

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 is dedicated to serving, caring and rebuilding the lives of women and children whom have been exposed to domestic violence and sexual 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*

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緊 急 危 機 處 理	Hotline and Crisis Intervention
社 會 救 助 申 請	Case Management
諮 商 與 關 懷 輔 導	Consultation and Counseling
婦 幼 安 全 庇 護 所	Safe Houses
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 少 服 務	Children and Youth Programs

中文免費熱線 Chinese Helpline: 1-877-990-8595

網 站 Website: www.gohny.org

電 話 Tel: 718-321-8862

傳 真 Fax: 718-321-1468

電 郵 Email: info@gohny.org

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



張麗麗 律師
紐約勵馨董事會主席

Lee-Lee Chang, Esq.
Chairperson
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紐約勵馨—信、望、愛 *Faith, Hope and Love*

紐約勵馨已邁入另一個里程碑。十一年來，我們經歷到神恩手的扶持與祝福，也承蒙為神使用的器皿而成為別人的祝福。

在紐約勵馨有信、有望、有愛。承接高愛琪宣教士愛的種子、神的託付以及台灣勵馨基金會的馨火相傳，我們一步一步往前行。多年來我們雖然人士不足，工作量卻是一天多過一天，我們的同工及義工，無論是體力的消耗或心思的擺上無不全力以赴，而這一切的源頭是我們主耶穌慈愛與憐憫的心腸，關懷社會底層的弱勢群體。神也因此賜下豐厚的恩典與這些被壓傷的人同在。因祂說「壓傷的蘆葦，祂不折斷；將殘的燈火，祂不吹滅。」我們的神讓這些原本已落入社會邊緣的人能夠再生。

自2011年至今，我們已陸續設立了三個庇護所。他們分別是希望之家、恩典之家及平安之家。讓許多有家歸不得的人，能有個避風港灣。停下稍歇以便調整及建造自己的生命，等站穩腳步後，能啟航再行，展開人生新的一頁。

我們感謝所有的同工及義工，他們像愛的天使，提供全方位的協助，讓這些婦女得以重新站立，再次投入社會就業或自立。我們也要感謝社區善心人士，成為我們的伙伴，與我們同行。我們願將服事的成果，像馨香的祭，獻給我們的神，也獻給每位與我們同行的朋友們。

As Garden of Hope-New York enters its 11th year of ministry, we have experienced the blessings from our Lord abundantly. As such, Garden of Hope was able to be utilized by our Lord as the instrument of blessings to the less fortunate in our community in the past years.

Garden of Hope is a place of faith, hope and love. As the missionary Ms. Angie Golmon passed on the seed of love to the Garden of Hope Foundation in Taiwan; and subsequently to Garden of Hope New York, we strive to advocate for those who are voiceless despite of our very limited resource and manpower in the past. Because of the mercies from our Lord to those women and children who have been marginalized in society, our co-workers and volunteers under the leadership of our Executive Director, Yuanfen Kristen Chi, have endeavored to provide necessary assistance to those who turned their needs to Garden of Hope-New York. The Lord is our source of faith, hope and love.

From 2011 to 2015, we have established three shelters, namely, Hope House, Grace House and Peace House harboring those who need a roof over their heads after they were displaced due to their unfortunate and unforeseeable situations. Through Garden of Hope, once their lives are restored, empowered and rebuilt by the joint efforts of our co-workers, they embark on their journeys, entering a new chapter of their lives.

We are thankful not only to our co-workers and volunteers for their efforts in making this amazing ministry possible, but also for the overwhelming support from our own community, from people like you. May the fruits of the ministry be presented to our Lord, and also to you, dear friends, who have joined us in the journey of making a difference in the lives of the women and children whom we serve.



劉元芬
紐約勵馨總幹事

Yuanfen Kristen Chi, LMSW
Executive Director

馨愛婦幼送溫暖 折翼天使展翅飛 *Hope, Healing, Restoration*

謹代表紐約勵馨全體同工感謝大家支持我們十一週年感恩募款餐會。

家暴、性侵及人口販運不只是沈重的社會議題，它們是真真實實每天都在發生的悲劇，華人受虐者更常因為語言、身份及面子因素求助無門，孤立無援。紐約勵馨十多年來接觸了上千個受害人，她們多半被打的全身是傷也不敢作聲、被強暴後對誰也不相信、好不容易從火坑中出來，卻難以再融入社會。身體的傷或許會消失、情緒失調、精神混亂誰也不知道什麼時候會好。人能做的實在有限，在服事的過程中更感覺人的渺小，然而我們有來自神的盼望及力量，知道「耶和華保護寄居的、扶持孤兒和寡婦」（詩篇146:9）、「為啞巴開口、為一切孤獨的伸冤」（箴31:8）。

受害人需要緊急的處理、實際的資源、專業的輔導，以及長期的陪伴。我們的服務愈來愈廣，工作內容愈來愈細緻，剛參與的人常問勵馨的工作怎麼那麼多，投入之後多會改成：我們可以為他們再多做一些事、陪他們再多走一里路。全人關懷不是口號，而是要幫助受害人生命得翻轉、有力量從新展翅的必要工作。

展望前面的道路，還有許多工作要做。我們感謝所有的支持者及義工，因為有您們，紐約勵馨的使命得以成全；因為有您們，社會能持續一股正面的力量。

On behalf of the Garden of Hope-NY, welcome to our 11th Anniversary Thanksgiving Benefit Dinner.

Domestic violence, sexual assault and human trafficking are not just heavy social issues, they are real and true tragedies that take place every day. Because of language barriers and social stigma, abused Chinese victims often feel isolated and helpless. For over 10 years, GOHNY has worked with more than a thousand of victims, most of whom did not dare to voice their abuse or didn't trust anyone after being raped. They didn't believe that they could re-integrate into society after escaping from hell. Although the physical injuries may disappear, no one knows when they will recover from the psychological injuries. What people can do is very limited and the progress in the field of service can feel insignificant; however, we have hope and strength from God, knowing "The Lord watches over the foreigner and sustains the fatherless and the widow" (Psalms 146:9) and "He speaks up for those who cannot speak for themselves, for the rights of all who are destitute" (Proverbs 31:8).

Victims are in need of emergency intervention, concrete resources, professional counseling, and long-term companionship. As the services we offer become more extensive, the more meticulous we are about our work. People who first become involved with GOHNY have asked us why we need to provide so many services. After they become invested in GOHNY's work, their questioning changes to "We can do something more for them and help them get through it." Holistic care is not just a slogan, but is necessary to help victims turn their lives around and have the power to begin again.

