

Together, we can make a difference!

男女互敬互愛 · 家庭和諧零暴力 · 勵馨追求伊甸園的榮美
停止暴力虐待 · 改變社會不公義 · 我們邀請您一起來參與



GIVE. DONATE. VOLUNTEER.

We gladly accept unrestricted gifts or cause-specific donations in the form of cash, real estate, stock, or other liquid assets.

PLANNED OR DEFERRED GIVING

When you remember the Garden of Hope in your will or charitable trust, you can make a lasting impact and allow us to continue the vital work you have always supported.

IN-KIND DONATIONS

We welcome items such as clothes, books or toys for children, daily commodities, frozen food, bedding, sheets, and pillows for the Hope House, our shelter, as well as office equipment and supplies.

VOLUNTEERING

You can help by volunteering your time.

紐約勵馨乃政府立案501(c) 3非營利組織，所有的捐款都可獲得抵稅收據。不論是贈與現金、支票、股票、不動產，或在遺囑及信託基金中紀念勵馨，您的奉獻是勵馨事工得以持續的力量，並且將在華人社區、以及許許多多的受虐婦女及孩童生命中產生長遠的正面影響。

您也可以捐贈完好的書籍、玩具以及衣服給孩子，日用品、冷凍食品及寢具給希望之家庇護中心，或是提供辦公室器材及文具。誠懇地邀請您加入勵馨志工團隊，發揮您的恩賜及才幹，與我們一起打造希望的花園。

捐款方式：

支票抬頭請寫 Garden of Hope
郵寄至 P.O. Box 520048, Flushing, NY 11352
或者到勵馨網站 www.gohny.org 採信用卡網上捐款

通訊地址 Address: P. O. Box 520048, Flushing, NY 11352

電話 Tel: (718) 321-8862 | 傳真 Fax: (718) 321-1468

網站 website: www.gohny.org

中文家暴求助熱線 Chinese DV Helpline: 1-877-990-8595

紐約勵馨 希望花園

關懷婦幼十週年餐會

Garden of Hope New York **10th** Anniversary Benefit Dinner

回應上帝呼召，關懷弱勢婦幼
賦與受創者復原力，開啟新生命之蛻變

關於紐約勵馨 About Garden of Hope-New York

我們的使命 *Our Mission*

紐約勵馨本著基督耶穌博愛精神，在華人移民社區中，關懷、救助受到性與暴力侵害的婦幼，讓他們的身心靈得以重建。

Through the love of God, Garden of Hope NY is dedicated to serving, caring and rebuilding the lives of women and children whom have been exposed to domestic violence and abuse.

我們的信念 *Our Beliefs*

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。

Women and men are equally created in the image of God; equally enjoy God's given value and dignity. Everyone has 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.

我們的事工 *Our Services*

社區公共宣導 Public Education
緊急危機處理 Hotline and Crisis Intervention
諮商與關懷輔導 Consultation and Counseling
社會救助申請 Case Management
免費法律援助及轉介 Legal Assistance and Referral
婦女成長團體 Women Support Groups
親職教育課程 Parenting Education
目睹家暴兒童服務 Child and Youth Service
緊急庇護所安置 Emergency Shelter

中文家暴求助熱線 Chinese DV Helpline: 1-877-990-8595
通訊地址 Address: P. O. Box 520048, Flushing, NY 11352
電話 Tel: (718) 321-8862 | 傳真 Fax: (718) 321-1468
網站 website: www.gohny.org

馨火相傳 十年感恩

Passing the Torch from God, Ten Years of Thanksgiving



張麗麗 律師
紐約勵馨董事會主席

Lee-Lee Chang, Esq.
Chairperson
Board of Directors

『主的靈在我身上、因為他用膏膏我、叫我傳福音給貧窮的人、差遣我報告被擄的得釋放、瞎眼的得看見、叫那受壓制的得自由、報告神悅納人的禧年。』

路加福音四章18-19節。

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.” Luke 4:18-19

2014年是紐約勵馨一個重要的里程碑。承接美國宣教士Angie Golmon在1988年發起共同設立台灣勵馨所傳承愛的火炬，紐約勵馨在2003年萌芽，並於2004年正式成立運作，也成為神所使用的器皿在社區作光作塩。當我們在此慶賀紐約勵馨十週年，我們為我們過去所領受的豐盛恩典獻上我們的感謝。以有限的資源，紐約勵馨承接神所交託的使命，關懷華人社區的弱勢婦女，幼兒及青少年事工已有十年。

筆者在華人社區執業，回應神的呼召，如聖經彌迦書六章八節所記載：「世人啊，耶和華已指示你何為善，祂向你所要的是什麼呢？只要你行公義，好憐憫，存謙卑的心，與你的神同行。」這節經文不但是神所要求於祂的子民，更是對身為法律人的呼籲。因著這個感動，而持恆地參與這項事工，不覺中已進入第十年了。也經由這項參與，方知有這許多的婦幼，甚至老人，因受到身體，言詞的傷害而在暗中哭泣。鑑於家醜不可外揚的傳統束縛，這些受害者也漸行成為社會的邊緣人。

神創造男人與女人均以祂的形象來創造，神願人同享祂的榮美與所設立的價值。當人因受暴力或言詞精神虐待而被扭曲自我形象時，神的心中必因此充滿嘆息與憐憫。

The year of 2014 is a milestone for the ministry of GOH-NY. In carrying on the torch passed by the American missionary Ms. Augie Golmon to GOH-Taiwan in 1988, GOH-NY was born in 2003 and was officially established in May of 2004 to be the instrument used by our Lord to be the light and salt in our community. While we are celebrating the 10th Anniversary of GOH-NY, we have to give our thanks to many for the abundant blessings we have received in the past years. With limited resources, GOH-NY was commissioned by our Lord to embark on the ministry of caring for the immigrant women and children whom have been victimized by the domestic violence and marginalized by the society with no place to turn to due to the language barriers in our community ten years ago.

As a practicing attorney in the community, and in response to the calling from our Lord, I have been involved with the ministry of GOH-NY since the inception of GOH-NY in 2004. As written in Micah 6:8, “He has showed you, O man, 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.” Our Lord calls upon all of his children, professionals and laymen alike, to follow His calling to care for those who are weak and less

紐約勵馨成立以來，所有董事、顧問及同工們本著「壓傷的蘆葦，祂不折斷，將殘的燈火，祂不吹滅」的理念，憑愛心提供這些弱勢群體實質的幫助，向他們闡述「神是愛」。我們的同工和義工們更以基督愛的延伸來輔導、協助並安慰這些受傷害的心靈。他們一步一腳印，默默地服事這些弱勢群體，就像帶著翅膀的天使，到處奔波陪伴這些婦女出庭及翻譯，提供法律協助和轉介服務。更經由提供婦女支持團體及就業服務來讓這些婦幼的人生有個新的開始，使他們自我形象得到提昇，生命得到重新的建造。有許多婦女更得到福音的好處，認識到愛的源頭，就是那自在、今在、永在的真神。

自從二零一一年七月底開始，紐約勵馨更成立紐約勵馨希望之家，提供家的溫暖給這些原本可能流落街頭的婦女及幼童，讓他們在人生旅途遇到暴風雨時能夠暫時停靠在紐約勵馨這個避風港，等候再航。

多年來，紐約勵馨在總幹事劉元芬姊妹的帶領及諸位同工，義工同心協力之下默默的耕耘，更有各位顧問及社區善心人士全心投入，多方協助，已在社區帶來一股行善的力量及愛的暖流，滋潤社區許多心靈乾渴疲憊的人。

當我們看到這些婦幼重新站立，找到自信與自我的定位，更因認識神，而願意回頭來幫助那些曾和他們有同樣生命光景的人時，我們就為紐約勵馨能在過去年日當中成為神手中合用器皿，成為別人的祝福，而來感謝讚美主，願這一切的頌讚和榮耀都歸給主。我們也期許在未來的年日更能讓神的公義和憐憫經由紐約勵馨而彰顯在我們社區當中。

fortunate. My work with GOH has taught me that there are so many domestic violence victims including women, children and the elderly whom have been physically and verbally abused and are in need of help in our own community; help that people like you and I can provide.

All men and women are created equal in His own image and He desires them to live in His glorious image. When one has been contorted and misshapen by physical and/or emotional abuse, God would also sigh for those individuals and would be desirous for us to extend our hands to reach out to each and every one of them. Isaiah 42:3 says "A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice." This bible verse has been a motto for all the board members and staff alike as we carry on the mission of GOH.

In the past years, our staff has accompanied its clients to court appearances, provided counseling and translations services, women support group, and comforted these wounded hearts. By providing these services, GOH-NY has become a safe harbor for those wounded ones to take a break, recoup themselves and get ready to sail again in their journeys of life.

In 2011, GOH-NY has set up the first shelter/hope house for those victims whom have not only suffered from domestic violence but also have been displaced with no place to stay. Over the years, we have accommodated more than one hundred women and children, and have also provided them with emergency funds donated by our supporter. We want to express our sincere thanks to those who partake in these tasks in empowering those less fortunate to be able to stand on their feet again and move on with their lives. It is said to give is more blessed than to receive.

As distressed and displaced women, children and elderly whom GOH serve are able to regain confidence and take ownership of their own identity through knowing the love of God, we are acting as a vessel bringing God's blessings to the community; for that, we give the glory to our Lord.





劉元芬
紐約勵馨總幹事

Yuanfen Kristen Chi, LMSW
Executive Director

首先謹代表紐約勵馨感謝大家支持我們十週年感恩募款餐會。

家暴及性侵不管在那裡都是個隱諱的問題，而北美的華人受虐者更常因為語言及文化因素求助無門，孤立無援。效法耶穌基督的愛，「為啞巴開口、為一切孤獨的伸冤」（箴31:8），我們的使命就是幫助受虐者走出暴力的陰影、在身心靈各方面獲得全人醫治，重建獨立、有尊嚴，並且充滿盼望的人生。

十年來，紐約勵馨致力於在社區中推廣「男女互敬互愛，家庭和諧零暴力」，並藉著免費的熱線電話、輔導諮商、法律服務、庇護安置、支持團體、職能培訓、親職教育、靈命關懷、目睹暴力兒童夏令營以及青少年團體等協助上千位遭受家暴及性侵的婦女及兒少脫離被虐處境，恢復生命力。

三年前憑著信心，在沒有固定經費的情況下，我們成立了紐約第一個講華語的婦幼庇護所－希望之家，至今接待了上百位因家暴導致無家可歸的婦女及孩子。感謝神的恩典及社區各界的愛心支持，讓每個接受服務的家庭都能重新得力，再奔前程。希望之家目前只有九個床位，常常不敷使用，在未來的一年，我們計劃增加至少一倍的床位。此外，近半年來我們接獲愈來愈多遭受性侵及人口販賣的求助電話，我們將跟相關的檢警法律醫療機構合作，提供更有果效的服務。

展望前面的道路，還有許多工作要做，我們感謝所有的合作夥伴、支持者及義工。因為有您們，紐約勵馨的使命得以成全；因為有您們，才能在社區中產生一股正面的力量。

我們為所有的恩典向神獻上感恩。惟願紐約勵馨是祂所喜悅的器皿，給心靈破碎者一個希望的花園，同時感動更多的人成為愛心園丁，改變社會中的不義。

On behalf of the Garden of Hope-NY, welcome to our 10th Anniversary Celebration.

Domestic and sexual violence is a hidden problem throughout many communities. Abused Chinese often experience barriers to seeking help, suffering in silence and isolation. With the love of Jesus Christ, to “speak up for those who cannot speak for themselves, for the rights of all who are destitute (Proverb 31:8)”. We committed to helping those less fortunate break away from violence, and get them recovered physically, psychologically, and spiritually with endeavors of rebuilding self-esteem, confidence, independence and hope in their lives.

For the past 10 years, over a thousand women and children have benefited from GOH-NY’s hotline, crisis intervention, counseling, shelter, support groups, legal advocacy, case management, children camps and youth group.

In July 2011, GOH-NY established the first Chinese speaking DV shelter - Hope House. Since then the Hope House served over a hundred women and children who became homeless due to domestic violence. We currently only have nine beds, considering high demand for shelter, we plan to set up another house next year. Additionally, in response to significant increase in service requests for sexual assault and human trafficking victims, we will extend our program and cooperate with related agencies to better serve those survivors.

Thank you all for taking a stand against domestic and sexual violence. Your continued support is crucial to our mission and has an enormous impact in the community. Moving forward with insight for generating even greater achievements in the years ahead requires continued involvement from all of us as a whole.

Thank God for all the blessings. May GOH-NY be a pottery delighted in the eyes of Him to provide heart-broken people with a garden of hope, while inspiring more people to become gardeners of love to address the injustice in society!

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2014 Benefit
Dinner Committee
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Heather Chao & Alison Fung (Co-Chair)
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GRACE MENG
HOUSE OF REPRESENTATIVES
Washington, D.C. 20515

October 2, 2014

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

Dear Garden of Hope:

I am pleased to extend my warmest greetings to all gathered at Garden of Hope's 10th Anniversary Fundraising Dinner.

Since its founding, Garden of Hope has addressed the linguistic and cultural needs of women and children in the Chinese-American immigrant community who have been victims of domestic violence and sexual assault. It has helped more than a thousand women and children through its various 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.

