



Garden of Hope 12th Anniversary Benefit Dinner

REBUILDING LIFE THROUGH HOPE AND LOVE

紐約勵馨十二週年募款餐會

用愛與希望 來重建生命

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目錄

Table of Contents

關於紐約勵馨	
About Garden of Hope	2
十二週年慈善晚宴委員會主席黃王美津女士歡迎致辭	
Welcome message from 12th Anniversary Benefit Dinner Committee Chair Rose Huang....	3
紐約勵馨董事會主席張麗麗律師歡迎致辭	
Welcome message from Board Chair Lee-Lee Chang	4-5
紐約勵馨董事會和十二週年慈善晚宴委員會	
Board of Directors & 12th Anniversary Benefit Dinner Committee.....	6
民選官員祝賀信	
Greetings from Elected Officials.....	7-10
十二週年慈善晚宴贊助者	
12th Anniversary Benefit Dinner Sponsors Acknowledgement.....	11
2015-2016 捐款芳名錄	
2015-2016 Donors Acknowledgement	12-14
紐約勵馨社會公義獎獲獎人—Toko Serita 法官	
Garden of Hope Social Justice Award Honoree Judge Toko Serita.....	15
回應使命的呼召—劉元芬總幹事	
Kristen Chi: Responding to Her Calling through Garden of Hope's Mission....	16-17
暴雨中的避風港—希望之家	
Hope House Project: Nurturing Hope for 5 Years	18-20
打破惡性的循環—家暴事工	
Domestic Violence Program: Breaking the Vicious Cycle.....	21-23
漫漫長路一起走—性侵事工	
Sexual Assault Program: Going the Distance Together	24
脫離鎖鍊得自由—人口販運事工	
Human Trafficking Program: Breaking the Chains to Freedom.....	25
為那受屈的伸冤—法律援助服務	
Legal Assistance	26
獨立自主展翅飛—職業培訓服務	
Self Sufficiency Training.....	27
播下希望的種子—兒少事工	
Children & Youth Program: Sowing Seeds of Hope.....	28
在我心中你最棒—青年A+團	
A+: A Garden of Hope for Our Youths.....	29-30
積極倡言聯資源—公共宣導	
Public Outreach & Education.....	31-32
散播希望分享愛—勵馨志工團隊	
Garden of Hope Volunteers.....	33-34
施比受更為有福—贊助者廣告	
Sponsors' Ads	35-64

Special thanks to Far & Co. for designing the invitation card.

關於 紐約勵馨

About
Garden of Hope

我們的使命 *Our Mission*

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

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

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 the rights to be treated with respect, to live a life free from fear, to say no to unjust treatment, and to refuse to assume responsibility of abuser's wrong doing.

我們的事工 *Our Services*

熱線 & 緊急危機處理
諮商與關懷輔導
希望之家庇護所
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職業培訓服務
互助成長團體
兒少事工
親職教育課程
社區公共宣導

Helpline & Crisis Intervention
Consultation & Counseling
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Case Management
Self Sufficiency Training
Support Groups
Children & Youth Program
Parenting Education
Public Outreach & Education

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Flushing, NY 11352



黃王美津

十二週年慈善晚宴委員會主席

Rose Huang

Chair of 12th Anniversary Benefit Dinner Committee

我謹代表紐約勵馨婦幼關懷中心十二週年慈善晚宴委員會歡迎大家光臨本年度的晚宴。

紐約勵馨的使命是為那些遭受家庭暴力和其它形式虐待的受害者提供援助服務。這些援助服務在亞裔社區可謂意義重大，因為亞裔婦女常常因為受虐是不名譽的事情而不願意說出、舉報、或尋求幫助。

感謝在座各位對今年晚宴活動的支持，更感謝您們這一年來對紐約勵馨的付出和奉獻。您們的支持同時也是在傳遞一個強烈的信息，那就是：我們絕不容忍任何形式的虐待，我們和這些在生活中飽受身心靈創傷的受害者肩並肩，站在同一陣線。