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. Moving forward with insight for generating even greater achievements in the years ahead requires continued involvement from all of us as a whole.

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

November 4, 2015

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

Dear Garden of Hope-New York:

I am pleased to extend my heartfelt greetings to all gathered at Garden of Hope-New York's 11th Anniversary Benefit Dinner.

Garden of Hope-New York (GOHNY) is a linguistically specific and culturally competent service organization serving women and children victimized by domestic violence, sexual assault and human trafficking. GOHNY has helped more than a thousand women and children through its multi-faceted 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, youth programs and camps for children who have been exposed to abuse.

In 2011, Garden of Hope-New York opened the "Hope House," which was the first Chinese-speaking domestic violence shelter. In more recent events, this past April 2015, GOHNY was able to set up a second shelter, the "Grace House," and it is very exciting to learn that a third shelter, the "Peace House," will open soon and allow more precious lives to be empowered. Garden of Hope-New York serves as a refuge for many within the Chinese-American community and I commend them for bringing great hope, healing and restoration to people once in distress.

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

Sincerely,

Grace Meng
Member of Congress



November 4, 2015

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 11th 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,

Peter Koo
Council Member
20th District, Queens

紐約勵馨十一週年感恩募款餐會
Garden of Hope-NY 11th Anniversary Benefit Dinner

董事會主席致辭 **Welcome Remarks from Chair of the Board**

張麗麗律師 Chairperson Lee-Lee Chang

開幕禱告 **Opening Prayer**

張景祥牧師 Rev. John Chang

Climb Every Mountain

女高音鄭怡君 Sharon I-Chun Cheng, Soprano

奇異恩典 **Amazing Grace**

豎琴演奏 Harpist, Sylvia Kowalczuk

貴賓致詞暨表揚贊助人士 **VIP Greetings & Recognition of Sponsors**

You Raise Me Up

男聲三重唱: 廖廣亮、丁一峯、李勢衡

Male Trio: Frank Liaw, Joseph Ting, Simon Li

見證影片 **Testimonial Video**

總幹事事工報告 **Executive Director Report**

劉元芬 Yuanfen Kristen Chi

Bless This House

女高音鄭怡君 Sharon I-Chun Cheng, Soprano

見證訪談與表揚義工

Testimonial Interview and Recognition of Volunteers

抽獎 **Raffle**

閉幕禱告 **Closing Prayer**

鄭立新牧師 Rev. Lenny Cheng

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因為有您，希望花園馨香常漫，感謝下列機構及個人的支持。
自2014年10月1日至2015年10月30日

Garden of Hope NY gratefully acknowledges the generous support of the following organizations and individuals who make our work possible.

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From Darkness to Light -Their Stories

STORY 1: Ms. Chen re-married a few years after she lost her first husband to cancer. She later discovered that her new husband suffered from psychiatric symptoms, such as hallucinations and paranoia. In addition, he had a serious anger management problem and often battered her. Unable to endure the suffering any longer, Ms. Chen escaped with her two daughters from the abusive environment. As a single mother without any meaningful employment skills and history, she could not find a job and began incurring debts to her landlord. A neighbor across the street learned about her situation and told her that she would loan her \$4,000 and give her a job at her massage parlor. Ms. Chen's neighbor promised that the debt would be gradually and slowly deducted from her wages. Thus, Ms. Chen began work-

ing as a sex worker in the massage parlor. She was able to pay off \$2,000 of her debt within the first month and was quite grateful for the opportunity; however, the parlor was raided by the police and Ms. Chen was arrested. She was so traumatized by the experience that she decided to quit. Her neighbor started to make death threats against Ms. Chen and told her that her American boyfriend would kill her. Under pressure and fear, Ms. Chen returned to work and was re-arrested that very same day. She was prosecuted on charges of prostitution and was referred to GOH by the court. Although she felt extremely depressed and defeated by the charges, Ms. Chen's emotional turmoil is being remedied through mandated counseling from GOH staff.

STORY 2: Since she was a young girl, Fang's parents told her that the big mole on her right cheek was an ominous sign of infelicity and therefore she did not deserve to go to school. Instead, Fang was told that her life's purpose was to earn money for her family. When she was only 16 years old, Fang was smuggled from her hometown of Fuzhou, China, into the U.S. by a gang known as the "snakeheads." Once in the country, she began working at what she insisted was a 'restaurant' in Queens; however, when a counselor asked her whether she had ever been sexually assaulted there, she held her head down in silence. Because her legal guardian, a distant 'uncle', had a history of sexual assault, a judge asked that she be sent to a shelter. Fang's attorney contacted GOH to arrange a bed for her at its shelter, Hope House. Fang arrived at the shelter after dinner

time, so the counselor on duty bought her a bento box. When she saw the food, Fang started to cry and said that she had never eaten or slept well since she arrived in the U.S. She had been unable to contact her older sister, who was smuggled into the U.S. three years prior to Fang's arrival. In addition, Fang was unable to contact her family in China. Nonetheless, she worked her hardest every day of the year to send \$2,300 back home every month as remittance to pay off her debt to her traffickers. She was told that in the event that she failed to send the correct amount of money, a snakehead member or other human traffickers would up at her home in Fuzhou and beat up her parents or threaten to sell her younger brother.

STORY 3: Ms. Kuo came to the U.S. with her husband to visit his son from a previous marriage. Instead of returning to China with her husband, she decided to stay in the U.S. to find a job because she heard that the wages were at least three times higher than the wages in China. Ms. Kuo saw a help-wanted ad in a Chinese newspaper for a job in a beauty salon with the promise of free room and board and plenty of tips. Excited at the prospect of a new job, she responded to the ad. Tina, the owner of the beauty salon, answered the phone and told Ms. Kuo that the business was in New Jersey and asked Ms. Kuo to pack up her things and meet with her at a local Chinese supermarket. Tina was warm and friendly, quickly earning Ms. Kuo's trust. Tina drove her to New Jersey, put her in a hotel and told her that she would call her the following morning to take her to work. Before she left, Tina informed Ms. Kuo that it would be safer not to have any cash on her to avoid being robbed. Without hesitation, Ms. Kuo gave all of her money to Tina for safekeeping.