In 2011, Garden of Hope opened the Hope House, which was the first Chinese-speaking domestic violence shelter, and has now served over a hundred women and children. Garden of Hope will continue to be a leader in assisting those in the Chinese-American community who have experienced domestic violence and sexual assault and I commend them for the work they have done and all they continue to do.

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

Sincerely,

Grace Meng
Member of Congress



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THE SENATE
STATE OF NEW YORK

TOBY ANN STAVISKY
Senator, 16th District
ASSISTANT CONFERENCE LEADER
DEMOCRATIC CONFERENCE



RANKING MEMBER
COMMITTEE ON HIGHER EDUCATION

COMMITTEE MEMBER
AGING

EDUCATION

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JUDICIARY

TRANSPORTATION

October 2, 2014

Garden of Hope
P.O. Box 520048
Flushing, New York 11352

Dear Friends:

I am delighted to congratulate you as you celebrate your 10th Anniversary of providing vital services to victims of domestic violence.

Garden of Hope addresses domestic violence in a culturally sensitive manner as you shelter and rebuild the lives of the women who come to you for help. Your bilingual services help bridge women in the Asian American community to safety through crisis intervention, counseling, support groups, legal assistance, case management and vocational training.

The Hope House emergency shelter program provides a safe haven for battered women and their children to escape their abusers. You give them time and assistance to put their lives back on track and safely reintegrate into sustainable living in the community. Your partnership with other community organizations aids them in this goal.

I applaud your program which helps women and gives them the resources to leave their abusers. Hopefully, your preventive, remedial, and educational outreach will help to reduce the violence and the secrecy that so often surrounds it.

I wish you every measure of success as you continue your work in our community.

With all good wishes I am,

Sincerely yours,



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September 26th, 2014

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

Dear Friends:

It is with great pleasure that I extend my warmest greetings and congratulations on the occasion of the 10th Anniversary Fundraising Dinner.

For the past ten years, your organization has helped over a thousand women and children have with your hotline, crisis intervention, counseling, shelter, support groups, legal advocacy, case management, children camps and youth groups. On behalf of the New York City Council, I hereby commend the officers, staff and members of Garden of Hope for their tireless work in serving women and children victimized by domestic violence and sexual assault among the vast Chinese community in New York.

Please accept my best wishes for a successful event.

Sincerely,

Peter Koo
Council Member
20th District, Queens



RON KIM
40th Assembly District
Queens County

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STATE OF NEW YORK
ALBANY

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LEGISLATIVE CAUCUS
Black, Puerto Rican, Hispanic & Asian

October 2, 2014

Garden of Hope
P.O. Box 520048
Flushing, N.Y. 11352



Dear Friends:

It is with my great pleasure that I extend my warmest greetings and congratulations to the Garden of Hope's 10th Anniversary Fundraising Dinner.

On behalf of the Assembled body of the State of New York, I commend the board of directors, staff and volunteers of the Garden of Hope for their invaluable services and commitments to fight for women and children's rights through its advocacy programs such as crisis intervention, counseling, shelter, legal advocacy, case management, and youth group.

In July 2011, the Garden of Hope opened its Hope House to answer the call to action of Asian immigrant women and children and successfully served more than a hundred domestic violence victims. This accomplishment shows that the Garden of Hope has been tirelessly fulfilling their mission to protect and empower the rights and privileges of the most needy and vulnerable members of our community.

The Garden of Hope has been and will continue to serve our community and I am very proud to see that the Garden of Hope has become a centerpiece of our communities in Flushing, running a plethora of advocacy programs. All these initiatives and unique services which are geared toward empowering women and children's rights are now reaching out to every corner of our community and breaking the barriers and shedding a light of hope.

Through this fundraising dinner, the Garden of Hope will raise a beacon of hope for underserved members of our community. I am very proud to endorse the vision and mission that the Garden of Hope has been fighting for many years.

Once again, I congratulate for your commitment to the women and children that comprise our community and look forward to working closely with the Garden of Hope to ensure that we uphold its strong traditions and mission.

Sincerely,

Ron Kim
Member of Assembly
40th District, Queens

衷心感謝餐會贊助者
Sponsors Acknowledgement

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特別講員 Keynote Speaker



高愛琪宣教士
Missionary Angie Golmon

1983年，美南浸信會宣教士高愛琪女士，在台灣接觸到許多不幸從娼少女，於是帶領著一群基督徒朋友開始從事救援與輔導工作，並大力推動不幸少女中途之家。靠著上帝的引領及社會大眾的協助，勵馨園(Garden of Hope)於1988年5月在台灣正式成立。

In 1983, Angie Golmon an American missionary from Southern Baptist was called by God to Taiwan to reach out to the rescue and needs of those unfortunate girls who were teen prostitutes. Since then, Angie was moved by God to start the ministry of rescuing and counseling those unfortunate ones with a group of concerned Taiwanese Christians in establishing Garden of Hope Foundation in Taiwan in 1988. Midway homes were set up by GOH-Taiwan in harboring those youngsters to enable them to have a safe home to stay and grow as normal teenagers would have in their life. Years later, the influence of this work has reached not only to teenagers but also beyond to women and children, whom have suffered from domestic violence.

A Little Seed, An Amazing Ministry

I am thankful to have been invited to New York March 8-11 of 2003 to see what God is doing in the ministry of Garden of Hope Foundation. Never could I have realized in the beginning just how far reaching the ministry of the Garden of Hope would become after 15 years. It blows my mind! I am amazed that God would take a little seed of concern for the needs of some teenage girls in Taiwan and plant that seed in my heart. What further amaze me is that at the same time, he not only planted that seed in my heart, he is also planting it in the hearts of many Taiwanese Christians. And when the time was right – in His time – He brought us all together and the Garden of Hope foundation was born. When I returned to Taiwan in 1998 for the 10th anniversary, I was even more amazed at how the ministry had grown far beyond what the original founders could have imagined, with far-reaching influence.

And now it's been 15 years since the inception of the Garden of Hope Foundation. And the continued influ-

ence of this work is even more amazing! Even the government has established centers (under contract with various non-government organizations) based on this same model to help not only teenagers but also women and children with various needs. This is not the work of one person. It is the joint work of many dedicated Chinese Christians who love the Lord and desire to be used by Him to help those in need.

And as if all of this would not be amazing enough – what is still even more amazing is that God would use American resources to help establish a helping ministry in Taiwan that would after 15 years come to America to establish a similar helping ministry. That is what is happening in New York at the present time! The Garden of Hope Foundation is in the process of opening up the Chinese Women's Center to help Chinese women under violence in NY receive the help they need free from cultural barriers. May God be blessed!

The article was written by Mrs. Angie Golmon in 2004 when Garden of Hope-NY established.

高安琪宣教士寫於2004年紐約勵馨成立之時。

漫信會傳教士

Tennessee.

Union University Jackson,

美國人

高愛琪
女，四十四歲



間不夠，她將結合力量，籌設「婦女中途之家」，以免不幸婦女再度回到社會時，受到污染。

本署專業社會工作和宗教的精神，高愛琪認為，國內婦職所輔導時

善於助人的傳教士，決定要結合社會善心人士的力量，籌設「婦女中途之家」，使不幸婦女在回到社會時，免於再遭受污染。

「美籍傳教士高愛琪
將關懷散播於不幸婦女」

WORLD

Garden of Hope

by Mary Jane Welch
SBC Foreign Mission Board
TAIPEI, Taiwan (BP)—Leaving prostitution can be like getting off a moving Ferris wheel. There's only one place to get off—and unless the girl has the guts to jump, someone else has to stop the wheel.

Planners of Garden of Hope think the halfway house they opened Dec. 14 in Taipei, Taiwan, may offer some girls the chance to get out and start new lives.

The idea for Garden of Hope grew from the frustrations of men and women already committed to doing something about the problem of child and teen prostitution in the Republic of China's capital city. Among them is Angie Golmon, Southern Baptist missionary from Jackson, Tenn., who was chairman of the committee that helped the idea of a halfway house for young prostitutes become a reality.

Golmon started going to Taipei's rehabilitation center for young women arrested as prostitutes because the Taiwan Baptist Women's Missionary Union asked her to teach English classes there. For 16 years, WMTU women have been going to the center to talk with the girls, make friends, teach them skills for starting a new life and tell them about Jesus. About five years ago they realized the girls wanted to speak English and asked Golmon to teach them.

Besides teaching English, Golmon made a point of getting to know the girls. She went to their parties. She stayed after class to let the girls, who take beautician classes, wash and style her hair. She prayed for and found a Christian psychologist, Isa Wang, to go with her and offer the girls counseling.

Together, they kept track of girls who had left the center. As much as they could, they tried to visit girls, see how they were doing, help them find jobs.

But the experience was frustrating. Sometimes the girls seemed to be ignoring her during class. Follow-up was difficult, often ending after three or four visits when the girl simply disappeared. Even the most promising cases could prove disappointing.

The closer she got to the girls, the more of a burden the work became. She saw others, too, both professional staff and volunteers, pouring love and attention on the girls while they were at the center but unable to keep in contact when they left. There were times, Golmon admits, she wished she could quit, but "The Lord wouldn't let me, and I'm glad he didn't."

She began to see her work as planting



Missionary Angie Golmon tries to help teen prostitutes escape.

rather than harvesting, and God began to turn her burden into a vision. When the girls, most of whom are school dropouts, didn't respond as she wished in class, she looked for ways — a song, a game, a change of pace — to keep them interested.

She realized her consistent weekly attendance, even when frustrating, attuned them her love. Some days when she had struggled with not wanting to go, the girls would have made her a gift in one of their craft classes. She felt God was telling her to continue the work.

She knew the rehabilitation center got many girls on the right track. In counseling, many said: "I really don't want to go back to that old way of life. I would like a new life." And she believed they were sincere. But six months of rehabilitation didn't seem long enough for the kind of life changes they were making. She asked God what she and others could do to make a difference for the girls.

Somewhere in the process she began dwelling on a concept she had heard of in the United States, a halfway house — a place where girls could stay when they left the rehabilitation center, a place where they would get emotional support for a changing lifestyle, a place where they would have the time so crucial for building self-esteem and changing ingrained habits.

Golmon wasn't the only one turning over the idea. The director of the rehabilitation center, Shu Chin Ling, also was painfully aware that six months was simply not long enough for the kinds of changes these girls were making.

When Golmon returned from furlough in August 1986, others in Taiwan were working to raise awareness of the prostitution problem. Thousands gathered for a march through the Wan Hwa district,

where girls who have been forced into prostitution are held as virtual prisoners.

Both religious and government groups held seminars and conferences, informing the public that something needed to be done. One day, Golmon, Wang, Shu and Ingrid Hong, director of a project to help rural girls seeking work in the city, were involved in yet another discussion on the halfway house idea when Hong suggested they establish an official planning committee.

Eventually, the committee was comprised of these four plus representatives of four other organizations. The elements began to fall into place: financial assistance, a hot line for girls who wanted to get out of prostitution, counselors and the time of one staff person to coordinate them, expertise, and local and national government assistance with rent, furnishings and equipment, and a woman in seminary willing to serve as house parent. An Australian missionary even offered his house, which had a fifth bedroom with a separate entrance that could be used for a counseling office.

And its location near a government official's home meant police provided extra security in the neighborhood. Security had to be a priority because of the likelihood that men who held contracts on some girls might try to kidnap them and return them to work.

"The overarching goal," says Golmon, "is for these girls to come to see themselves as God sees them, as people of worth, as people of worth with gifts and talents that can be used to help people rather than them continuing to be victims of an endless cycle of abuse of various kinds."

She believes the Garden of Hope just may be able to help some of these girls off the Ferris wheel.

ARKANSAS BAPTIST NEWSMAGAZINE

The Baptist Record

JOURNAL OF THE MISSISSIPPI BAPTIST CONVENTION
Thursday, March 6, 1986
Published Since 1877

"Camels are known for their inner strength"

TAIPEI, Taiwan (BP) — The mayor of Taipei has honored Southern Baptist missionary Angie Golmon for her ministry to teenaged prostitutes, orphans and the elderly. Golmon, a Jackson, Tenn., native, received the Golden Camel Awards today.

The honorees included workers with the mentally ill, the elderly, orphans, prisoners, juvenile delinquents, prostitutes, and the poor.

Golmon, the mother of three children, has worked in Taiwan with her husband, music missionary Bob Golmon of Moss Point, Miss., since 1981. For more than three years, she has joined Chinese Baptist women who visit retirement homes and orphanages.

More recently she began work at a detention home for young girls arrested for prostitution. Beginning with English conversation classes, she has developed relationships with several teenaged



girls, talking and listening. She gives additional time helping those released to make a new start in life.

The director and other counselors at the detention center sometimes ask Golmon's help in advising girls with special needs. The missionary also has enlisted the aid of Mrs. Wang, a Chinese Christian psychologist. Wang has become a supporter of the girls and has invited some to live temporarily in her home.

Golmon told the story of two Chinese prostitutes named Karen and Cathy, age 14 and 15, whom she befriended in the detention center. After their release, the girls had no place to go but back to the hotel where they worked before.

One Saturday afternoon the girls called Golmon and asked her to come and see them. Golmon and missionary Nannette Lites located the girls and talked with them. Asked if they would turn their back on prostitution if they could, both

girls replied, "Yes, but we have no other place to go." Early Sunday morning Karen called Golmon again, this time in tears.

