己就像暗巷中被驅趕的蝙蝠。」小雯這麼向輔導員形容自己一路來的無數顛簸、彷徨，以及對於潛伏在前方未知迫害的恐懼。搭上旅遊巴士前，小雯一度以為被介紹的只是一份外州的正常工作，卻不知就這麼前往一連串夢魘的旅程。歷經中途被踢下車，遭人強行拖入酒店持續提供性服務。即便後來警方破獲，小雯仍不斷自責輕忽，並被身心創傷壓得喘不過氣，罹患憂鬱症有兩年之久。

直到遇見了紐約勵馨，她終於找到了一扇窗口，述說經歷。勵馨的輔導員持續地陪伴著她，提供心理諮商、經濟援助，甚至在小雯遭逢搶劫和攻擊時，及時危機處理，並到醫院拜訪關心，積極爭取她應得的權益。小雯本身也固定會面輔導員，並主動參與勵馨舉辦的成長課程。一步一步，她逐漸重拾對人的信心、甚至信賴。

小雯不再流浪，她現在有了安全的住所，並上課準備做房地產經紀人。在一次團體聚會時，有人好奇地問小雯在美國是否有家人，「家人？就是她啊！」她突然指向一旁那位長期陪伴她的輔導員「只有她了，她就是我在這裡的家人啊！」

Xiaowen's Story

"I felt like a bat chased away in dark alleys." This is how Xiaowen described her long, troubling and fearful journey. She was promised a legitimate job in the beginning. But after she boarded a bus according to the boss' instructions, she was suddenly kicked out on a highway in the middle of nowhere and dragged into a hotel. The manager there forced her to provide sexual services. Even though the police later rescued her by raiding the place, Xiaowen sank into depression for two years and constantly ruminated the pain and blamed herself for being tricked.

We provided Xiaowen with long-term counseling. Later, Xiaowen was unfortunately robbed and assaulted. We provided crisis intervention and visited Xiaowen at the hospital. We advocated for her rights as a patient, and provided her with rental assistance so she could move to a safe place.

Xiaowen has now rebuilt her life and started to actively join our groups. She is currently living in a safe place and working towards her goal of being a real estate agent. With social support, she now thinks of her home as a warm place. Another victim/survivor once asked her, "Do you have family members here?" Xiaowen replied, "Family? There she is." pointing at Jen, who constantly accompanied her on this long road, "They are my family here."

Minnie 的故事

我是Minnie, 三年前, 受到丈夫家暴, 且阻止我帶著女兒離開, 於是我求助於紐約勵馨。在勵馨工作人員機智的引導下, 才能夠帶著女兒一步步脫離危險, 轉移到底護所。我總是得到員工適時幫助, 還記得在我沒有錢時, 勵馨送了四百塊錢給我, 當我害怕上法庭時, 也派人全程陪我, 並且安排了一個律師給我。

我會因失業、失學和失婚而情緒低落。勵馨總是及時給予我精神上支持和鼓勵, 邀請我參加各種聚會與課程。雖然聚會在下班後或禮拜六, 我看到員工都很樂意和喜悅的去做好每一個項目。她們會說是主賜予她們動力而能做事那麼起勁。於是, 今年元旦起我開始去教會做禮拜。在這之間我的生活發生三大變化。第一, 每當我女兒去她父親家時, 我獨自在家不再怕寂寞, 我覺得天父陪著我。第二, 我不再怕去上學。以前由於工作、家事法庭的案子和讀書同時進行, 壓力特別大, 因此停止學業。今年一月底終於有勇氣回到校園。第三, 我學習不發脾氣, 或去怪別人對我不好和不公平, 故今年二月我開始新工作時, 特別注意管好自己。我經常聽到主管與同事稱讚我說我令辦公室氣氛開心了。

從一個家暴的受害者到一個倖存者, 是一個漫長和痛苦的過程。雖然我不斷跌跌碰碰, 還好有勵馨員工和神的幫助和指引。實在太好了! 謝謝!