The next morning, a man knocked on Ms. Kuo's door and started to take off his clothes as soon as he entered the room. At that moment, Ms. Kuo realized that she was deceived and drove the man out of the room. She immediately called Tina and asked her to return her money and send her back to Flushing. In contrast to her kind demeanor the previous day, Tina yelled at Ms. Kuo and threatened her, demanding that she start to receive clients. If Ms. Kuo refused, Tina would report her to the police for occupying a hotel room without paying to. Not knowing where she was and unable to communicate with the hotel staff due to the language barrier, Ms. Kuo was extremely up-

set and fearful. She also felt ashamed and did not dare to contact her husband's son. Ms. Kuo resisted the pressure for a few days and called Tina every day, begging for the return of her money. Instead, Tina coerced Ms. Kuo into the business. Ms. Kuo tried to walk out of the hotel but found that it was located by a highway in a remote area. Every day, she searched for any other Asian with whom she might be able to communicate and explain her situation to; however, she was unsuccessful and helplessly returned to the hotel. With no way to escape, Ms. Kuo became increasingly more exhausted and eventually agreed to start working for Tina.

Tina returned to the hotel the day after Ms. Kuo began receiving clients as a sex worker. She asked Ms. Kuo to give her the money she made so that Tina could transfer the money to her husband and family in China. Ms. Kuo felt she already had nothing to lose and handed most of the cash to Tina. Ms. Kuo made a phone call to her daughter two weeks later and found out that the funds were never wired back to China. She contacted Tina immediately to tell her that she would not work any longer and threatened to commit suicide right there in the hotel if Tina did not bring her back to Flushing. Tina finally told the front desk to arrange a taxi and send Ms. Kuo back to New York City. Once she arrived in Flushing Ms. Kuo reported her case to NYPD's 109th Precinct, which referred her case to GOH, to receive psychological counseling, medical care, and financial support. She worked with federal authorities in the investigation and prosecution of this criminal syndicate, which was convicted of several felony charges.



用愛與希望來重建生命 Rebuilding Life Through Hope and Love

New York City has the largest Chinese population of any city outside of Asia; however, immigrant victims of domestic violence & sexual abuse are often underserved because cultural, linguistic and socioeconomic barriers prevent them from seeking help. When mainstream services cannot help these victims, there is a greater chance that they will stop seeking help, continue to stay with their abusers, and suffer in silence.

Since it was established in 2004, Garden of Hope-NY has effectively provided services to well over a thousand Chinese immigrant victims who would not have anywhere else to turn to, and raised public awareness of violence against women, appropriate prevention, and recovery in a community where the topics of gender abuse has been considered taboo and ignored.

In July 2011, GOHNY established the first Chinese-speaking DV shelter-Hope House. Since then, the Hope House has served about a hundred and fifty women and children who have become homeless due to the unfortunate incidences of domestic violence. The Hope House has only nine beds, and in light of the high demands for shelter, GOHNY was able to setup the second (2nd) shelter Grace House in April of 2015 through the joint efforts. Furthermore, at our Anniversary Thanksgiving services in May, a sister was moved to provide her assistance in setting up our third (3rd) shelter-Peace House, and it will soon be opened for harboring displaced women and children. Additionally, in response to the significant increasing requests in providing services to sexual assault and human trafficking victims, we have extended our services and programs in collaborating with other respective agencies to better serve those survivors.

GOHNY's comprehensive trauma-focused, empowerment-based services include hotline, crisis intervention, counseling, support groups, advocacy, case management, legal assistance, shelters, emergency assistance (food, clothing and money), job training, children tutoring and camps. All services are free. GOHNY's office and shelters are confidential, mailing address is PO Box 520048, Flushing, NY 11352. To learn more about Garden of Hope, please visit www.gohny.org or call 718-321-8862.



關愛婦幼安全 · 點燃平安希望

不論古今中外，關於家庭暴力、兒童虐待、約會暴力、性侵、人口販賣，都是隱諱的話題，受害人很少願意說出來，一般人也不喜歡去聽這些悲慘的故事；許多人甚至不相信這些事真的存在自己的社區中。然而數據顯示：紐約市警察局，2014年處理超過28萬多件家暴案，每年紐約市因家庭暴力死亡七、八十人；平均每天超過五個小孩因虐待至死，其中80%的孩子小於四歲；44%的性侵受害人未滿18

歲，80%小於三十歲；每年有14,500-17,500個婦女及兒童來到美國，被迫從娼。

沒看見，不等於不存在，看見了，就不應視而不見。教會及社會應發揮愛心，積極參與預防、保護、醫治的事務，如同聖法蘭西斯的禱告文：「求神賜給我們勇氣，去改變我們能改變的。」

家暴不是家務事 *Domestic Violence*

家庭暴力不只是夫妻打架，所有發生在家人及親密伴侶之間的各種暴力行為都算家暴。除了比較常見的夫妻、男女朋友之間的暴力對待，成人家屬虐待兒童及青少年、成年子女虐待年長父母及親戚、手足之間的暴力衝突，都屬於家暴的範圍。

一般常見的迷思有：華人家庭很少有暴力問題；家暴都是發生在受教育程度低、社會經濟地位較差的家庭；婦女受虐一定是本身有錯，惹丈夫生氣；吸毒、酗酒、生活壓力太大是施暴的主要原因；受虐者不離開家是因為他們喜歡被虐待；孩子沒有親眼看見父母衝突就不會受到影響等。事實上，不分族裔、年齡、教育程度、社會地位、宗教信仰，家庭暴力存在於所有群體。紐約市警察局每年至少處理五千件受害人是華人的家暴事件。

新移民要面對的挑戰及困難的確很多，然而，處理負面的情緒（如沮喪、憤怒、焦慮）有很多方法，不論生活壓力有多大，欺負自己的家人解決不了事情，只會破壞彼此的關係，動手打人更是犯法的行為。家暴不是家務事，是犯罪行為，嚴重可導致身、心傷害，甚至死亡，同時會影響到下一代的身心健康以及社區的安全。

◎暴力虐待行為

- ▶ **肢體暴力：**鞭、打、毆、踢、捶、掐、咬、燒、撞、推、抓、甩、扯、揪等動作攻擊，或任何使用器具、刀槍攻擊方式。
- ▶ **精神暴力：**言語暴力及非言語暴力兩種。言語暴力：恐嚇、威脅、貶低、侮辱、吼叫，例如威脅撤回你的移民申請、大罵不堪入耳的髒話等。非言語暴力：竊聽、跟蹤、監視、鄙視、破壞家具、以威脅方式自殺或自傷、不實指控與試圖操控，破壞對方心愛的東西、虐待對方的寵物、干擾飲食及睡眠、限制行動等。
- ▶ **性暴力虐待：**包括攻擊被害人胸部或私處、無視對方意願的性接觸、強迫對方進行性行為、逼迫對方看色情影片或圖片等。只要是不尊重當事人的自主權，夫妻之間也有可能發生強暴的事。
- ▶ **經濟控制虐待：**不允許接觸家庭資產，例如銀行帳戶、信用卡或汽車。用錢控制對方的自由、不合理地要挾給予巨額、阻止工作或學習。