By Wednesday, Golmon had helped arrange for Karen and Cathy to move into Wang's house. But after three days the girls were gone again. They left most of their things at Wang's, however, and the Christian women hope they will come back.

Perhaps Karen and Cathy chose to be prostitutes, but Sandy's story is different. She was sold by her parents into prostitution. Although she said she wants to leave the hotels, she has to stay. Others like her are there because of family debts. Some girls are actually members of families who operate the hotels. For them it is a business, the only life they have ever known.

In consultation with the Chinese Baptist women and several Baptist pastors, Golmon has developed the idea of a halfway house to help the

girls make a transition back into society.

Several Baptist groups are considering this project. So is Taipei's Social Welfare Department. Planners hope the city can provide a facility while Baptists supply the volunteer staff for the halfway house.

The Golmons were appointed by the Southern Baptist Foreign Mission Board in 1971. They studied Mandarin Chinese in Taiwan from 1972 to 1974, then worked in Malaysia and the Philippines before returning to Taiwan in 1981.



為「沒有聲音」的人開口

Voice for the Voiceless

「你當為不能自辯的人開口，
為所有孤獨無助者伸冤。
你當開口按公義判斷，
當為困苦和貧窮的人辯護。」
(箴言三十一8-9)



李吳淑儀
紐約勵馨共同發起人暨
現任董事

十年前，二零零四年的五月一日，就是「紐約勵馨」誕生的日子。從那天開始，「紐約勵馨」就一直以基督裡的恩典與真理為那些「沒有聲音」的人開口。是華人社區義顯之聲，以教導與行動打破教會與社會對家庭暴力的緘默傳統、倡導家庭安全與和平、向家暴受害者伸出援手，幫助她們重拾信心、重獲療愈與重建。

原來「勵馨」是在一九八八年由美國宣教士高愛琪(Angie Golmon)在台灣創立。開始時，她帶領一群基督徒從事雛妓救援與輔導工作。很快地，服務對象擴展到也包括受到性與暴力侵害的婦幼。在新世紀的來臨，「勵馨」希望將服務也發展到北美，曾數次到紐約訪問推動。二零零三年夏天，在兩位台灣勵馨同工到訪紐約角聲佈道團之際，當時是角聲董事會主席的我，有機會代表角聲會見她們，會談中得知勵馨在台灣的事工。暴力對家庭社會的貽害，多年來一直觸動我的心，於是就一口答應承諾合作。雙方遂於翌年五月，攜手成立一個獨立註冊的機構--「紐約勵馨」。成立典禮的那天，由高愛琪主禮，我們以兩旁的兩枝蠟燭代表兩個機構，由雙方的總幹事紀惠容與勞伯祥代表，一同燃點中間的蠟燭，像徵一個新獨立機構「紐約勵馨」的誕生，由我代表新董事會承傳「勵馨」重任，以基督的恩典與真理的光，照亮大紐約區，在移民社區中，用自己的文化語言向弱勢婦幼提供專業服務，關懷援助受到性與暴力侵害的婦幼，協助她們走出暴力陰霾，療癒身心靈的創傷，重新建立自由、充滿愛與尊嚴的生活，家庭得以重建。「紐約勵馨」亦在宣導推廣上喚醒社區對家暴虐妻的認識與關注。

本來，夫妻、父母、子女，是人倫中再親密不過的關係；家庭、更是愛與被愛，信任與安全的避難所，但當這愛護與安慰的源頭驟然變為恐怖的噩夢時，家庭就因家暴而變為人間地獄，讓受害者的身

心靈淪陷痛苦深淵，其咒詛亦延累下代，目睹家暴兒童亦會因而遭受到一生難以彌補的心靈創傷，誠是世上最令人惋惜的悲劇。節錄過不祇一次的詩篇五十五篇：「我心在我裡面甚是疼痛…原來不是仇敵辱罵我，若是仇敵，還可忍耐…不料是你，你原與我平等，是我的同伴，是我知己的朋友，我們素常彼此談論，以為甘甜…」深刻地描繪出家暴受害者心靈的矛盾與傷痛。

然而，神看見了這夜間飲泣的苦情，無聲的悲喊！「神說……以暴待妻的人都是我所恨惡的」。在婚姻觀被扭曲的世代，要挽救瀕臨崩潰的一夫一妻家庭制度，更要正視虐妻醜行，樹立平等和諧的家庭典範。原來男女都按神形像被造，享有同等的豐榮與價值(創世記第一章廿七節)；一同受托管理萬物與養兒育女(廿八節)，彼此順服(以弗所五章廿一節)與彼此相愛(約翰一書四章七節)，建立和諧家庭，這是神的心意。造物主誠然是兩性平等的根源，受虐婦女的拯救者。因此、我們對家暴議題與受虐婦幼亦責無旁貸。「你當為不能自辯的人開口，為所有孤獨無助者伸冤。你當開口按公義判斷，當為困苦和貧窮的人辯護。」(箴言三十一8-9)以基督的恩典與真理為那些「沒有聲音」的人開口，正是神對基督徒明顯的囑咐，更是祂對「紐約勵馨」的托負。



紐約勵馨 滿有上帝的 恩典



紀惠容

紐約勵馨共同發起人暨現任董事
台灣勵馨基金會執行長

紐約勵馨充滿了上帝滿滿的奇異恩典。

猶記得2003年初，我因緣際會到紐約停留，期間馬不停蹄到處拜訪相關人士，討論打造勵馨分會，大紐約希望花園---讓華裔受暴婦幼有一熟悉安全求助站的夢想與可能性，在停留最後一天(2003/01/18)，居然完成不可能任務，舉辦了募款茶會，募到了11538元美金。

這筆充滿恩典的基金就留在美國，回台後，再積極與台灣的勵馨董事會討論，勵馨同時派駐鄭敏菁與劉淑翎兩位同工到紐約，積極尋求在地的角聲協助，上帝應允了我的呼求，台灣勵馨董事會決議撥款一萬美金，再加籌備期募到的一萬美金，角聲撥款二萬美金，共計四萬美金，紐約勵馨就這樣聘任一位諮商師。2004年六月收到聯邦政府的非營利機構免稅證，2004年七月租用角聲辦公室開始服務，迄今十年。

想到當時，我為何有這個衝勁，沒有太多玩耍，卻想完成心中的夢想?因為，在到紐約之前，我讀到聯合國的報告，世界上四分之一的女性曾遭受虐待，美國每年超過50萬的女性遭受性侵害或強暴，五分之四的加害者是親人或熟識人所為。

到了紐約，經過訪談與職業敏感度，發現華人亦不例外，只是華人較不會出來求助，尤其，受暴新一代華裔移民及性暴力的受害者更出不來，因為紐約沒有一個專為華裔受暴婦女的求助站。她們表面可能看不出任何創傷，內心卻隱藏著一個哭泣無助的小孩，極需要一個可信任的專業協助者，與安全熟悉的求助站。

翻閱當時第一次籌備會會議記錄(2003/01/06)，我致詞說，相信大家在建造一個組織的同時也是在創造歷史。與會人士除了我之外，還包括紐約恩惠教

會牧師趙主亮、紐約大學社工系教授盧又華、紐約市立大學東南亞研究所所長李弘祺。會中，大家共同決定了四點創設願景一、連結資源，讓華裔受暴婦幼有一熟悉安全求助機構。二、以上帝的愛，專業精神，協助華裔受暴婦女及家庭幼走出創傷。三、Empower華裔受暴婦幼及家庭，重建生命，再創人生。四、延續勵馨願景，邁向國際化。

身為紐約勵馨起始籌辦人，我親身體驗上帝的神蹟，也親眼看到NGO的奇蹟。紐約勵馨與台灣勵馨在26年前創辦時非常相像，都是從一張桌子、一個專業工作者開始。上帝在這中間，不斷開路。世上許許多多的非營利組織或機構，都是有一些人，從一個夢想發起，然後一張桌子，一個工作人員，慢慢的得到當地人認同，再慢慢的發展起來，這就是非營利組織的奇蹟。

現在，紐約勵馨已經得到在地很大的認同，有一個租用的辦公室、一個受暴婦幼中途之家，工作人員也增加到六位，每年服務數百位受暴的婦幼朋友。

十歲的孩子，還需大家的拉拔，祝福紐約勵馨，我想紐約勵馨的未來仍有賴大家的支持，一路走來，我充分體會一個願景的傳遞與實現是集體力量的展現，我們大家都有份於這項歷史的創造，這真是一件美事。



紐約勵馨十年回顧

一步一腳印，全是神美意

- ❖ 2003年至2004年，紀惠容女士、吳淑儀女士、趙主亮牧師、盧又華教授、李弘祺教授、張麗麗律師、李弘毅先生、勞伯祥牧師、賴弘典先生及蘇希三先生，以基督的心為心，排除萬難，成立紐約勵馨，以行動彰顯基督的愛。
- ❖ 2004年五月，紐約勵馨在台灣會館舉辦成立典禮，由吳淑儀董事兼任總幹事，八月聘用第一位全職同工黎艾珍姊妹，開始提供直接服務。
- ❖ 2006年十月，聘請第二位全職同工劉元芬姊妹。當時紐約勵馨仍然是租用角聲在王子街一個大約120平方尺的小房間，兩張書桌加上一間隔出來的陪談室，只要有人進出，大家都需要站起來讓路。空間雖小，但很是溫馨，尤其是跟當年角聲4J的一群同工當室友，他們常常支援我們。所謂創業維艱、守成不易，一個事工的開始需要從神而來異象及勇氣，一個事工的成長則需要與神同工的堅持及信心。執行董事會吳淑儀主席、張麗麗董事及李弘毅董事只要在紐約，幾乎是每個星期都開會。不只是為事工的方向及管理勞心勞力，他們更關心同工的身心靈健康，常以禱告及具體的關懷托住我們。我們的預算從第一年的四萬至現在的三十幾萬，跟其它機構比起來或許不算什麼，但我們沒有基金、沒有固定經費來源，完全是憑信心走前面的路。有時候入不敷出，也都是他們自掏腰包存入銀行。
- ❖ 2008年角聲搬家，考慮到婦女交通問題，我們沒有跟著走，決定另尋辦公室。
- ❖ 自2008年至今，因為服務人數快速增加，服務的內容愈來愈多元化，需要更多的諮商室及活動空間，我們搬了兩次家。我們現在的辦公室是十年前的二十幾倍大，除了有四間諮商室，電腦班、英文班、查經班、法律服務、各種日間或夜間的婦女成長團體、或做運動或聽演講，紐約勵馨是婦女們的娘家，不論是喜怒哀樂、歡笑悲傷，這裡是可以盡情哭、自由笑的



地方。春假、暑假、假，更是充滿了青少年及孩子們的活潑生命力。我們沒有光鮮亮眼的辦公室及設備，基於安全，我們的地址也沒有對外公開。希望花園的存在是要幫助那些遭受創傷，對世界、對人失望的婦女及孩子們，在這裡找到平安、自由及永恆的盼望。

- ❖ 自2008年開始，劉艾倫女士、黃鍾小玲女士、王張令瑜女士、林恩湛女士、張蔡素真師母、宋弘恩教授、楊愛倫女士、傅繼維先生、江麗錦女士、馮智慧律師及張麗芬女士陸續加入紐約勵馨顧問委員會，他們各自以其專長、人脈及資源幫助紐約勵馨。
- ❖ 2010年開始目睹家暴兒童事工。
- ❖ 紐約勵馨的事工是結合信仰及專業的事工。要有效服務遭受家暴、性侵及人口販運的受害人，除了立志效法基督愛孤兒寡婦、愛外邦人、愛病人、愛窮人、愛罪人、愛社會邊緣人，並且有活潑的靈命之外，專業的輔導諮商訓練以及對當地相關法律及社會福利資源的瞭解也不可少。否則不就容易對所服事的婦女及兒童造成二度傷害，同工本身也容易產生替代性創傷或對工作產生倦怠感。紐約勵馨的同工好似戰友，一起為主打仗，因為耶和華是我們的元帥，我們就剛強壯膽，沒有恐懼害怕。我們自我要求不只是專業，而是超越專業、不只是獲得世人的肯定，更重要的是討神的喜悅。
- ❖ 我們目前有八位同工，兩位社工研究所實習生，其中黎艾珍姊妹在紐約勵馨服事十年、劉元芬姊妹八年、王聿潔師母五年。
- ❖ 2011年七月成立緊急庇護所希望之家。
- ❖ 2013年開始青少年事工。
- ❖ 十年來我們跟從事家暴、性侵、人口販運救援工作之司法警政、法律援助及醫療機構陸續建立合作關係。
- ❖ 2014年成為皇后區家庭正義中心的夥伴機構，開設第二個辦公室。家庭正義中心結合警察、