Minnie's Story

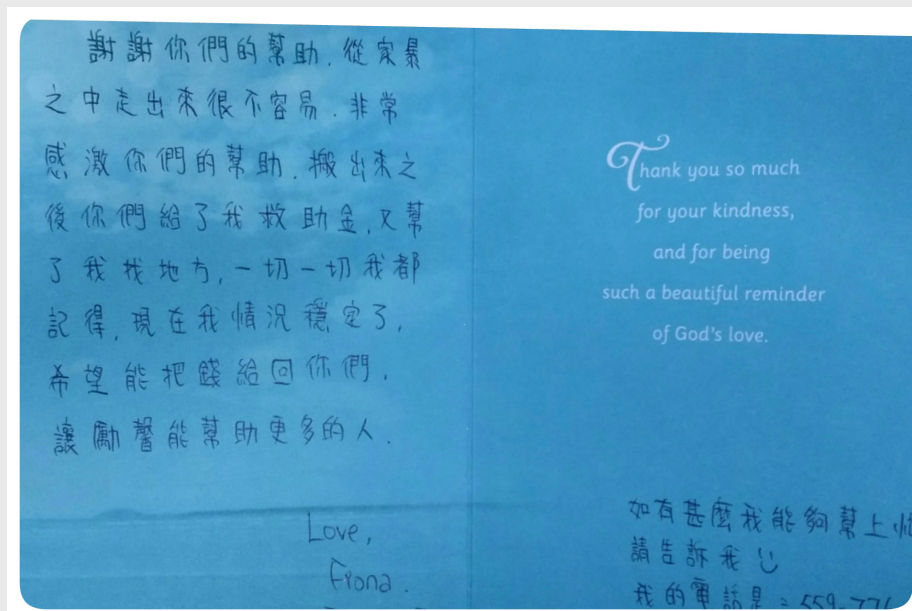
My name is Minnie. Three years ago, my ex-husband abused me and prohibited me and my daughter from leaving. As a result, I asked Garden of Hope for help. Under their guidance, step by step, I was finally able to escape with my daughter and found my safe haven in a shelter.

When I was poor, GOH assisted me with four hundred dollars. When I was scared of going to the court by myself, GOH staff accompanied me to go through the process and found an attorney for me. At that point, I was very depressed because I became unemployed, dropped out of school, and was divorced. However, the staff at GOH gave me timely emotional and spiritual support. They invited me to their various support groups and workshops. Even though the support groups were usually held at non-working hours or on Saturdays, GOH staff always worked with joy. I asked one of them, "what motivates you to keep working with joy?" She replied, "Since I believe in God and go to church!"

Thus, since January 1st, I began to go to church on Sundays. Soon, my life changed in three major ways. First, I no longer feel lonely at home while my daughter spends her weekends at her father's place since I know God is with me. Second, I am not afraid to go to school any more. A few years ago, I worked and studied at the same time, and felt tremendously stressed so I stopped going to school. This year, I was able to go back to school again. Third, I stopped blaming others and attributing fault to others. When I started

my new job, I was able to manage and control my emotions. Now, my coworkers often mention that I always energize the office atmosphere.

The process of changing from a victim of domestic violence to a survivor is slow and painful. I frequently stumbled during difficult moments. Thankfully, I had the guidance from GOH and God. They are so wonderful! Thank you.



法律援助服務

Legal services at GOH

「幸好紐約勵馨的輔導員幫我跟律師解釋中國民情文化，整整三小時，律師問多久，輔導員就待多久。若要我自己解釋這些，還真不知該怎麼辦。」一位正在申請受害人簽證的婦女曾這麼感激隨行陪同見移民律師的紐約勵馨工作人員。

婦女即使語言溝通無礙，對於美國法律政策或合約細部內容仍不甚了解。遭剝削、甚遭誣告成加害者時卻渾然未覺或不敢通報。七成來到紐約勵馨的婦女都會接受不同程度的法律服務，如陪同報警、找律師、陪同去家事、刑事法庭等。Legal Aid Society, Queens Legal Services, Sanctuary for Families, New York Legal Assistance Group, Her Justice, Asian American Legal Defense and Education Fund, Catholic Migration Services, CUNY Law School和亞美律師協會等機構與我們密切合作，定期到紐約勵馨辦公室提供婦女諮詢。儘管人力有限，紐約勵馨的工作人員仍盡可能陪同婦女上庭、見律師等。即使法庭或有些律師事務所提供中文翻譯，但因不了解個案狀況常有誤譯，或個案情緒太激動太緊張，沒辦法合適完整的表達。紐約勵馨的工作人員除了積極拓展法律資源、協助受害者找到合適的法律援助，同時提供情緒支持、翻譯的角色，使婦女在面對漫長的法律流程或沈重的出庭問審時，能夠堅強勇敢，心平氣和的走下去。

“Thankfully, a GOH counselor helped me explain how Chinese cultural values deeply impacted my situations. The attorney asked me questions for three hours and my counselor accompanied me in the whole process. I would definitely feel clueless if I needed to answer all these complex questions on my own.” This was how a client applying for victim-related immigration relief once expressed her gratitude towards her counselor, who helped her with every intake interview with her immigration attorney.