如果沒有適當的外力介入，施暴者改善的可能性是微乎其微。施暴者通常都不覺得自己有錯，並且會合理化自己的暴力行為。



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◎關於受虐婦女的迷思

許多受害人長期活在被恐嚇、行動受控制、精神受虐待的狀況中，身心受到嚴重摧殘。一般人通常抱著不管別人家務事的心態，即使知道親朋好友遭受家暴也多裝著不知道，或勸受害人忍耐。尤其新移民在美國生活壓力大、英語不流利、不懂法律、又缺乏支持系統，不敢報警、不知道免費的法律援助及社福資源，導致許多受害人孤立無援，長期無助活在恐懼憂鬱中。

受虐婦女不離開施暴者的原因非常多，但絕對不是她們喜歡被虐待。最常讓婦女猶豫不決的因素有：

1. 害怕如果採取行動會被打得更慘。
2. 施暴者威脅如果離開家，就殺／傷害她、小孩或其他家人。

3. 孤立無援（沒有人了解或相信）。
4. 認為孩子需要雙親，不想成為單親家庭。
5. 基於信仰理由，希望守住誓約。
6. 害怕自己沒有能力獨立生存及照顧孩子。
7. 相信以後情況會漸漸好轉。
8. 感到羞恥、難堪、丟臉，不願意讓別人知道。

認識這些原因，可以幫助她們打破迷思，去除自責及孤立，重建自由的生活。另外，美國對於家暴受害人有許多法律保護，例如保護令、VAWA及U-Visa，許多非營利機構的律師如Legal Services, Legal Aid Society, Sanctuary for Families, NYLAG，也專門提供免費的法律服務幫助家暴受害人處理移民、保護令、監護權、撫養費及離婚等案子。

兒童虐待及目睹家暴的孩子

Child Abuse and Exposed Children

◎ 兒童虐待

兒童虐待，是指父母或親友對兒童、青少年施加身體或精神上的傷害、性侵害、照顧不當等，導致兒童、青少年的健康與福利遭受損害或威脅。在美國，平均每天超過五個小孩被虐待至死，百分之八十死於虐待的孩子小於四歲。

所謂疏忽教養(Child Neglect)可以分為兩類：一是該做而沒做，無法供給或故意不供給兒童充足的食物、衣物、住所、醫療照顧及上學。二是不該做而做，例如讓孩子單獨在家或處在危險的環境中、利用孩子行乞、犯罪，帶小孩進入賭場、酒家、色情電影院等不良場所，或是讓孩子抽菸、喝酒及嗑藥等。

經常對妻子動粗的男人，過半數也會虐待孩子。在家暴環境中成長的孩子，身體受到虐待或遭受嚴重疏忽教養的比例，是一般兒童的15倍。許多華人新移民家庭，儘管沒有家暴問題，但因為各種原因，例如夫妻長期分居、小孩交給祖父母照顧、家人有精神疾病不肯就醫治療、母親有產後憂鬱症、夫妻不和情緒低落、忙於工作把孩子放在其次、有酗酒賭博吸毒問題等，都有可能發生虐待或疏忽管教情事。

在美國，如果被懷疑有兒童虐待或疏忽教養事，兒童局(ACS)會在接到舉報電話後立即介入調查，孩子將會被送到寄養家庭或親戚家居

住，而被告（常見的是父母及祖父母）可能有刑事法院保護令案子以及家庭法院監護權案子。兒童局的舉報電話是1800-342-3720，任何人都可以匿名舉報。而老師、醫生、護士、照顧小孩者、政府機關及社福機構的職員等，則是法定舉報人，發現異狀不能不報。

◎目睹家暴的孩子

研究顯示：90%以上的孩子，能敏感地發現父母間的不合及衝突，即使父母從未在孩子面前有暴力行為。因此，不要以為孩子沒有親眼看到父母衝突，就不會受到影響，或者期待孩子不受牽連。長期籠罩在家暴環境中的孩子，不只受傷或被虐的可能性高，也會影響其情緒及人際關係的發展，更有可能落入家暴的惡性循環。八成以上的施暴男性表示，他們的父親以前也曾虐待他們的母親。

目睹家暴的孩子，常因擔心被施暴者發現、害怕他人異樣的眼光，或沒有足夠詞彙表達，甚至不知可以求助，從來不與他人討論家中的狀況。然而通過孩子外顯的行為，如情緒衝動、控制不良、暴力行為或凸顯威脅性的語言、偏差的兩性互動或是內隱的生理反應如嘔吐、頭暈、失眠、注意力不集中、憂鬱或自殺的傾向，呈現其發展上的阻礙。目睹家暴的新移民家庭子女及受虐兒童，不單要面對適應新環境的壓力，同時陷入家庭衝突的創傷，是青少年犯罪及心理疾病的高危險群，需要特別關注。

幫助兒童、青少年的原則如下：

- ▶ 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。
- ▶ 協助孩子重新建立安全感，即使孩子所處的情境仍充滿暴力，在他們需要時提供支持與協助。
- ▶ 提醒孩子，有值得信任的成人願意幫助他們。
- ▶ 讓孩子知道他們可以有各種感覺，例如傷心難過，協助他們表達出來。
- ▶ 留意孩子的情緒。孩子情緒的渲洩未必透過

言語，有時他們會在行為、穿著、睡眠等事情上出現改變。

- ▶ 特別小心過去有創傷經歷孩子，或精神疾病者有較高的危險性，如自殺。
- ▶ 跟孩子說實話。
- ▶ 是就是，不是就說不是，不要誇張或粉飾事實及未來可能發生的事。
- ▶ 讓孩子感受成就與價值感，給予孩子具體的鼓勵及正向回饋。
- ▶ 角色示範，讓孩子從您身上看到非暴力的互動方式。

遠離恐怖情人 *Dating Violence*

◎遠離恐怖情人

許多美麗端莊、學業成績傑出、工作表現出眾的女性，按外人看來理應很有自信，誰知感情生活中卻危機重重，長期遭受伴侶言語貶低、精神折磨、甚至拳打腳踢，不敢反抗。然而，打不是情、罵不是愛。

在紐約市，20%的高中女生表示曾遭受約會對象的虐待；超過五分之一的女大學生表示曾經遭受肢體暴力、性暴力、對方以言語或網路恐嚇威脅；超過三分之二的受害青少年不敢或不願意告訴家長和老師所發生的事。