檢察官、律師、社工及各種相關資源，之前華人受虐者常因語言障礙，不敢進門求助。紐約勵馨通過申請，得以駐點服務，提供華裔受虐婦女更全面多元及快速的服務。

- ❖ 感謝主，十年來有愈來愈多教牧同工及弟兄姊妹支持我們的事工，以開放的心胸正視家暴問題，願意轉介有需要的家庭給紐約勵馨，同時接待從紐約勵馨轉介過去的家庭。教會中有許多姊妹很積極的做關懷工作，幫助家庭破裂，身心受傷的婦女可以堅定信仰，然而她們的另一半，不論是主內弟兄，或未信主的，往往都沒有人過問。我們期待未來有更多的弟兄願意受裝備，從事關懷弟兄的工作，以成就健康的、合神心意的敬虔家庭。
- ❖ 感謝各教會的牧者及弟兄姊妹為我們禱告、奉獻、轉介有需要的家庭、提供免費夏令營給孩子、在婦女聚會中分享屬靈話語、帶領查經或擔任各種義工，大家不吝惜地將個人從神所領受的愛與他人分享，讓來到紐約勵馨的婦女兒童們都能同得福音的好處，生命得以更新。
- ❖ 同時感謝社區各界包括婦女團體、商會、協會、同鄉會、基金會、企業家、小商家、上班族、學生、家庭主婦，以及許多為善不欲人知的無名氏對紐約勵馨的支持。您的愛，不只是激勵我們快跑向前，同時常常是雪中送炭，讓我們歡呼耶和華以勒！一切榮耀都歸給神！



歷年感恩禮拜 *Thanksgiving Services*



Garden of Hope New York *10th* Anniversary



歷屆餐會 *Benefit Dinners*



Garden of Hope New York **10th** Anniversary



2011



2012



2013

感謝各界的支持 *Government & Community Supports*



勵馨獲世台基金會萬元贊助

【紐約·李璐報導】由北美洲台灣商會聯合總會所成立的非營利組織「世台聯合基金會」昨日向紐約勵馨婦幼關懷中心贊助一萬元，幫助遭受家暴的兒童治療創傷、重建心靈。

據世台聯合基金會董事長陳秋貴介紹，紐約勵馨向基金會提出補助金申請案後，基金會秉承價值運用慈善資源的原則，進行多方面的評估，以確保補助金能發揮最大的效用。他表示，他非常榮幸能夠運用平時各地台灣捐贈的善款來協助勵馨。基金會補助金審查委員曹淑蓉表示，在經過仔細的書面審查，並且實際拜訪勵馨辦公室了解其運作之後，世台基金會的董事們都被勵馨工作人員的付出所感動，因此決定贊助一萬美元以協助勵馨繼續服務更多受家暴所害的婦女及兒童。

紐約勵馨婦幼關懷中心總幹事劉元芬表示，勵馨將把補助金用於目前家暴兒童團體輔導、課業輔導以及軍視兒童夏令營等服務。勵馨董事長張麗麗在感謝世台聯合基金會的贊助之餘表示，勵馨將繼續提供免費中文熟



練、危機處理、緊急救助、安全庇護、法律援助、社會福利、心理諮詢、支持團體、以及就業輔導等服務項目，協助受虐婦女和兒童脫離被虐處境，增強自我保護及重建生活能力。

▲世台聯合基金會董事長陳秋貴（左三）代表該基金會向勵馨贊助一萬元，左一為劉元芬、左二為張麗麗。（李璐攝）

世界日報

2013年2月20日 星期三 WEDNESDAY, FEBRUARY 20, 2013

婦慈會捐勵馨2萬3500元

幫助家暴受害婦幼 孫運梯表示將持續盡力 勵馨感謝雪中送炭

【紐約訊】紐約勵馨19日在法拉盛召開記者會，國際婦女慈善協會會長孫運梯將1月26日慈善音樂會上募得的2萬3500元善款，全數捐贈給紐約勵馨婦幼庇護所，用於幫助因遭受家暴而無家可歸的華裔婦幼。紐約勵馨董事張莉莉作為代表接受捐贈，她感謝婦慈會、法拉盛華商會、美華工商協會及所有支持者雪中送炭，並宣布紐約勵馨將於3月2日舉辦「婦女健康日博覽會」。

孫運梯感謝僑界大力支持，使上月舉辦的慈善募款老歌演唱會圓滿成功，她擁護社區「人前人後，人前自願」的精神深深感動，表示會持續不斷地向勵馨提供幫助。

為家暴受害者提供一個避風港。

華商會理事長徐朱留弟讚揚勵馨工作人員的毅力和愛心。她並表示，華裔新移民由於壓力大更容易出現家暴現象，勵馨婦幼庇護所有重要作用，她呼籲各界人士積極奉獻愛心，使勵馨能夠向更多受虐婦女和兒童提供幫助。

為慶祝國際婦女節，紐約勵馨將於3月2日(周六)上午11時至下午3時，在法拉盛購物中心一樓大廳舉辦婦女健康日博覽會，提高民眾對婦女身心靈「全人健康」的重視。現場設有16個攤位，提供一系列專題演講、親子遊戲、心理健康諮詢、婦女就業創業輔導、免費指甲彩繪、修眉等多種活動，還有二手服裝義賣會。參加者均可參與免費摸彩項部，詳情請電洽紐約勵馨 718-321-8862。



社區領袖呼籲各界人士繼續支持紐約勵馨，左起依次為紐約勵馨總幹事劉元芬、董事長張莉莉、徐朱留弟、郭至隆、孫運梯、庇護所督導葉文珍。（本報記者/攝影）

SING TAO DAILY
星島日報

THURSDAY JULY 31, 2014
2014年7月31日 星期四 農曆甲午年七月初五日

獲愛心第二春文教基金會贊助

勵馨舉行「小太陽夏令營」

紐約勵馨婦幼關懷中心今年再獲愛心第二春文教基金會贊助，繼同三社區教會舉行「小太陽夏令營」，向三十名來自家暴家庭的孩子免費提供心理諮詢、課業輔導等服務，希望讓他們感受社區關懷，走出家庭暴力的陰影。

本報記者陳麗芬攝

紐約勵馨總幹事劉元芬昨(30日)表示，服務逾的家暴婦女近75%都有孩子，其中不少曾親身受害，多達20%被打丈夫同時會打罰孩子，令許多來自家暴家庭的兒童心理受創，出現行為偏差，甚至導致孩子長大後，成為另一個受害者。

劉元芬指，今年參與「小太陽夏令營」的三十名孩子來自皇后區，他們除來自家暴家庭外，也有部分父母離異而城市兒童福利局介入的孩童。紐約勵馨將透過社工及青少年提供大哥哥大姊姊課業輔導，並協助他們進行心理重建，發掘個人專長，培養出正向的自覺觀念與人際關係。

今年就讀大三的心理系學生李世華，去年曾為「小太陽夏令營」孩子義務進行一對一心理諮詢，昨日回憶起這些來自不幸家庭的孩子時，感觸指「我們可做的不多，只希望可給予他們安慰，讓他們二十、三十年後回身，發明明白今日的一切，終止家暴不斷循環」。



紐約勵馨「小太陽夏令營」將向三十名暴家庭孩子提供援助。

紐約華僑文教中心主任張景南兩名兒子去年都為「小太陽夏令營」擔任義工，他表示，兒子們回家時都形容孩子們自我形象很低，非常沮喪，但堅持一整個夏令後，發現意義重大，「如果這些孩子一生中有個小太陽，將來他們組織自己的家庭時，將會更健壯」。

愛心第二春文教基金會執行長馬宏晉表示，基金會主要幫助中國、台灣及孩子就學。希望

也在美國為華人孩子作出貢獻，因此繼續贊助「小太陽夏令營」五年，看見多年來的成果，感謝紐約勵馨協助這些有需要的家暴孩童。

儘管今年的「小太陽夏令營」已經圓滿，但劉元芬表示，紐約勵馨9月份將繼續提供心理諮詢，社區可瀏覽網站<http://www.gohny.org/>了解詳情，又或致電(718)321-8862，中文家暴求助熱線1(877)990-8566。

明報

紐約免費報 2011年8月3日 社區動態 MING PAO (NY) FREE DAILY

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勵馨辦音樂會慶希望之家成立

全由青年義工策劃演出

【明報記者劉大琪報導】為支持紐約勵馨婦幼關懷中心第一個華人受虐婦幼庇護所「希望之家」的成立，勵馨將於12日在法拉盛舉辦午餐音樂會。該音樂會全部由暑期的青少年義工策劃和演出，把溫暖和愛帶給更多需要關懷的弱勢群體。

據紐約勵馨總幹事劉元芬介紹，在社會各界的幫助下，首個庇護所「希望之家」已於日前成立。該庇護所目前有9個床位，可為受到家庭暴力和性侵害的婦女兒童提供短期庇護。而今年暑假，有26位青少年主動來到勵馨擔任義工，為家暴兒童夏令營的孩子們提供課業輔導。此次音樂會也全部由這些青少年義工操辦，從製作邀請卡、到場佈置，到音樂表演皆由義工們自己完成，希望以此喚醒社區對弱勢群體的關懷，也希

望為此庇護所尋得更多經費支援。

義工彭子昕在談及自己在勵馨做義工的經歷時說，觀看那些家暴兒童夏令營的孩子們在大哥哥大姐姐的關懷下發生改變，從被動接受輔導到主動要求學習，她的內心充滿了成就感。彭子昕願意繼續為這些孩子帶來正面影響，帶給他們更多的溫暖、希望和愛。

勵馨午餐音樂會將於12日中午12時至下午1時半在紐約第一銀行二樓禮堂舉行，免費入場，歡迎社區朋友參加。



▲劉元芬(後排左四)攜青年義工誠邀大家參加勵馨午餐音樂會。(劉大琪攝)

世界日報

A1 要聞 中華民國一〇三年/2014年7月2日 星期三

婦聯會宴勵馨兒童、義工、老師

記者老亭慧 / 紐約報導

中華民國婦女聯合會美東分會1日邀請紐約勵馨30多名兒童、義工與老師，到位於曼哈坦中城的駐紐約台北經濟文化辦事處午餐，享用披薩、漢堡等美食，餐後一同唱歌、跳舞，小朋友度過了愉快的暑假一天。

紐約勵馨總幹事劉元芬表示，該會連續六年為九歲至13歲小朋友舉辦暑期夏令營，今年從6月30日到8月23日舉行，除了參加午餐的小朋友20多人，其他還有十多人，之後他們將被分配到合作的三個教會，參加為期八周的不同課程活動。7月和8月還將為孩子母親分別舉辦兩場討論會，婦聯會常熱心捐款，這是第一次為小朋友舉辦餐會。感謝婦聯會熱心邀請小朋友到經文處同樂，午餐結

束後到公園玩耍和參觀紐約市立圖書館。

婦聯會主委虞瑾芳祝福小朋友暑假玩得開心，也要把握時間充實自己。總幹事王燕燕說，活動主要目的是關心暑假可能沒父母陪伴的孩子，讓他們在學校忙碌了一學期後，可好好輕鬆一下。該會除了給小朋友每人20元紅包，也大方捐獻了500元給紐約勵馨。

法拉盛華商會理事長徐朱留弟為午餐贊助了所有美食。

經文處處長章文樞也將地到場關心。他兩個孩子主動提出為活動表演才藝，其中一人還特地從瑞士來，陪小朋友又唱又跳，為歡樂暑假揭開序幕。



劉元芬(前右二)感謝虞瑾芳(前右三)邀請紐約勵馨兒童到經文處午餐，前右四為徐朱留弟。(記者老亭慧 / 攝影)

三州新聞

Global Chinese Times

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登琪爾與紐約勵馨 4/27 日辦慈善餐會

【本報紐約訊】紐約勵馨與登琪爾 SPA 企業集團宣佈將於四月 十七日假飛越皇后木蘭廳舉辦慈善募款餐會，除開支外盈餘所得捐作紐約勵馨婦幼關懷中心基金。

登琪爾 SPA 店長周怡君表示，紐約登琪爾 SPA 成立八年多，擁有兩千多位會員，他們都是熱心且具有經濟實力一群人，樂善好施、積極響應公益活動，鑒於紐約勵馨關懷救助受到家庭暴力及性侵犯的婦女及兒童的善舉與該公司的意願一致。

餐會邀請所有會員、親友及公司員工參加，個人每張一百二十元，十人席每桌一千元，銀贊助券三千元(含貴賓席二桌)、金贊助券五千元(含貴賓席二桌)、白金贊助券八千元(含貴賓席二席，選購原價三千元的療程)。與會者將獲禮物袋及欣賞節目表演，包括國標舞蹈、音樂演奏表演、女子防身術示範、小朋友民俗舞蹈、登琪爾員工大合唱等。

紐約勵馨總幹事劉元芬對登琪爾的贊助表達感謝，她說紐約勵馨致力於華人社區推廣防止家暴、性侵犯及家庭暴力的公共教育，並提供緊急救援、

輔導諮詢、法律協助等直接服務給受虐婦女。去年熱線電話七千多通，並在七月成立華人受虐婦幼庇護所，幫助十四位因家暴而無家可歸的婦女及兒童，讓他們在火熱中有一個溫暖避風港。根據人口普查，華人在紐約市為第二大移民族群，然而沒有一個機構特別針對華人家庭暴力及性侵犯

害者提供中文相關服務。

劉元芬說紐約勵馨經費百分之八十來自社區捐贈，她感謝長期捐贈的熱心人士，同時希望更多的朋友支持，支票抬頭請寫 GARDEN OF HOPE 寄至 P.O. BOX 520048 FLUSHING NY 11352，網址: WWW.GOHNY.ORG，電話 1 (877) 990-8595。