Even though some of our clients speak fluent English, they might still be unfamiliar with U.S. laws, policies or details in certain contracts. They might not even identify themselves as victims or may feel too afraid to report it. About 70% of women coming to GOH receive various legal assistance, such as court advocacy, attorney referral, legal consultation and visa application, etc.. GOH works closely with Legal Aid Society, Queens Legal Services, Sanctuary for Families, New York Legal Assistance Group, Her Justice, Asian American Lawyers Association, Asian American Legal Defense and Education Fund, Catholic Migration Services, and Queens Legal Services, who come to our office regularly to provide our clients with legal consultation. Despite our limited staff resources, we make every effort to accompany the clients to courts and legal offices even when there is interpretation service provided on-site. The clients may be too nervous to express herself accurately or there may be misinterpretation. Our staff work hard in obtaining more legal resources for the victims. Our counselors and court advocates also provide emotional support and interpretation to empower our clients in their lengthy legal processes or heavy trials.

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legal assistance, shelter and all other
services, please call Garden of Hope
Helpline 1877-990-8595

All Services are FREE and
CONFIDENTIAL

志工的愛讓世界不一樣

Volunteer makes a difference

「我在紐約勵馨擔任志工，深刻感受在婦女們身上學到的一切非常珍貴，是在學校和書本上學不到的、真真實實的社會經驗。」甫自紐約市立大學畢業，主修犯罪學的Angela擔任紐約勵馨志工一年，主要支援人口販運事工，每週前往皇后區刑事法庭幫婦女翻譯，提供情緒支持，以及協助團體課程。

「身為華人，我很理解華人移民在異地生活中會遇到的種種隔閡，尤其因語言而飽受不平等待遇。我希望將自己的所學所能，幫助到她們。」Angela很喜歡勵馨同工們盡心負責和把婦女權益擺第一的態度。她覺得正是這份誠懇，讓婦女們來到紐約勵馨好像是到了第二個家，能夠放鬆地卸下武裝，大笑、分享與流淚。「在團體課中，婦女會突然話匣子打開似的彼此大吐苦水、輕鬆的玩笑，像在彼此身上找到扶持前行的力量，那種默契和和諧氛圍，讓我覺得她們很可愛。」

-- 志工Angela口述

"As a volunteer at Garden of Hope, I have gained many precious life experiences. I have learned a lot from clients, and these lessons are not taught in school or found in textbooks," said Angela, a volunteer in charge of court advocacy at Queens Human Trafficking Intervention court and weekly support group facilitation. She just graduated from John Jay College, majoring in Criminology. "I understand the common challenges and discrimination faced by our Chinese community. The situations could be even tougher when people have limited English proficiency in this society. Therefore, I hope to support them with what I have learned and what I know."

Angela appreciates the aspiration and passion of GOH's staff, who always prioritize their clients' rights and actively advocates for them by all means. Perhaps, it is this wholehearted devotion that helps GOH's clients let down their guard and express their genuine emotions. "Often in the group sessions, I get a sense that our clients finally get a chance to open up and share. It seems that they become each other's support and find the strength to go on. The atmosphere and dynamic at the moment always moves me and I feel our clients are actually quite adorable."

by volunteer Angela

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Volunteer with Garden of Hope:

- We welcome volunteers for the following: office helpers, community event helpers, translators, English, computer and various vocational skills instructors.
- Volunteers involved with direct client services like hotline, interpreters, court advocates, children and youth counselors require trainings and 6-months commitment.

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He has shown you, O mortal, what is good.

And what does the Lord require of you?