約會暴力的形式，可能是言語的、情緒的、肢體的或是性的虐待。網路謾罵、散佈不雅照片，讓性別暴力更是無遠弗界。當青少年男女初次戀愛時，大多不清楚什麼是健康的兩性關係，而那些不幸陷入受虐關係的青少年男女，很少知道該如何終止虐待行為、斷絕暴力關係，或去何處尋求協助。

約會暴力一旦發生，往往接二連三，愈演愈烈，其後果具有強烈可怕的毀滅性，不只摧殘一個人的自我形象、自尊及自信心，並且極可能引發自我傷害的行為，例如厭食症、藥物濫用、放縱的性行為、甚至自殺。

健康的兩性關係要從小開始培養。如何預防約會暴力呢？下列有幾點建議：

1. 約會計劃：要做什麼？去哪裡？也讓父母或朋友知悉。
2. 初相識時，最好能同時與其他伴侶一起約會。
3. 切忌因酒影響自己對突發狀況的判斷或應變

能力。

4. 與不熟悉的人搭便車，要讓第三者知道。
5. 在交往過程中，要有自我主張，勇於說「不」。
6. 找一個可信賴的成人，譬如父母、師長、朋友，傾訴你的經驗、疑慮、害怕等。

對於正在尋求愛情的人，有四個問題要對自己誠實：一、我們兩個人真的適合嗎？我愛他嗎？還是只是同情他、習慣他？二、是否有忌妒、猜疑、責備、劈腿的事，愈愛愈折磨？三、是否有一方常常強迫、甚至威脅另一方？四、兩個人的關係是否充滿了挫折、恐懼或各種障礙？

完整的愛應包含三個元素：熱情、親密感及承諾。兩人相愛要有熱情，但必須要尊重對方；要能煞車、不要速食、不要狼吞虎嚥。要親密，但也要給彼此空間；不是控制、不是施捨、不要同情、要同喜同悲、自愛而愛人、自尊而尊人。承諾的愛必要有責任與信實，能同甘共苦，有福同享有難同當，愛不只是一張支票。

面對分手，三不政策：不要擔心別人知道、不要報復、不要傷害自己。先紓解情緒與壓力，情通理就通，如果真的承受不了痛苦，要勇敢尋求諮商輔導，以重建自我信心。

在這個性別暴力充斥、家庭功能失調的世代，不論是家長、學校、教會、社福機構，都要思考如何幫助青年朋友們建立正面的自我形象、強化內在的力量及洞察力。

性侵—忘不了的創傷 *Sexual assault*

◎忘不了的創傷

在美國，平均每兩分鐘就有一个人遭受性侵。性侵是指用暴力、武器、脅迫、恐嚇或施壓的方式，強迫不願意發生性行為者、無法有自決能力者、幼童或是正受到藥或酒影響下的人，發生性行為或性攻擊。

性侵是刑事犯罪行為，加害人有可能是陌生人，但據統計，七成以上是熟人，包括約會對象、鄰居、親友及家人。熟識的人也有可能上司，上司用自己的權力使屬下提供性服務滿足其私慾。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。

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；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；三成的施暴者使用武器威脅。在美國，91%的性侵受害人是女性，9%的受害人是男性；加害人中，99%的加害人是男性。

相較於家暴，性侵受害人更不敢向外求助，不只是當事人不想讓人知道，許多時候家人也以為時間久了就會漸漸忘記，不希望受害人接受輔導或法律服務。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。

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，搬移性侵者的東西、梳頭髮，這些都會讓證據消失。

如果您身邊有人遭到家暴或性侵，應該如何陪伴才不會造成二度傷害呢？

1. 不要論斷受害者；
2. 他們面對罪犯，耐心陪伴受害者；
3. 鼓勵支持他們脫離加害人的控制；
4. 注意他們是否有自殺的傾向。

遭受家庭暴力、兒童虐待、約會暴力、性侵、人口販運的受害人，他們經歷過非人道的對待，身心靈都產生嚴重創傷。復原的路很長，寂寞難行，如果您有機會能夠成為受害人的「重要他人」，不只要有愛心，更要有耐心；他們需要的不是同情，而是同理，設身處地的從他們的角度來看問題。安靜專心地聽他們說話，不要論斷、講大道理、隨便給建議，甚至操控。陪他們一起走，將重擔交給全知全能的神。

如果您本人遭到這些傷害，希望您知道，您並不孤單，我們願意幫助您，陪您處理各種醫療問題、法律問題、生活重建問題以及心靈受創問題。創造天地萬物的上帝，一直與弱勢者站在一起：「祂為受屈的伸冤，賜食物與飢餓的。耶和華釋放被囚的；耶和華開了瞎子的眼睛；耶和華扶起被壓下的人。耶和華喜愛義人。耶和華保護寄居的，扶持孤兒和寡婦，卻使惡人的道路彎曲。」《聖經·詩篇》一百四十六篇7-9節）惟願那又真又活的神可以幫助您在身、心、靈各方面獲得醫治及重建，經歷在主基督裡的豐榮。



陪她們一起走過的路

紐約勵馨婦女服務的對象包括家暴、性侵及人口販運的受害人。每年從法院、警察局、醫院、社會服務機構、教會及各方人士轉介過來的新案大約一百七十至兩百件。再加上之前尚未結案的家庭（許多家庭需要長期的關懷），每個全職輔導員要照顧的家庭都超過五十個。以下是三個分別代表性侵、家暴及人口販運受害人的故事是由三個輔導員口述，由台中勵馨諮詢師張亦謹外派紐約勵馨兩個月時撰寫。每個受虐婦女的故事都不一樣，但創傷都很深、復原的過程都很漫長。

天助自助人助

那已經是很多年前的新聞了，但案件的內容仍然讓很多人記憶猶新，陪伴她的經驗更深深留在我們心裡。唯一的差別是，多數人記得的也許是她受到的傷害如何殘忍，但我們記得的卻是她復原過程裡如何勇敢，為了讓自己活下去而努力。

她曾經是父母的掌上明珠，夢想成為頂尖設計師而來到美國，卻在長假期其它室友都外出時遭受同租一棟屋子的外國鄰居性侵害。在醫院裡，她反覆地說自己再也無法實現願望了，並且不知道該如何告訴遠方父母這個意外。一位女記者於心不忍，幫她聯絡紐約勵馨。第一次見面時，她的臉因為受到毆打而烏青腫脹著，輔導員為她準備了墨鏡，她才抬頭看人。因為她連走在法拉盛的大街上都會發抖，於是輔導員開車到比較遠的地方跟她見面，在車上跟她談所有被毀壞後需要重建的內心世界。