紐約勵馨總幹事劉元芬(右五)、登琪爾周怡君(右四)與美麗的服務人員

世界日報 worldjournal.com
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紐約勵馨 走過十年

記者李寧 / 紐約報導

為幫助因語言障礙無法求助的家暴和性侵害受害者及兒童，紐約勵馨總社副總裁中心近日在「紐約市家庭司法中心」(New York City Family Justice Center)正式駐點，提供全面及快速的服務。紐約勵馨還宣布將於15日(周六)在法拉盛舉辦十週年感恩禮拜及慶祝會，感謝各界人士多年的支持及協助。

勵馨中心總辦事處李寧介紹，美國對家暴和性侵犯的相關法律都十分健全，但多數華人由於語言和文化障礙，極難使用這些資源尋求幫助。紐約市家庭司法中心整合了司法、警政、法律援助以及醫療機構等各方資源，方便受害者求助。紐約勵馨與該中心合作，在其皇后區辦公室駐點，針對華裔受害者提供翻譯和陪伴服務。援助對象不限性別，有無合法身分，求助者個人隱私也受保障。紐約勵馨的服務平日也針對受害者婦女舉辦諮詢、就業培訓、提升女性的獨立性。

紐約市家庭司法中心地址為秋原(Kew Gardens)2大道126-132號。紐約勵馨網址為www.gohny.org，介紹各服務項目。電話為(877)990-8595。十週年感恩禮拜及慶祝會時間為上午11時，地點在法拉盛第一浸信會。地址為法拉盛二大道142-10號。



劉元琴(左一)和紐約勵馨工作人員介紹給媒體服務及慈善機構。(記者李寧攝)



紐約勵馨舉行兒童保護講座

【紐約訊】為了協助華裔移民家長提供正確的兒童保護與輔導教育，由紐約勵馨總社副總裁中心主辦的「做孩子的守護天使」教育講座，日前在紐約的華文教育中心舉行。

紐約勵馨總社副總裁中心主任劉元琴介紹，2010年全美共有79萬名兒童受虐，在紐約州每年有17萬名兒童被舉報虐待或疏忽教育兒童。平均每天有400名家長兒童受虐報案(ACS)調查。她指出，新移民面臨語言障礙、身份限制、經濟困難、文化差異、不了解美國法律以及資訊不足等問題，在兒童教育方面容易陷入誤區。希望透過教育講座幫助家長成為孩子的成長。

劉元琴指出，希望家長在自創家庭受虐時能及時尋求協助。其中法定輔導人員包括：托兒人員、學校工作人員、醫護人員、社工、社會服務機構工作人員、心理輔導專家人士、地方檢察官、律師及警察等。報案熱線為：(1800)342-3729。兒童報案專線在40天內決定情況決定或不成立。

劉元琴表示，兒童虐待不僅是兒童保護問題，也關係到兒童的身心健康。講者包括在知識的情況下允許他人對我家造成傷害。其中，體罰、性虐待、過度責備、經濟性虐待、離棄、以及讓兒童感到無力或危險的情況等。同時，教育講座也介紹了疏忽教育、教育疏忽以及家庭暴力對兒童的影響。講者包括李寧、謝志、陳志工、張志、謝志。



▲華文教育中心主任張志(中)參加講座，右一為劉元琴。(李寧攝)



新移民防止家庭暴力講座 109分局警籲受害人報警

【本報記者陳麗雲紐約報導】十月廿五(週六)晚，紐約勵馨總社副總裁中心在皇后區華文中心舉辦「新移民防止家庭暴力」講座，109分局警長李維(Allan Yip)出席，與會者包括新移民、社區領袖、警方及勵馨工作人員。李維表示，家庭暴力是社會問題，新移民應尋求幫助。他呼籲受害者報警，並提供法律諮詢。

新移民防治家暴講座



勵馨總社副總裁中心與社區領袖共同舉辦「新移民防止家庭暴力」講座。

李維表示，家庭暴力是社會問題，新移民應尋求幫助。他呼籲受害者報警，並提供法律諮詢。李維指出，家庭暴力不僅是身體上的傷害，也包括心理上的虐待。他呼籲受害者尋求專業人士的幫助，並提供法律諮詢。

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世界日報

WORLD JOURNAL



孩子們正在進行「氣球傘」活動。(記者李寧攝)

凱辛娜走廊公園舉行 復活節親子同樂會 1500人樂翻

【紐約訊】紐約勵馨總社副總裁中心、皇后區公共圖書館新移民服務部和加德保險於19日下午在皇后區凱辛娜走廊公園(Kew-Forest Corridor Park)聯合舉辦了「復活節親子同樂會」。在明媚的陽光下，父母孩子互動其樂融融，氣氛熱烈。引來不少市民一睹為快。

約有1500名孩子和家長共同參加了該活動，勵馨總社李寧亦希望透過親子活動促進家庭關係的和諧。她認為不少新移民由於工作壓力大，又和家人聚少離多而造成家庭關係冷淡。希望新移民家長們能多花時間陪陪孩子，一起參加各種活動，皇后區公共圖書館為小朋友們提供了特別禮物，如果孩子們說出最喜歡的一本書的書名，則可以獲得獎勵。加德保險社區服務部代表陳德輝表示，活動上有不少運動項目，如氣球、氣球傘、跳「蛋」等。希望向市民們提倡健康的生活方式。此外也有粘貼土以及彩旗設計等項目。活動最後，主辦方還贈送孩子們精美禮品，清理了二片垃圾，就可換取氣球、糖果或筆記本作為禮物。

僑報

THE CHINA PRESS

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109分局警長李維(右二)為社區民衆講解有關家庭暴力的相關法律知識。(李寧攝)

勵馨舉辦新移民家庭法律講座

【本報記者陳麗雲紐約報導】十月19日(週六)晚，紐約勵馨總社副總裁中心在皇后區華文中心舉辦了「新移民家庭法律講座」。109分局警長李維(Allan Yip)出席，與會者包括新移民、社區領袖、警方及勵馨工作人員。李維表示，家庭暴力是社會問題，新移民應尋求幫助。他呼籲受害者報警，並提供法律諮詢。

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公共宣導 Community Education



公共宣導 *Community Education*



愛我們的家親子同樂會 *Family Health Day*



紐約勵馨的服務 *Our Services*

公共教育

藉著大眾傳播媒體、文宣、講座、小組訓練及各種社區活動，破除家暴迷思、倡導家庭和諧及健康的兩性關係。我們提供各種免費訓練，包括認識家庭暴力、預防兒童虐待、耆老虐待、約會暴力、健康的兩性關係、情緒管理、壓力管理、衝突處理等。

直接服務

提供中文熱線、危機處理、緊急救助、安全庇護、法律援助、社會福利、心理諮商、支持團體、就業輔導、靈命關懷等，協助受虐婦女脫離被虐處境，增強自我保護及重建生活能力。

協助因語言或文化因素陷入兒虐情境的家長，發揮正向的親職功能，重建生活秩序。

透過危機處理、心理諮商、團體輔導協助經歷家暴或性侵的兒童及青少年創傷療癒，心靈重建。

提供大哥哥大姊姊課業輔導、單親兒童夏令營、少女營等幫助弱勢兒童及青少年調適移民生活、建立良好的自我形象及人際關係。

Help those women being abused with hotline, safety planning, crisis intervention, shelter options, legal referrals and advocacy. Provide assistance of order of protection, public welfare and crime victims compensation.

Outreach to the community and educate public through broadcast, newspaper articles, workshops and trainings to raise the public awareness of issues concerning domestic violence and sexual assault.

Prevent the cycle of domestic violence by working with the children who witness or experience the abuse. Prevent dating violence by educating youth. Provide free tutoring, mentoring and summer programs.

Empower survivors of domestic violence and sexual assault through counseling, support groups, vocational training and spiritual support.

最近三年直接服務統計

Latest 3 Years Direct Services Statistics

(From September 2011 to August 2014)

服務項目	Services Provided	服務人次 (Person-time)
熱線電話	Hotline	22,690
法律諮詢與援助	Legal Consultation and Assistance	1,780
陪同出庭、報警、就醫等	Accompany Clients to the Courts, Police Precincts and Hospitals, etc.	1,998
社會福利申請	Welfare Assistance	815
婦女諮商輔導	Women Individual Counseling	2,749
婦女成長團體	Women Support Groups	1,552
兒童/青少年個人輔導	Children/Youth Individual Counseling	722
兒童團體輔導	Children Group Counseling	1,844
庇護所安置	Shelter	5,632 (人數 × 過夜日數)

你心若向飢餓的人發憐憫、使困苦的人得滿足
你的光就必在黑暗中發現、你的幽暗必變如正午。
以賽亞書58:10

If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed,
then your light will rise in the darkness, and your night will become like the noonday.

Isaiah 58:10

婦女服務 *Women Services*

紐約勵馨提供免費中文熱線、危機處理、緊急救助、安全庇護、法律援助、社會福利、心理諮商、支持團體、就業輔導、靈命關懷等，協助遭受家暴、性侵或人口販運的婦女及其子女脫離被虐處境，增強自我保護及重建生活能力。

We provide direct services to women, youth and children who have been exposed to domestic violence, sexual assault and human trafficking through hotline, crisis intervention, culturally-relevant counseling, support groups, advocacy, case management, legal assistance, emergency shelter (Hope House), emergency assistance (food, clothing and money), job training and translation services.

熱線、諮商與危機處理 *Hotline and Crisis Intervention*

作為救助受到性與暴力侵害的婦幼之社服機構，紐約勵馨中文家暴求助熱線是我們開放給社區中有服務需求者的一扇窗。隨著網路與資訊的發達，我們的熱線不只接到大紐約地區華裔受暴婦女的求助電話，並且接到越來越多從外州打來求助的華裔受暴婦女電話。主要是人在異鄉，語言不通讓許多受到家暴的華裔婦女無法使用美國的社會福利與法律援助。電話、網路、中英文翻譯與資源連結讓陷在無助邊緣的人可以重燃生命的希望。因為受過專業訓練的輔導員不只聽得懂求助者的苦情，可以提供適當的法律與社會福利資訊，同時透過電話、網路、中英文翻譯與資源連結有很多實質的援助可以為絕望的人帶來希望。

GOH-NY Chinese Hotline 1877-990-8595 not only received phone calls from victims living in New York, but also from many other states. Many Chinese immigrant women who came to this foreign land have language barriers that prevented them from seeking help through justice and legal assistance. Our professionally trained counselors not only provide emotional support but also provide information on related laws, welfare and social resources.



法律與社會福利援助 Legal Assistance

受虐婦女與兒童所需之法律援助不只是申請保護令，施虐者常以各種匪夷所思的手段控制受虐婦女，例如：向警察局或兒童局報謊案、以不申請移民身份或恐嚇舉報移民局作為要脅、扣留婦女證件、惡意拋棄、以不公平的條件申請

離婚、不讓婦女見孩子、不提供孩子生活費或配偶生活費、盜刷婦女信用卡等等。受虐婦女也可能同時面臨其它與房屋租賃，社會福利及小額財務糾紛有關的法律問題。感謝長期以來與紐約勵馨合作之非營利法律服務機構，包括：Legal Aid Society, Sanctuary for Families, Queens Legal Service, CUNY Law School Main Street Clinic, New York Legal Assistance Group, 以及Connect等，他們的律師不只對家暴相關之法律學有專精，並且對受虐婦女有份特別的關懷，所提供之免費法律援助，很實際地協助婦女脫離苦海。

Women under abuse will not only need an order of protection. The abusers often use many different malicious ways to gain control over their victims. Examples are reporting fake information to the police, threatening with immigration status, confiscating their victim's identification, intentionally abandoning them, declaring divorce with injustice reasons, not allowing their victims to see their children, not supporting their living expenses, and using their victims' credit card, etc... Abused women might also face other problems of their own at the same time like house rent and other legal issues concerning minor financial dispute. We give thanks to many non-profit legal organizations such as New York Legal Assistance Group, Legal Aid Society, Sanctuary for Families, Queens Legal Service, Her Justice, CUNY Law School Main Street Clinic, Connect and other similar organization that have been working with us. Their attorneys are specialized in domestic violence related laws. The free legal aid they offered practically helped many women break away from their misery.



心理支持與創傷療癒 Emotional Support and Trauma Therapy

遭受家暴與性侵犯的受害人往往累積了很多的負面情緒，同時在心中留下無法磨滅的陰影。紐約勵馨的每一個同工都受過社工或諮商心理學相關專業訓練，能根據求助者的需要，提供適當與適時的心理支持、創傷療癒與危機處理。我們不僅有一般功能的會談室，還有一間多功能的表達性媒材會談室，讓目睹兒可以透過遊戲、藝術創作來表達說不出來的苦；讓受暴婦女透過藝術創作來看見自己的困境與找尋生命的出路。

Victims of domestic and sexual violence often have many negative feelings buried deep inside and traumas that are nearly impossible to erase. Our counselors offer appropriate emotional supports and therapy according to the clients' needs. Other than general meeting rooms, we also have a multifunctional expressive media room that allows children to express unspeakable truth through games and crafts; women are able to use arts to see the situation they are currently in and, by using it, to find a way out in life.