*To act justly and to love mercy and to walk humbly
with your God. - Micah 6:8*

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但那等候耶和華的、必從新得力、他們必如鷹展翅上騰、
他們奔跑卻不困倦、行走卻不疲乏。
(以賽亞書40:31)

But they that wait upon the LORD shall renew their strength;
they shall mount up with wings as eagles; they shall run, and not be weary;
and they shall walk, and not faint.
(Isaiah 40:31)

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Unless the Lord builds the house
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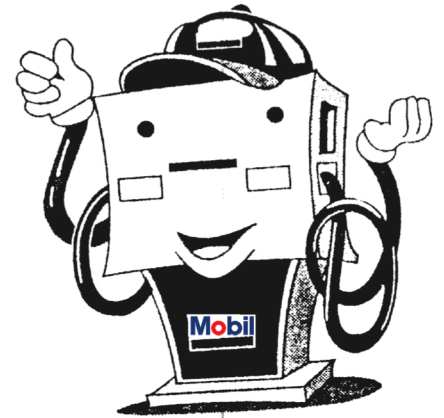


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嬰幼兒牙齒保健提示—

0-6個月

1. 每日必須清潔嬰兒的牙床
2. 切勿讓嬰兒含著奶瓶睡覺
3. 請教醫師或牙醫是否需要氟化物補充品

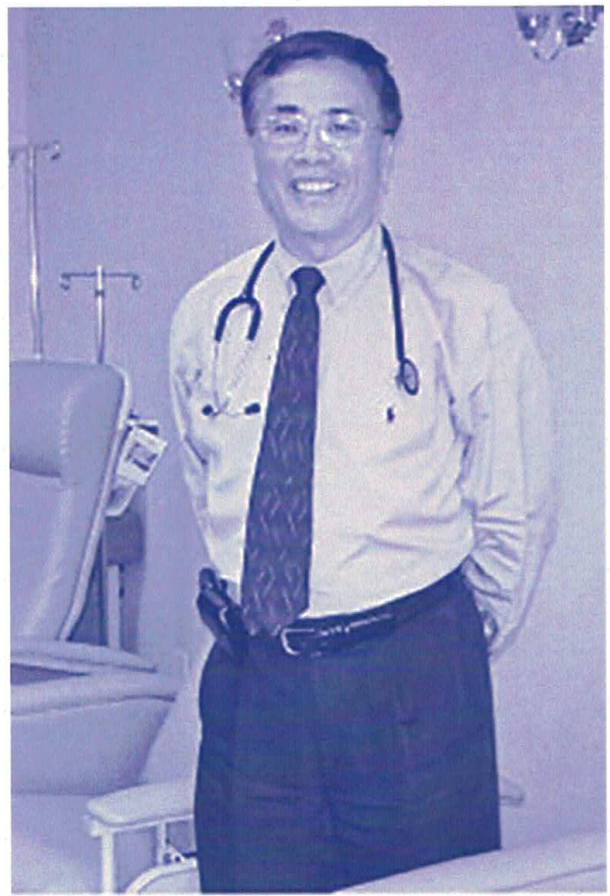
6-18個月

1. 在6個月時開始, 盡量讓嬰兒戒掉使用奶瓶的習慣
2. 以使用吸管水杯sippee cup餵牛奶及果汁
3. 12-14個月期間斷奶
4. 每天清潔嬰兒的牙齒
5. 在12個月大時看牙醫

18-24個月

1. 限制幼兒吃零食的次數
2. 在早飯後和睡覺前為幼兒刷牙





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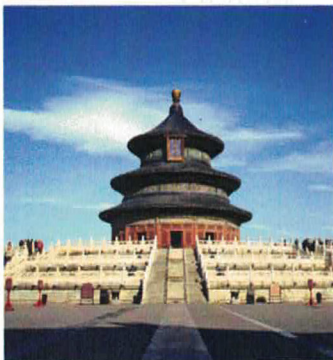
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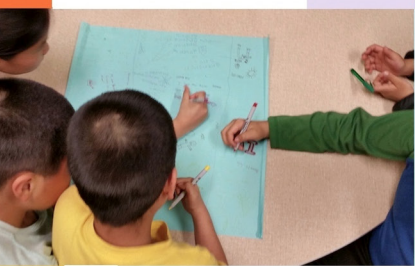
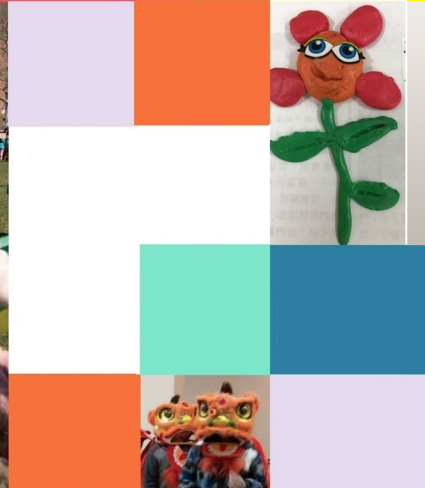
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