她的復原歷程非常獨特。我們遇到了熱情的善心人士，主動提供一筆金錢，讓她可以暫時離開這個傷心地，到外州去旅行。她身邊的朋友及一位遠房親戚，沒有多問案件的細節或進度，也沒有隨便給予任何建議，批評，單單為害怕的她提供生活上的需要及陪伴。除了與輔導員固定見面，配合檢察官及律師處理刑事及移民案件，有三個月的時間，她暫停了學業，

在家專注地做十字繡，一針一線地讓自己能沉澱、能縫回對生活的安全感與控制感。

就在所有天助、自助與人助的努力下，她最終完成了大學，搬到外州開啟新的人生。她現在有幸福的婚姻和孩子，三不五時就打電話回來跟輔導員聊現狀報平安。回想每個陪伴她的環節，我們仍然不確定是否做得足夠而適切，能夠回應她所有需要，卻始終感謝有這個機會能成為神的器皿、傳遞社會各界的愛與善意，為這個世界更美好而努力著。

最大的祝福

她生在一个非常嚴格的家庭，父母總是緊盯著她和其他兄弟姐妹的一言一行。就像那次隔壁阿姨招呼他們吃點心時，她只是抬頭看了一眼、沒有伸出手，回家還是讓媽媽打了一頓「不准跟別人討東西吃！」，雖然她明明甚麼也沒有吃到。受不了家裡高度的壓力，讓她小小年紀就開始交男朋友、懷孕、結婚又離婚，孩子也只能讓別人領養。以為創造一個新的家庭可以給自己一些安定的感覺，卻只是造成了更多的傷害。

決心放下這些過去，她努力讓自己跨海來到美國，進入大學念書，可是那些過往老是被否定、覺得自己不夠好的陰影，卻沒有因此散去。於是，她又和同學開始了第二段婚姻，生下了兩個孩子，但仍然沒有從此過著幸福快樂的日子。第二任丈夫總是對他們母子口出惡言，時不時還暴力相向。常常她搞不懂自己的人生究竟做錯了甚麼，要連續遇到這麼多厄運？甚至懷疑自己的存在，究竟有甚麼意義？知道應該要帶著孩子離開這樣的父親，卻對自己沒有信心，才在朋友的幫忙下，來電跟我們求助。

從提供庇護所開始，我們帶著她一步步完成保護令的申請、爭取孩子的監護權與贍養費、思考與父母的關係、學習扮演母親的角色，也重新經營一份好的親密關係。她也在這個過程裡

慢慢定下心來，決定讓自己不再受到傷害，也不要孩子再受到虐待。這些學習獨立的挑戰並不容易，我們也知道她曾經猶豫、懷疑、挫折地想要放棄，但終究還是努力跨越了自己的限制。甚至在這個過程裡，我們看到她即便還沒有完成所有修復過往、開創未來的挑戰，卻始終支持孩子進入會談、去療癒目睹父母婚姻暴力的傷口——就只是為了不要孩子又像她一樣，辛苦背負著傷害長大。

雖然用輔導員的身份陪她和孩子會談，我們卻非常清楚，那些她們每次遇到困難仍然奮鬥不懈的勇氣與堅持，才是這個家庭今日逐漸走向幸福生活的關鍵，也讓那些過往的傷痛成為生命流轉的過程裡，最大的一份祝福。

中繼站

她的人生，常讓我們感到困惑，不明白年紀輕輕的她，怎麼會遇到這麼多離奇的事件，又忍不住心疼在那些顛沛流離裡，她勢必有的一些那些缺乏親友支持、不被旁人理解的孤單。

她曾經是富裕人家的長女，也是校園裡品學兼優的風雲人物，卻在父親生意失敗後，被親戚安排而成了酒店的公關小姐。那段日以繼夜都得工作的時光裡，得到性病而身體不適、被客人灌醉後性侵害、生理期仍被迫從事性交易、被客人在飲料中下藥而感染毒癮…都成為她日常生活的一部分。就算賺得金錢，不是被家人同事騙光，就是為了治療各種疾病而散盡家

財。有時候不免懷疑自己的生活彷彿在空轉，卻不知道如何脫離這樣的困境，只能過一天算一天地繼續。

這樣的生活過了幾年，回頭細想，她才終於驚覺自己除了搞垮身體健康，全然沒有任何儲蓄、成就或技能，身邊也沒有甚麼值得信任的家人朋友。於是她用自己的意志力戒除毒癮，還試著讓自己轉換跑道，想嘗試貿易與直銷等領域，但卻再次受到詐騙，甚至被人口販運集團送至香港和美國的夜店工作，最後才輾轉來到了我們面前。

我們和她一起重建生活秩序的過程並不順利，是因為那些身心受創的經驗，常讓她精神失序、情緒混亂，或是身體虛弱得難以工作。即便如此，每次我們與她討論生活規劃，邀請她一同外出用餐、敬拜，還是會看到她平時空洞沉默的神情，難得地換成了孩子般的欣喜——那種知道自己真正被關心、珍視而來的快樂。當下她那片刻放鬆的表情，是不需要任何說明便能夠理解的話語。

知道她需要長期穩定的環境來給予自己空間休養生息，我們幾經評估還是為她聯繫了其他更適合的機構，來提供更長時間的照顧，也讓她參與需要的職業訓練。這樣的轉換固然令我們不捨，卻仍然希望能盡力幫助她預備好、進入下一段旅程。人海茫茫裡，我們還是感謝有機會給予這段陪伴。做華人婦女與兒少的娘家外，也讓我們成為她的中繼站。

美髮老師義務開設兩個月美髮班



兒童及青少年服務 Children & Youth Service

兒童及青少年服務
王聿潔/兒少事工主任

每個因為家庭暴力而來尋求勸導幫助的家庭，如果她們有孩子，孩子也是我們關心與輔導的對象，因此都會邀請孩子們來見輔導員，如果母親願意配合，我們都希望輔導孩子至少十二次以上，藉由陪伴、遊戲等互動，瞭解孩子在家庭暴力事件裡，受到多少的影響、幫他們認識自己的感覺、教導正確的人際互動關係、如何面對霸凌、建立自信心等等，希望他們雖然經過家庭的風暴，卻能降低過去所帶來的創傷，在未來能健康的成長。從關懷孩子的角度來看，只給與孩子們輔導是不夠的，我們還需要幫助母親，母親是他們天天相處的人，也是他們的監護人，母親是她們穩定成長的一大推手，因此我們也跟母親親談，讓她們知道親職教育的重要，幫助她們在家庭發生變故時，知道如何陪伴、管教與引導孩子，每一個會談都是量身定做的，針對孩子的特質與母親的需要，給與意見及幫助。