希望之家 Hope House

紐約市目前有廿幾個家暴緊急庇護所，可以提供大約一千五百個床位。但是每年仍有超過四千多位受虐婦女、五千七百多位兒童因為資源不足，在需要的時刻，無法獲得庇護所服務。華人受虐者更是因語言障礙、生活方式等種種原因，尤難獲得合適的幫助。有感於此，紐約勵馨於二零一一年七月成立希望之家，一個講中文的緊急庇護所，提供有需要的婦女及兒童一個安全的、保密的住處，並且提供更全面性的服務，包括就業輔導以及成長小組，幫助婦女學習新知、培養工作能力、建立自信，在離開庇護所之後，可以過一個獨立自主的生活。

希望之家一波接一波的接待因遭受家暴或被丈夫惡意遺棄的婦女及孩子，甚至時常沒有空位，必須將婦女轉介到其它非中文的庇護所，我們的輔導員則居中提供翻譯服務。每個需要庇護所服務的人幾乎都是抱著悲傷的心情倉惶入住，甚至許多是帶著傷直接從警察局或醫院過來。輔導員不但要安撫她們的情緒、幫忙搬大包小包的東西，還要為她們張羅日用的生活必需品，有人就說紐約勵馨同工的車好像緊急救難車。

希望之家運作至今，總共接待了一百零四位婦女及孩童。平均入住時間是七十六天。紐約勵馨除了提供這些家庭在緊急危難時刻一個安全的居住環境；並且使用愛心人士捐贈的緊急救助金，在經濟上解決他們的困難。剛搬進希望之家有許多事要調適，每個人的生活習慣不同、文化也有差別，大家共用廚房、衛浴、客廳，並不是那麼容易。然而大部分的婦女們卻能患難與共，煮了飯菜一起吃，分享各家的拿手菜。同年齡的孩子，會玩在一起，母親們分享育兒經驗。由於有些相似的受創經驗，雖然每個人有不同的故事，受暴的程度也不同，大家反而有寬容的態度，能夠互相體諒，彼此扶持。有些婦女離開希望之家後，成為好朋友，建立自己的支持系統，繼續為自己 and 孩子的未來奮鬥。

希望之家的成立及運作，結合了許多社區人士的資源和幫助，例如國際婦女慈善協會（婦慈會）連續三年為我們舉辦愛心義賣及慈善演唱會、綠洲基金會以及國泰銀行基金會也長期慷慨贊助。許多善心人士及商家提供被子、床單、衣服、米、麵包、泡麵、飲料、冷凍食物等，讓這些家庭在急難時，基本需要暫時得到供應。森美食品過年過節會提供乾糧食物及點心，飛達西餅兩年來每個星期捐贈五十個麵包給希望之家當早餐，北港台菜的林老闆則是每週四都親自準備香噴噴的便當給住在希望之家的大人小孩。

社區各界愛心人士以各種方式支持希望之家，讓無家可歸的婦女們能體會人間有情、社區有愛，重新再開始。當她們站穩腳步後，多能抱著知恩圖報的心，以有限的經濟能力，回頭幫助其它有需要的家庭，例如許多曾經住過希望之家的婦女，會不定時買一些生活必需品給新搬進來的家庭。

希望之家目前只有三個房間，最多容納九個人。當初成立就是心痛許多有需要的婦女因為市立庇護所沒有床位而無處可去，或睡在地鐵站、或睡在醫院的候診室、或流離在不同的親友家暫住，更多的是心灰意冷的回到不安全的家。然而九個床位真的不敷需求，我們有時也只能跟轉介婦女過來的警察、醫生、社工們說抱歉，心裡的難過不下當事人。在未來的一年，我們計劃增加至少一倍的床位，讓有需要的家庭可以獲得即時的幫助。

希望之家，讓受傷的心，可以有地方療傷；讓絕望的人有空間和時間去成長，重拾生命的動力。



馨愛婦幼送溫暖 折翼天使展翅飛 婦女感言 Womens' Messages

接受紐約勵馨的服務有兩年了，這兩年中，是紐約勵馨陪我度過人生最艱難黑暗的時期。得知紐約勵馨是在一個很偶然的情況下，那時的我正飽受家庭暴力的摧殘，根本看不到、也不敢奢想美好的未來。每一天對我來說，就像是做一天和尚撞一天鐘。因為家庭暴力對我不僅僅是身體上的摧殘，更造成了心理上嚴重的傷害和壓迫。在神的引領下，我得知了紐約勵馨這個機構。一開始，我覺得受到家庭暴力是一件很丟臉的事，根本沒想過向機構尋求幫助。直到有一天，家庭暴力對我的生命造成了威脅，我才撥了紐約勵馨的求助熱線。當第一次聽到了電話那頭傳來溫柔而堅定的聲音時，我有一種「撥這一通電話是人生中做過最正確的決定」的感覺。後來透過跟輔導員的見面，讓我更加肯定了我的選擇。紐約勵馨的輔導員們，給予我無微不至的關懷及幫助。在跟他們談話的當中，我會不由自主的把一些難以啟齒的事說給她們聽。而她們的傾聽及協助，讓我感覺有堅強的依靠。如果沒有她們的開導及幫助，我可能現在還在絕望的處境中苦苦掙扎。

紐約勵馨幫助我解決了複雜的家庭及移民法律官司問題，同時幫我申請到獎學金，讓我得以繼續學業。對我而言，紐約勵馨不僅僅是人生中的嚮導，更像是一個在心靈上默默給予支持的朋友，在我人生迷茫的時候，給予很多的開導和幫助。在這我要向所有在紐約勵馨兢兢業業工作的輔導員們說一聲：「謝謝你們！你們辛苦了！」

SW

坐六望七的我，回首前塵，苦多於樂、哀多於喜。乾枯的雙眼，所能期盼的是絕望的未來。正當我無助的站在人生的十字路口，不知該何去何從時，經友人的介紹我來到了紐約勵馨。輔導員耐心的傾聽了我那三天三夜也說不完的悲慘故事，溫暖了驚恐徬徨的我。她們總是細心的解說，熱心的幫助，並且無怨無悔的帶著無助的我東奔西走的尋求資源，哪怕外面是在颶大風或下大雨。在面對一張張它認得我，而我不認識它的表格時，只見輔導員們三下五除二（意謂：一剎那間）便搞定了。而當案件進行的不順時，輔導員們都以鼓勵和打氣來幫我將負面思考轉變成正面思考。每星期一次的繪畫課，是我的最愛，因為它能撫慰我煩躁不安的思緒，每當我看著繽紛的色彩就有「活著真好」的喜樂。看著一張空白的畫紙，從一無所有變成了一個充滿色彩屬於自己的作品，就有一種難以道出的成就感。在紐約勵馨輔導員的幫助下，我重新審視自己生命存在的價值及意義。我相信在輔導員們不離不棄的協助下，一定會有花開結果的明天。謝謝你「紐約勵馨」！有你真好！

WH

二零一二年的十月，我的人生發生重大的轉變，在我帶著我的兩個小孩走到人生最盡頭的時候，我遇到了紐約勵馨。是紐約勵馨伸出希望的雙手，把我們拉回希望的人生旅途，讓我的人生重新編寫。紐約勵馨給予我經濟上、精神上全然無私的幫助。真的很感謝紐約勵馨，沒有紐約勵馨，現在我不知還在哪條路徘徊。希望紐約勵馨可以幫助到更多像我一樣的婦女。

Sharon

在沒有遇到紐約勵馨之前，我遭受著家庭暴力。一夜之間我變的一無所有，只有一直與我相依為命的女兒。我幾乎身無分文。當我以為我要帶著女兒去流浪的時候，警察幫我找到了紐約勵馨這個希望之家。是她們給了我家的溫暖，引導我一條希望之路。感謝紐約勵馨讓我走上新的人生路，讓我更加堅強，更加自立。

Angie

我在最困難的時候，語言不通，沒有地方居住，前夫到處找我，他要打我和罵我，我去了律師樓，在律師的指引下，我去了法庭。家事法庭的人員給了我紐約勵馨的電話，我走投無路，紐約勵馨給我無微不至的關懷，使我走出了陰影。我長時間無法入睡，是靠吃安眠藥睡覺的人。通過紐約勵馨的大力關懷，使我有新的生活，非常感謝紐約勵馨的關懷。

Tina

感謝主，讓我有機會認識紐約勵馨這個機構，這個希望之家！兩年多前，我面對離婚、失業、辦身分等各種生活上的問題，身心感到十分疲憊，人生絕望，前途迷茫！在我人生最黑暗的日子，神帶領我找到紐約勵馨。勵馨的輔導員非常關心我和女兒的生活。輔導員很熱心的為我尋求各方面的幫助，包含法律上和物質上的，使我放下無助的重擔。在婦女成長團體裡，我感到了家的溫暖，人與人之間的真誠！讓我找回做人的自信和勇往直前的勇氣！感謝慈愛的天父，感謝紐約勵馨全體員工。

Kelly

那段時間發生的事情讓我很無助，找過曼哈頓的外國組織，沒有任何反應。遇到紐約勵馨後，無論是法律上的幫助，還是精神和情感的支持都在那段黑暗的日子裡給了我希望。經過一年四個月的堅持和努力，我先生誣告我的刑事案件完全被撤銷。我後來找到很好的工作，也找到一個很好的房子。我希望所有的婦女，無論人生經歷怎樣的不幸，都不要放棄，要堅持，要獨立。有信心就能找到有意義的人生。

Sabrina

感謝上帝讓我來到紐約勵馨。讓我從一個完全絕望，極度自卑的無助者，成為一個自由、有歡笑，有信心並可以傾聽與幫助其它在苦難中的人！神已聽見我的呼求，祂也明白我的渴望！無限的感激與讚美獻給主與紐約勵馨。

Chen Li

紐約勵馨，感謝您！把我們母女從黑暗裡帶出來，重見光明。感謝神，保守紐約勵馨能有今天。

Mei

曾經得我，像一隻受傷的狼，有著受傷的心，一聲聲地嘆息，一夜夜的哭泣。迷失了方向，失去了自我。當我走進了紐約勵馨的關懷，神就賦予了我神奇的力量，找回了我的信心與力量。感謝紐約勵馨，就像女兒感謝母親一樣！

Alina

在我發現紐約勵馨之前，我所遭受的精神上的折磨和心靈上的傷害，幾乎讓我崩潰。紐約勵馨使我有新的盼望，給我重新站起來的力量。明白了我不是一個弱者，有神在幫我，有勵馨在助我，我想我一定會有一個美好的未來。我要感謝神，也衷心的感謝紐約勵馨楊小姐對我的幫助，並感謝紐約勵馨的所有人員！

蓮花

在我最無助，憂傷和痛苦的時刻，來到了紐約勵馨。黎小姐親切的關懷和交談，指點和幫助，讓我感到無比的溫暖和親切。身在異國他鄉能在無助中得到這樣的心靈支撐是多麼難能可貴呀！在此表示最忠心的感謝。

**一位
內心悲痛的老人**

二零一一年是我家痛苦無助的日子。是紐約勵馨給了我們關懷幫助，使我們從痛苦無助中走出來。這幾年的時間裡，紐約勵馨給了我們很多幫助。我代表全家真的感謝紐約勵馨。感謝上帝。祝福勵馨十周年繁榮昌盛。

恩加

紐約勵馨的同工就像是我在美國的親人，回到紐約勵馨就像回到我娘家，感謝神給我這樣一個好娘家。

秋菊

我為認識紐約勵馨，向神獻上感恩。讓我內心受鼓勵及溫馨之感。紐約勵馨給人的幫助就是溫馨！

花慧

在來紐約勵馨之前是害怕及無助，之後得到安全感及力量。謝謝紐約勵馨幫助所有無助的婦女。

Jenny

I was referred by a friend, an older woman who recognized I was a victim of domestic violence. I am very grateful for the warmth and care that I have received from Garden of Hope. Thank you for being so patient with me! I feel more confident and more beautiful now. Thank you!

Fay

非常感謝紐約勵馨給了我第二次生命，一直扶住著我，引領我度過生命中最艱難的時光。紐約勵馨是我的精神支柱，我非常感恩紐約勵馨給我的幫助。修復我折斷的翅膀，幫我重新起飛。

無名

在我走投無路，生不如死的時候，紐約勵馨來到我的生活中，幫我站起來，與我一起走過一年多的時間。唯有衷心的感謝！

曉瑄

每次有困難，紐約勵馨都聽我訴說，幫助我解惑。來到這裡我總有心的寧靜。我願盡我的力量去幫助他人！來到紐約勵馨之前，我覺得自己迷茫無助，沮喪，覺得生活已經沒有任何意義。是紐約勵馨給了我重新生活的勇氣。在我最無助時給予我幫助。感謝我的輔導員，感謝紐約勵馨全體工作人員！

Momo

原來的我很徬徨，很無奈，很失落。自從接觸了紐約勵馨，我真的有所改變，讓我覺得地球是轉動的，一個人不可能永遠處在倒楣的位置。紐約勵馨說：痛苦時別忘了跟我說，困難時記得要找我，失望時要想起還有我，開心時也不要忘記我。

Helen

感謝紐約勵馨在我舉目無親的情況下幫助了我這大陸來的第一代獨生子女。

Jenna

在沒來紐約勵馨以前我對自己的一切非常失望無助，自從來到了紐約勵馨，我對生活有了希望。我非常非常的感謝紐約勵馨成員的極致關懷和幫助，謝謝！

Mary

感謝紐約勵馨，給我在困難時的開導與精神上的帶領。希望在以後的日子裡，能更好的生活與工作，與紐約勵馨共同成長與進步！感謝主！阿們。

Pearl L

家庭暴力與兒童虐待

Domestic Violence and Child Abuse

小凱今年六歲，常常被老師抱怨無法服從指令。他喜歡在課堂上爬上爬下、跑來跑去，也無法專心學習。當老師制止小凱的不當行為時，小凱會表現出攻擊性的行為，甚至會挑釁老師。小凱不太跟其他的同學說話、玩遊戲，喜歡自己玩或黏著其他大人，要大家關注他。小凱的媽媽因為被丈夫遺棄，獨自撫養小凱。沉重的經濟壓力，讓小凱媽媽忙於工作，無暇照顧小凱，學校老師對小凱的抱怨，總是讓小凱媽媽覺得沮喪，有力不從心的感覺。偶而難得有空閒時間與小凱相處，也被小凱的不聽話跟脫序行為氣得半死，無法控制自己爆發負面情緒，有時甚至會忍不住動手打罵小凱，最後雙方總是以兩敗俱傷的結局收場。漸漸地，小凱媽媽與小凱相處時，愈來愈感到焦慮及表現冷淡，而小凱在學校的各項表現也愈來愈差。經過評估，發現小凱在各方面的發展上明顯落後，而在同時，小凱媽媽也被正式診斷患有憂鬱症…。

家庭暴力的受害者不僅僅只是婦女本身，還包括了目睹家暴的孩子們。目睹暴力發生的兒童常被隱藏在婚暴問題之下，成為「隱形受害人」。大多數人以為孩子沒有在現場看見暴力場景，就不算目睹家庭暴力。其實孩子很敏感，家庭關係緊張，父母經常爭吵、發生肢體衝突、母親情緒低落，孩子都知道，也必定會產生負面影響。事實上，研究指出，夫妻之間有家暴問題，他們的孩子九成都曾經遭受某種形式的暴力。所以在家暴環境中的孩子同時是兒童虐待的高危險群。

- **身體虐待**：對兒童施以過當的管教或嚴重的體罰，導致兒童身體受傷、終身殘廢或死亡。
- **精神虐待**：對兒童毫不關心、刻意忽視、冷落、排斥或時常斥責、怒罵、挑剔、批評、恐嚇、輕視、過份要求等造成兒童在感情、心理、智力方面的發展受阻礙。
- **疏忽照顧**：沒有提供兒童充份的飲食、安全的住所、保暖的衣物及適當的衛生、醫療和教育；強迫兒童做過量、無法負荷的工作或把兒童單獨留在家中。

Kay is a six year old child that is always complained by his teacher for his bad behaviors. He often climbs up and down and run around during class, he also has trouble concentrating in his leanings. When the teacher tries to stop him, Kay will show a sign of aggressive behavior and taunt the teacher. Kay does not often talk or play with other classmates, he prefers to play clay by himself or nag with the adults for their attention. Kay's mother was abandoned by her husband, so she raises Kay all by herself. Due to the economic stress placed upon Kay's mother, she often has to work long hours and does not have time to take care of Kay. The complaints Kay's mother received from the teachers often upset her and make her feels powerless. Even when she has the time to be with Kay, she will be nearly faint with rage by Kay's inappropriate behaviors and cannot control her negative emotions. Sometimes she even hit Kay and ended up with both of them hurt. Kay's mother and Kay's relationship gradually became tense and cold. Kay's performances in school were failing as well. After they were taken into evaluation, Kay was discovered with developmental disorders and Kay's mother was discovered with depression...

The victim of domestic violence is not only the women themselves, but also the exposed children. According to research, exposed children are the invisible victims of marital problem. Most people will assume that the children did not witness the process of domestic violence, therefore they are not considered as exposed children. However, exposed children actually include children that directly witness, hear, or indirectly sense physical or mental domestic violence. What is more, ten out of nine exposed children from domestic violence families were abused in some forms. What is child abuse? Child abuse includes excessive discipline, lack of care from parents or others that result in children's physical or mental damage. The forms of child abuse includes: physical abuse, mental abuse, lack of care, sexual abuse and abandon.

There are many reasons that result in child abuse, parent that work all day long and have no time to attend to their children is considered as a main factor to child abuse. Not to mention parents that

- **性虐待**：對兒童進行性侵害，例如：強暴、猥褻、強迫其撫摸暴露身體私處，以達到成人的性滿足；或利用兒童拍攝色情照片（影片），使兒童受到身體及心理之傷害。
- **遺棄**：父母刻意拋棄或不負擔照顧養育之責任。

造成兒童虐待的原因有很多，父母親整天忙於工作，無暇陪伴孩子，基本上就已經構成疏忽照顧的要件，更別說，父母親因心理疾病或家庭暴力等因素，有嚴重的情緒及法律問題，常常忽略孩子的感受。孩子雖然沒有有形的傷，心靈卻慢慢產生變化，行為也漸漸有偏差。這些孩子的內心都隱藏著一些看不見的情緒；例如：害怕、憤怒與無奈，又欠缺支持系統，導致對自己沒有信心，而產生負向、騷擾行為。家庭暴力更為兒童帶來極大的壓力，他們承受著家庭暴力的創傷及壓力，無法學習到正向的人際及兩性互動關係，造成社交能力低落，更會學習到以暴力來解決問題的作法。這些孩子在有恐懼、挫折的不安全感中成長，可能產生自暴自棄或自悲、自虐的反社會情緒，覺得社會都虧欠他。

這些無形的傷讓孩子無法發展為一個健全的人。因此，給予這類孩子適時的輔導與關懷，加入有利的正面因素是必要的。這些孩子往往比一般的孩子需要更多的關心與照顧。首先，提供一個安全正面的環境，不論是在家庭裡或讓他們參與團體活動，例如：繪畫、書寫、運動…都可以，讓他們從團體中找到學習對象，有社會網絡的人際關係，幫助孩子較容易尋求正向的支持。此外留意孩子的訊息及表現的徵兆，讓孩子接受心理治療，鼓勵孩子把自己目睹的一切說出來，重視他們的感受與陳述，告知孩子發生家暴不是他們的錯，這些都可以幫助這類孩子治療他們心中的傷。

父母親良好的自我照顧，是幫助孩子的先決條件。父母親的身心狀態穩定及健康，才有體力及能力為孩子重組他們的生活。父母親適時的陪伴直接影響孩子的行為及表現。對兒童而言，父母親是他們的主要照顧者及學習對象。透過父母親花時間陪伴，孩子在成長過程中才能真正感受到愛與關心，進而產生安全感及依附感，也才能在各方面的學習上有所成長。在幫助兒童從逆境復原的過程中，最重要的原則是，建立兒童與成人之間一份滋養、尊敬且健康、互重、溫暖的關係。（楊育維編輯）

is suffering under mental disease or domestic violence. Many of these parents are stressed out, dealing with their emotions and marital problems, therefore, neglected the feelings of their children. Although the wound is not visible, but their mentality will gradually change, and their behavior will gradually deviate. These children's hearts buries many concealed emotions, for example, fear, anger and helplessness. A lack of supporting system may result in the children's lack of confidence, festering of negative emotions or harassing behaviors. Furthermore, domestic violence will bring immense stress on the children. Upon the stress and wound of domestic violence, children may have difficulties building positive relationship with others or establishing positive gender relations, their diffuse skills may be low and may tries to use violence as way to resolve issues. Children that are raised in fear, frustration, insecure, may result in antisocial emotions like self-denial, self-abase or automasochism, and think that the whole society owes him.

These invisible wounds may hinder the children from growing into a person with a sound mind and body. Thus, providing timely counseling and caring is necessary. These children often need more attention and caring comparing to others. There are many ways to help them. First, provide a safe and positive environment. No matter it is their home or an afterschool club with activities like drawing, writing or sport. Let the children receive psychotherapy to encourage them to speak out what they have gone through. Value their feelings and words; tell the children that it is not their fault that caused the domestic violence. All of these can be helpful in healing the invisible wound in these children's hearts.

Parent's good self-care is the key to helping these children. Only when parents have a stable physical and mental condition, will they have the strength and ability to rebuild their children's life. Parent's timely companion brings direct influence on the children's behavior and performance. To the children, their parents are their main guardian and model. Only through the parent's companion will a child grow up with love and caring and develop a sense of security and dependency toward others that helps them further learn and grow in various fields. The most important principle during the process of helping children recover from adversity is to build a nurturing, respecting, caring relationship between the children and adults, which is beneficial for the children.

如何幫助家暴目睹兒

了解目睹兒：看到目睹兒認知、行為及情況背後的可能影響因素。

協助目睹兒感到安全：即使目睹兒的情境仍充滿暴力，但他一天八小時在學校，如果週遭的老師在要求與期待上能具彈性，看到他的需要且能支持與協助他，則對安全的重新建立將有極大的幫助。

協助目睹兒表達自己的情緒：孩子需要不同的方式表達他自己的情緒及發生在他身上的故事。我們可

以用不同媒介，如繪畫、分享時刻、戲劇表演、講故事、音樂選曲等方式讓孩子表達自己的情緒與想法。

讓目睹兒感受成就與價值感：盡量給予目睹兒具體的鼓勵及正向回饋。

角色示範（身教）：讓孩子從您身上看到非暴力的互動方式。

不同年齡的孩子生活在家暴環境中常見的徵狀

嬰兒	幼兒	6至12歲 學齡兒童	12至14歲 青春期前期	15至18歲 青春期後期
死亡、受傷	攻擊行為	恐嚇威脅別人	約會施暴	約會施暴
啼哭不休	吵鬧不休	攻擊、易怒	恐嚇威脅別人	使用酒精、藥物
病懨懨的	焦慮、不安	憂鬱、沮喪	自卑	逃家(時間更久)
腦部或神經受傷無精打采	虐待動物	焦慮、不安	創傷後壓力症候群	課業急遽落後及經常性缺課
發展遲緩	毀損物品	退縮、沈默	逃學、翹課	未婚懷孕
睡眠困難(經常嚇醒或不入睡)	出現創傷後壓力症候群症狀	創傷後壓力症候群	逃家(短期)	性關係複雜
飲食困難(厭食、嘔吐等)	對遊戲及學習探索不感興趣	反抗、對立性行為(尤其對權威者)	對身體抱怨多	攜帶武器到校
	易怒	破壞東西	刻板的兩性成見	有自殺念頭或企圖自殺
	歇斯底里	學校課業表現不佳	自殺念頭	
		對女性蔑視	退縮、沈默	
		不想回家	結交不良同儕團體	
			校外遊蕩	

兒童服務 Children Service

紐約勵馨服務的婦女當中百分之七十五有至少一個孩子。除了一般家暴目睹兒會有的負面特徵，如攻擊行為、抑鬱、焦慮、缺乏社交能力、學習成績落後，缺乏解決衝突的技巧、錯誤的性別刻板印象之外，新移民子女還會有強烈的異國適應不良及被遺棄的感覺。如果再加上被歧視，文化衝擊，以及缺乏英語能力，父母沒有提供必要的支持，反而成為一種干擾，孩子往往變得孤僻，充滿敵意，並且抑鬱。喜樂，對他們來說太遙遠；愛，對他們來說太珍貴。一個受傷的孩子，要的不是同情或憐憫，而是真誠的接納與真心的陪伴！

紐約勵馨透過危機處理、心理諮商、團體輔導協助經歷家暴或性侵的兒童及青少年創傷療癒，心靈重建。同時藉著大哥哥大姊姊課業輔導、暑期單親兒童夏令營等，幫助弱勢兒童調適移民生活、建立良好的自我形象及人際關係。

Nearly 75% of the battered women Garden of Hope-NY served have minor children; these battered mothers averaged 1.4 children. In addition to the common effects of childhood exposure to domestic violence such as aggressive behavior, depression and anxiety, poor social competence, and academic failure, deficient conflict resolution skills, pro-violence attitudes, and belief in rigid gender stereotypes, immigrant children often experience an aggravated sense of foreignness and abandonment, thus exacerbating the experience of rejection that began with mother's battering and intensified with parental divorce. The problem is often worsened by discrimination, cultural dislocation, and lack of English proficiency. As a result, children may become withdrawn, hostile or depressed while their parents become a source of disturbance rather than a source of support.

We provide counseling, case management, summer camp, tutoring and support groups to children and youth who witnessed or have been exposed to domestic violence.



害怕受傷的孩子用面具保護自己



紐約勵馨 **希望** 花園 | 關懷婦幼十週年



歷年夏令營 *Summer Camps from 2010 to 2014*



歷年夏令營義工 Summer Camp Volunteers from 2010 to 2014



青少女
輔導諮商
Youth Counseling



兩性平權
教育
Youth Education



家暴與無家可歸 *Domestic Violence and Homeless*

許多研究顯示家庭暴力是導致婦女變成無家可歸的主要原因，特別是有孩子的婦女，大約百分之六十三無家可歸的婦女，曾經經歷家暴。然而由於庇護所的床位有限，將近三成的婦女在需要庇護所服務時，無法入住。

受虐婦女在考慮是否要離開暴力環境時，常常面臨無路可走或無家可歸的困窘。租不起房子常常迫使婦女及孩童需要在「繼續留在被虐待的家中」，或「在街頭流浪」做選擇。庇護所對遭受家暴的婦女及孩子們，提供即時的安全保障，並且幫助他們重建人生。安全的緊急庇護所，是幫助家暴婦女脫離家暴環境最急需的第一步。

Many studies demonstrate the contribution of domestic violence to homelessness, particularly among families with children. Approximately 63% of homeless women have experienced domestic violence. An estimated 32% of requests for shelter by homeless women were denied due to lack of resources.