今年春假，我們為孩子們舉辦了五天的兒童營。營會中有許多專題，例如牙齒保健、介紹十二生肖、如何養寵物、摺紙、福音講座。還為孩子們開辦品德教育、英語話劇課、烹飪課、瑜珈課，並帶她們去打保齡球、進行團體遊戲，以及個別諮商的時間。營會最後有一個成果展，家長們都來參加，讓孩子們呈現英語話劇課所排演的劇、讓幾位年紀比較大的孩子分享他們的心得以及分享烹飪課所做的餅乾與甜點。對我們而言，在這短短的營會中，可以觀察到孩子的人際互動，也發現了他們的一些特質，進而在與他們的互動中，鼓勵與肯定他們好的表現，幫助他們認識自己。我們知道來自受暴家庭，有些孩子也學會用攻擊別人來保護自己，因此，處理糾紛，也是我們很重要的工作。雖然只有五天，卻動用了機構幾乎三分之二的人力，可以說費時又費力，我們明確知道我們不是帶孩子的褓母，我們是準備在這些接觸與互動中影響孩子，成為他們心靈的捕手。

暑假期間我們為有孩子的媽媽們舉行兩場親子講座。第一場，是從活動中測試孩子對媽媽的認識是什麼，也讓媽媽們瞭解孩子眼中的媽

媽是怎樣的。有一位患有亞斯伯格症的孩子，透過這個活動，他的媽媽發現，他的兒子竟然非常知道她，別人會誤認自己的媽媽，他沒有任何懷疑，一下就猜出自己的媽媽站在布幕後面的哪裡。活動結束，這位媽媽又摟又抱，左親右吻地摟著孩子，兒子在媽媽的懷裡臉上露出滿足的笑容。第二場，談同理心，我們讓媽媽們學習聆聽孩子的感受，教導媽媽做個好的聆聽者，然後請孩子現場跟母親談心，媽媽們的收穫是習得一個與孩子溝通技巧，希望她們能夠繼續練習，以增進親子的關係。

過去這一年裡，我們還有一位義工媽媽，她本身是音樂老師，她願意奉獻每週一個下午的時間，免費教孩子學鋼琴，我們真是非常感動，有八位小朋友因此受到幫助。其中有的孩子在自己家裡用著非常簡陋的電子琴，練習彈奏，進步神速，老師都連連稱讚，當機會臨到這些資源缺乏的家庭時，她們是多麼珍惜這個機會，努力學習。

一位年僅三歲的孩子曾經在家裡目睹家庭暴力，當輔導員跟她講『象爸爸著火時』的故事，她指著生氣又頭上冒出火花的大象圖案，口裡叫著爸爸。我們以為三歲的孩子能懂什麼，事實上，他們能感受到大人的怒氣與恐怖的行為，只是不知道如何表達恐懼與反抗。

每一個孩子都是我們所珍視的，我們衷心的期望在家庭發生變故的同時，他們的心靈有人撫慰，創傷得以療癒。

關於紐約勵馨與酷文化的合作

About Garden of Hope's Corporation with Cool Culture

吳詩安/輔導員

2014年十月至今，對紐約勵馨所服務的婦女、孩童而言，是個特別知性的年，因為我們首次成功申請到酷文化的資源。酷文化（Cool Culture）是一個致力於協助弱勢家庭學童免費參觀紐約市九十多個文化機構，以開發孩子智能、美感及增廣見聞的非營利機構。一年下來，紐約勵馨幫助了七十個家庭，一百零八個孩童獲得這項福利。對於勵馨所服務的婦女而言，能夠免費帶孩子去紐約市各大博物館、動物園、植物園，不只減輕了她們經濟上的負擔，還能讓孩子增廣見聞，增加自信心。

為了珍惜這樣的資源，我們設計了抽獎制度和紐約勵馨博物館日，來提高這些家庭善用酷文化卡的意願：婦女參觀任何一個文化機構後，只要把票根顯示給輔導員看，就可以參加抽獎。紐約勵馨博物館日的參觀範圍遍佈皇后區植物園、藝術博物館、動畫博物館、無畏號博物館等，同工輪流每個月有一個週末帶大家出去玩，參與者的反應相當熱烈。

還記得我們服務的一位婦女小雅（化名），盼了多年才帶著孩子移民到美國跟先生團圓，先生因為外遇，對她又打又罵，並且惡意拋棄，面對人生地不熟的环境，小雅充滿著不安與恐

懼，陷入極度的恐慌及憂鬱，好不容易輾轉找到紐約勵馨。三個多月後雖然生活逐漸安定下來，但對小雅而言她唯一的生活圈就只有法拉盛，平常週末也就只能帶著孩子在附近走一走。當我幫她申請酷文化卡時，她那期待又不安的眼神讓我好印象深刻，她說：「我真的很想帶孩子們出去玩，但是因為不知道如何搭車，也沒有多餘的錢去買那些很貴的門票，所以他們來美國那裡都沒去過。」後來我們一個步驟一個步驟細心的教導她，鼓勵她，小雅終於帶著孩子們去了曼哈頓自然歷史博物館，回來後好興奮地把當天的照片拿給我看。她說：「孩子們看到恐龍化石好興奮，好開心。回到家後還吵著要我帶他們去圖書館借恐龍相關的書來看，看完後還會告訴她，從書中學到些甚麼。」最棒的是，小雅和孩子們開始計劃去參觀其它的博物館。看到小雅一家從封閉的生活圈中跨出了一步，真得讓人很欣慰。

明年，紐約勵馨很榮幸再度申請上酷文化，我們期盼能幫助更多像小雅一樣的家庭，不單單是增長見聞及加深親子關係，還能開一扇門讓他們踏出嶄新的一步，享受更豐富的人生。



大手牽小手，一同去皇后區藝術博物館。



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7P 好爸爸

「我們的父親，不論在成長過程中是出席還是缺席，都在我們生命中扮演重大的角色。」《富爸爸不如好爸爸》作者、心理醫師大衛·史都 (David Stoop) 表示。

在一般人的心中，爸爸是生育者(Procreator)、保護者(Protector)及供應者(Provider)。然而，神對父親的期許，還包括了祭司(Priest)、禱告者(Prayer)、教師(Professor)及孩子的玩伴(Play-mate)。

聖經說：子孫為老人的冠冕；父親是兒女的榮耀 (箴言17:6)。教養孩童，使他走當行的道，就是到老他也不偏離 (箴言22:6)。我願男人無忿怒、無爭論，舉起聖潔的手，隨處禱告。(提前2:8) 你們作父親的，不要惹兒女的氣，恐怕他們失了志氣 (西3:21)，只要照著主的教訓和警戒養育他們(弗6:4)。虐待父親、擲出母親的、是貽羞致辱之子 (箴言19:26)。