When a woman decides to leave an abusive relationship, she often has nowhere to go or face homeless situation. Lack of affordable housing and long waiting lists for assisted housing mean that many women and their children are forced to choose between abuse at home and life on the streets. Shelters provide immediate safety to battered women and their children and help women gain control over their lives. The provision of safe emergency shelter is a necessary first step in meeting the needs of women fleeing domestic violence.

家暴與精神疾病 *Domestic Violence and Mental Health*

暴力虐待與精神疾病或情緒障礙緊密相關。遭受伴侶虐待的女性是患上精神疾病包括抑鬱症（Depression）和創傷症候群（PTSD）的高危險群。濫用藥物及酒精成癮、飲食障礙、性行為困難，以及精神分裂症同樣與成人期及兒童期的受暴密切相關。

研究發現，無論男性還是女性，本身患有精神疾病的人都更容易遭受家庭暴力。最近，在PLOS One雜誌上發表的研究根據全球約41個研究總結出：患有抑鬱症的婦女比一般婦女遭遇家暴的比例高2.5倍，患有焦慮症的女性比一般婦女遭遇家暴的比例高3.5倍，患有創傷症候群的人比例則高達七倍。（Health Day, News for healthy living）

Abuse and violence are associated with increased risk for developing a range of psychiatric conditions or exacerbating existing ones. Women who are being abused by a partner are at increased risk for developing certain mental health problems such as depression and post-traumatic stress disorder (PTSD). Substance abuse, eating disorders, sexual difficulties and psychotic episodes have also been linked to adult and childhood abuse. Studies found that both men and women with mental health are more likely to experience domestic violence. The review, published recently in the journal PLOS One, examines statistics from 41 studies worldwide. It finds that women with symptoms of depression were 2.5 times more likely to have experienced domestic violence over their lifetimes than those in the general population, while those with anxiety disorders were more than 3.5 times more likely to have suffered domestic abuse. The extra risk grew to seven times more likely among those with post-traumatic stress disorder.

販賣人口 *Human Trafficking*

販賣人口是當今國際間成長最快、最嚴重的犯罪。貧窮、落後地區的兒童及婦女被拐賣到其它國家從娼或為奴之事，並非電影情節，而是一個個真實的血淚生命。根據美國政府調查，全球每年至少有六十至八十萬人被販賣，幾乎每一個國家都是輸出國、轉運國，或是目的國而無法免疫於國際人口買賣。犯罪集團多牽涉槍械、毒品以及色情行業，以逼迫賣淫、非自願勞役或服務、奴隸、器官移除、販賣兒童以及嬰兒等種種殘忍方式獲得暴利。

Approximately 600,000 to 800,000 victims annually are trafficked across international borders worldwide. Human trafficking is a modern-day form of slavery. Victims of human trafficking are subjected to force, fraud, or coercion, for purposes of sexual exploitation or forced labor. Victims are young children, teenagers, men and women.

性侵 Sexual Assault

強姦是指用暴力威脅、使用武器、脅迫、恐嚇或施壓的方式性侵不願意發生性行為者、無法有自決能力者、太過年幼者或是正受到藥或酒影響下的人。性侵是刑事犯罪行為，不論施暴者是陌生人、約會對象、熟人，還是家人。

根據司法部的統計：

- 四分之一的強暴事件發生在公共場合或停車場。
- 百分之二十八的施暴者是陌生人。
- 七成強暴案發生在下午六時至零晨六時之間。
- 將近一半的強暴事件，施暴之前有使用酒精或毒品。
- 三成的施暴者有使用武器。

施暴者如果是家人或親戚，往往用威脅的話使受害者不敢求助，就算求助，通常基於家醜不外揚的考量，其它家人也多半會勸受害人不要報警，更不會向諮商輔導單位求助。因此受害者往往一直處於受害的地位，得不到支持幫助。熟識的人也有可能是上司，上司用自己的權力使屬下提供性服務滿足上司的私慾，這是犯罪行為。容易令人困惑的是夫妻或是男女朋友，然而即使兩人是親密伴侶，也要彼此尊重，任何一方不願意發生性關係，都不能被強迫。

如何保護自己免受性傷害呢？首先要對侵犯者的行為有警覺：

- 侵犯者常會藉由說自己的隱私開始不小心的觸碰你的身體，或是出現在你的周圍，對你私人的物品感興趣；
- 侵犯者會讓受害者感覺相處起來很舒服但是敏感的人會覺得不對勁，侵犯者會說服受害者她的感覺是錯誤的。
- 侵犯者會讓受害者與其他人隔絕。

遭受性侵，不論當下有沒有決定要報警，一定要先就醫，就醫前千萬不要洗澡、換衣服、清理犯罪現場，搬移性侵犯者的東西、梳頭髮，這些都會讓證據消失。

如何幫助遭到性侵的朋友？

- 不要論斷受害者
- 耐心陪伴受害者，他們在面對罪犯
- 鼓勵支持他們脫離受害者的控制
- 注意他們是否有自殺的傾向
- 鼓勵受害者報警

Rape, also called sexual assault, is forced, unwanted sexual intercourse. It can happen to both men and women of any age.

Rape is about power, not sex. A rapist uses actual force or violence - or the threat of it - to take control over another human being. Some rapists use drugs to take away a person's ability to fight back. Rape is a crime, whether the person committing it is a stranger, a date, an acquaintance, or a family member.

No matter how it happened, rape is frightening and traumatizing. People who have been raped need care, comfort, and a way to heal.

According to the U.S. Department of Justice:

- One of every four rapes take place in a public area or in a parking garage.
- 28% of female victims reported that the offender was a stranger.
- 70% of rapes occur between the hours of 6 p.m. and 6 a.m.
- At least 48% of rapists were under the influence of alcohol or drugs.
- In 30% of rapes, the offender used a weapon.

Victims should make every effort to save anything that might contain the perpetrator's DNA, therefore a victim should not: bathe or shower, use the restroom, change clothes, comb hair, clean up the crime scene, and move anything the offender may have touched. Even if the victim has not yet decided to report the crime, receiving a forensic medical exam and keeping the evidence safe from damage will improve the chances that the police can access and test the stored evidence at a later date.

Help a Loved One

There are many ways that you can help a friend or family member who has been a victim of rape or sexual violence:

- Listen. Be there. Don't be judgmental.
- Be patient. Remember, it will take your loved one some time to deal with the crime.
- Help to empower your loved one. Rape and sexual violence are crimes that take away an individual's power, it is important not to compound this experience by putting pressure on your loved one to do things that he or she is not ready to do yet.
- If your loved one is considering suicide, follow-up with them on a regular basis.
- Encourage your loved one to report the rape or sexual violence to law enforcement.

約會暴力 *Dating Violence*

- ❖ 每三位青少年就有一位曾經遭遇某種形式的暴力對待，超過三分之二的青少年不敢或不願意告訴家長或老師發生了什麼事。
- ❖ 超過五分之一的大學女生表示曾經遭受肢體暴力、性暴力、或者對方以言語或網路恐嚇威脅。

約會暴力是指在親密關係伴侶之間所發生的暴力行為。男女交往中，任何一方試圖在身體、情緒或性愛上，主導、支配、掌控、強迫另一方。在暴力環境中成長的子女有較大的危機陷入約會暴力，其中一個原因是因孩子成長在不健康的環境，經歷家中的衝突與暴力互動，導致孩子對於表達愛的觀念有所扭曲。暴力不是愛的表達，愛應是互相尊重及為對方著想。

約會暴力的警訊

- 認識不久就感受到來自對方的壓力，譬如要求嚴肅的一對一交往，甚至索求性愛關係。
- 認為嫉妒與佔有是愛的表現。
- 對方經常性的、沒有商量餘地的逕自做決定；也不允許有其他私人的聚會或家庭活動。
- 出言不遜、謾罵、叫囂，或甚至背後詆毀。
- 酗酒，嗑藥，易怒，歸咎他人，對動物、小孩表現殘酷、凶惡的行為。
- 威脅使用暴力。
- 在過去的交往關係中，也曾經動粗。

如何避免或預防約會暴力

- 事先知道今天約會的計劃（要做什麼？要去那裡？）也讓父母或朋友知悉。
- 初相識時，最好能同時與其他伴侶一起約會。
- 切忌因酒影響自己對突發狀況的判斷或因應能力。
- 如果必須與一個不熟識的人搭便車，要讓第三者知道。
- 在交往過程中，要有自我主張，勇於說“不”。
- 找到一個可信賴的成人，譬如父母、師長、朋友，傾訴你的經驗、疑慮、害怕…等。
- 約會暴力不是你的錯；你無法透過改變你自己而使施暴者改變；除非尋求專業協助，施暴者的行為往往每況愈下，變本加厲。

- ❖ 1 in 3 youth report experiencing some form of abuse, and more than 2/3 never report that abuse to a caring adult.
- ❖ Over one in five college women report actual physical abuse, sexual abuse or tech, verbal or controlling abuse.

Violence is often associated to certain risk-factors. Risk of engaging in dating violence increases for people who use alcohol or drugs, cannot manage negative emotions such as anger or frustration. Depression and anxiety also create higher risk to unhealthy relationships. Also, individuals who witness violence at home or in the community are likely to remodel violence behavior in relationships. Thus, recognizing signs and learning appropriate ways to approach dating violence is significant.

Signs of Dating Violence

- ❖ Checking your cell phone or email without permission
- ❖ Constantly putting you down
- ❖ Extreme jealousy or insecurity
- ❖ Explosive temper
- ❖ Isolating you from family or friends
- ❖ Making false accusations
- ❖ Physically hurting you in any way
- ❖ Controlling you by telling you what to do
- ❖ Pressuring or forcing you to have sex

Prevention

- ❖ Know about what you and your partner will do on a date beforehand and tell your family or friends.
- ❖ If you must get a ride from a person whom you are not close, please let another person know.
- ❖ Be mindful that alcohol intake can affect
- ❖ Boldly say “No” for the good of yourself when necessary
- ❖ Have an adult can keep you accountable and is trustworthy. For example, a parent, teacher, friend, or mentor to talk about your experience, worries, fear, etc.
- ❖ Know that it is not your fault that dating violence happens to you. You cannot change the abuser’s behavior so you must seek professional help otherwise the behavior of the abuser often becomes more severe.



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再沒有比這兩條誡命更大的了。(馬可福音12:30-31)

And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

- Mark 12:30-31

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John 3:16

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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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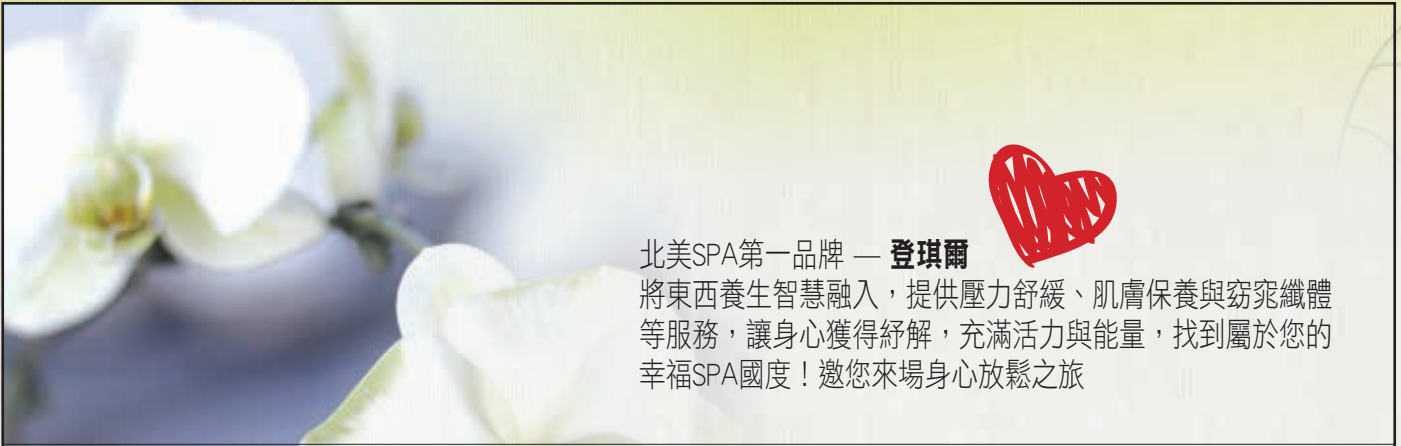
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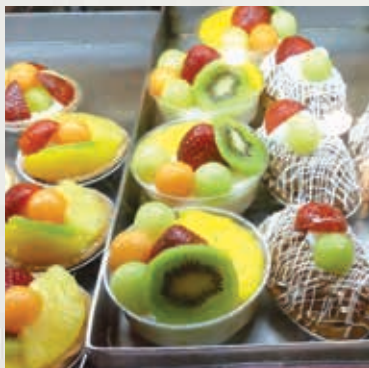
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