學者Rebecca O'Neill針對無父家庭(Fatherless Family)的長期研究顯示，在父親缺席的家中成長的孩子，貧窮、輟學、酗酒、使用毒品、犯罪、患心理疾病以及離婚率都較高。而女孩在青少年時期就同居及未婚生子者較多，形成無父的惡性循環。

有些家庭不缺父親，但父親不但失功能，甚至對兒女產生嚴重的身心傷害，例如外遇、酗酒、使用毒品、沈迷賭博，以及家庭暴力。對孩子來說，有什麼比看到爸爸打罵媽媽更難受的嗎？父親給孩子最大的榜樣及祝福就是愛孩子的母親。聖經哥羅西書3:19說：你們作丈夫的要愛你們的妻子，不可苦待她們。箴言5章18節說：要使你的泉源蒙福，要喜悅你幼年所娶的妻。

1910年在美国華盛頓州的司波肯市 (Spokane)，幼年喪母的杜德夫人 (Mrs. Sonora L.S. Dodd) 為感念父親含辛茹苦撫養六名兒女長大成人，在自己的教會發起慶祝父親節的活動，得到全市各教會的支持，經市長、州長贊同，於1910年六月十九日舉行第一次父親節主日敬拜。1927年美國總統柯立芝 (Calvin Coolidge) 支持父親節成為全國的節日；1972年尼克森總統 (Richard Nixon) 簽署正式文件，將每年六月第三個主日訂為全美父親節，成為美國永久性的紀念日。

願每一位父親都能成為7P好爸爸，全家蒙福，更成為別人的祝福！

劉元芬寫於父親節









26 | 紐約勵馨 希望花園 關懷婦幼十一週年



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Garden of Hope-NY 11th Anniversary | 27

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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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*For God so loved the world that he gave his one and only son,
that whoever believes in him shall not perish but have eternal life.
John 3:16*

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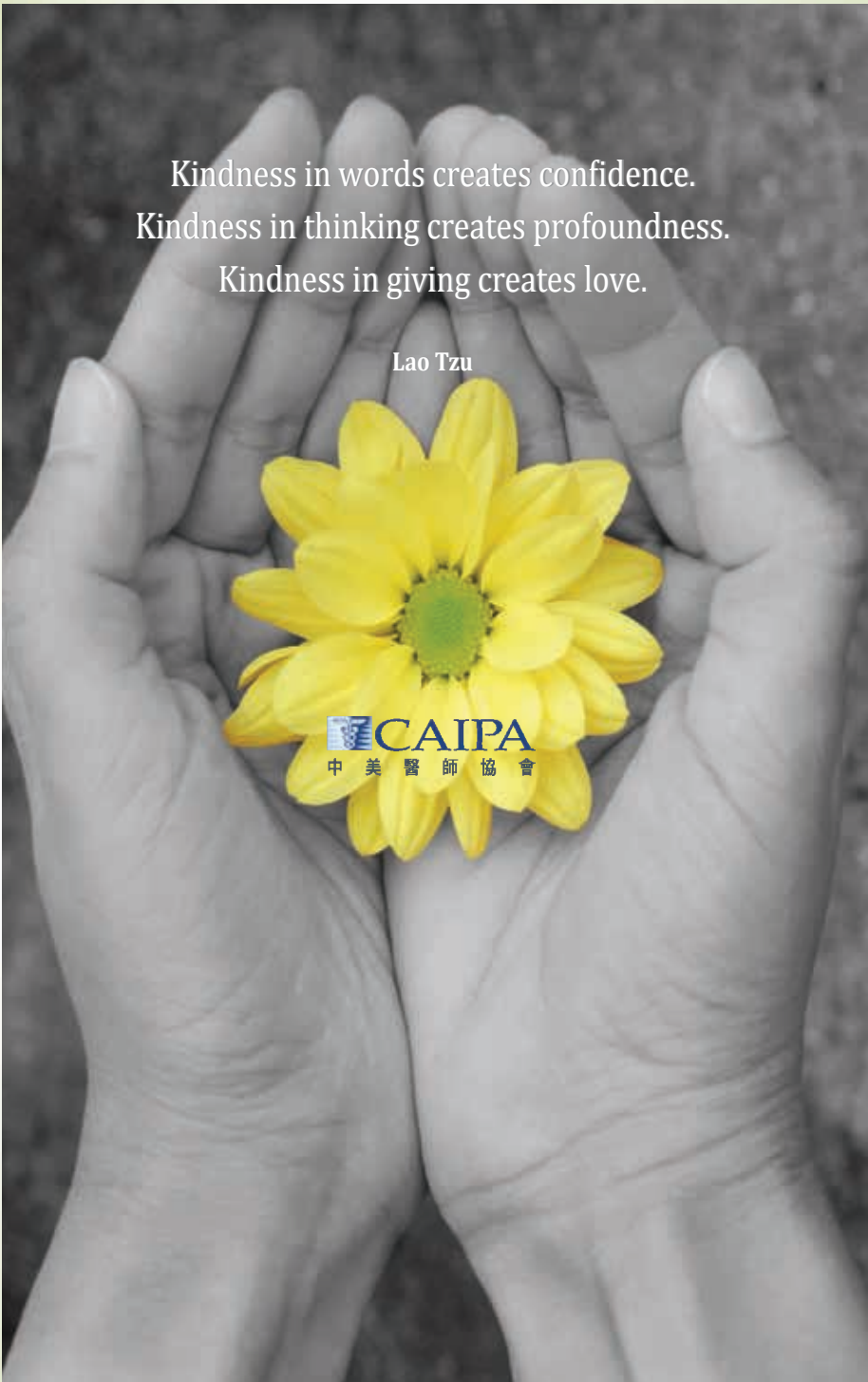
1. 每日必清潔嬰兒的牙床
2. 切勿讓嬰兒含着奶嘴睡覺
3. 請教醫師或牙醫是否需要氟化物的補充品

6-18個月

1. 在6個月時開始，盡量讓嬰兒戒掉使用奶嘴的習慣
2. 以使用吸盤水杯(sippy cup)替牛奶及果汁
3. 12-14個月開始刷牙
4. 每天清潔嬰兒的牙齒
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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

A pair of hands, palms up, holding a bright yellow flower with a green center. The background is a dark, textured surface. The hands are rendered in a light, almost white, color, making the yellow flower stand out prominently.

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Lao Tzu

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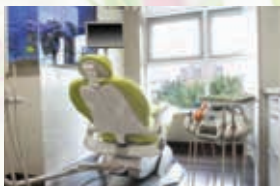
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