紐約勵馨藉由庇護所、熱線電話、諮商輔導以及其他援助方式，為無家可歸、飽受精神和肉體折磨的婦女和兒童提供一個安全的避風港。

您的支持是大有影響力的，或許看起來好像只是讓受虐者有個地方得以安歇一晚，然而這樣的一晚極有可能因此拯救了她和她孩子的生命。

助人者多是出於善心而不求回報的。然而，今天的晚宴不僅是為了關懷那些需要幫助的人，同時也要感謝那些每天不停付出、伸出援手的人。我們慈善晚宴委員會，在此衷心感謝所有為紐約勵馨的使命無條件擺上的人，從董事會、勵馨全體工作人員、志工、到每一位盡心盡力奉獻一己之力的朋友們，您們的腳蹤何其美。

敬祝大家有一個美好的夜晚，由衷感謝您們慷慨的支持和大力協助，一起來成就這善工！

On behalf of Garden of Hope's 12th Anniversary Benefit Dinner Committee I would like to welcome you all to this year's Gala!

Garden of Hope's mission to provide services to victims of domestic violence and other abuses is one of utmost importance in the Asian community where these are often stigmas that are unspoken and unreported.

Thank you all for your support and contributions to tonight and to Garden of Hope all throughout the year. Your support sends a loud message that abuse of any kind will not be tolerated and that we stand united with those who have undergone such harrowing life traumas.

Garden of Hope's work through its shelters, hotline, counseling and other assistances provide a safe haven for afflicted women and children who have nowhere else to turn.

If your support can help even one person, that is one more person who will have a safe place to live for a night, and perhaps it even saved their lives and their children's lives.

Helping others is often an act of kindness without reciprocation. But nights like tonight are an acknowledgment not only of those who have been helped, but a thanks also to those who offer their help every day. The many people associated with Garden of Hope, from the Board of Directors, to the many counselors, volunteers and everyone in between, work tirelessly giving their everything for this cause. For that, the Benefit Dinner Committee would also like to acknowledge and thank their amazing work.

I hope everyone has an amazing evening and from the bottom of our hearts, thank you for all your generosity and thoughtful consideration to this great cause.

用愛和希望來重建生命

Rebuilding Life Through Hope And Love



張麗麗 律師
紐約勵馨董事會主席

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

「壓傷的蘆葦，祂不折斷；將熄的燈火，祂不吹滅，祂憑真實將公理傳開，祂不灰心，也不喪膽，直到祂在地上設立公理，海島都等候祂的訓誨。」
(以賽亞書 42:3-4)

“A bruised reed He will not break, and a smoldering wick He will not snuff out. In faithfulness He will bring forth justice; He will not falter or be discouraged till He establishes justice on earth. In His law the islands will put their hope.”
(Isaiah 42:3-4)

謹代表紐約勵馨董事會，在此歡迎各位嘉賓出席紐約勵馨十二週年慈善晚宴。我們由衷感謝社區所有支持者，在過去年日，認同我們的理念，並以實際的行動支持我們，讓紐約勵馨得以成為一個專為華裔受虐婦女與兒少服務的求助中心，讓他們有一個可信賴並能獲得協助的地方。

古猶太人習慣用蘆葦作笛子，蘆葦壓傷了，他們就折斷。他們也用麻燃油作火把，油用盡了，麻冒煙，他們就吹滅。有些人就像壓傷的蘆葦，不能吹奏出樂音；有些人好比冒煙的火把，無法發出亮光。然而，主耶穌不「折斷」那些受壓傷，生命無法發出樂音的人；也不吹滅那些如同冒煙的麻，生命不能發光的人。反之，主耶穌向他們打開憐憫和恩典的門，讓他們有重建生命的機會。

紐約勵馨成立十二年了，事工不斷推展擴充。接受勵馨服務的婦女和兒少，當他們生命在某個階段仿如樂章的休止符，暫時歇止時，主願意藉著祂的公義和恩典，使用勵馨所提供的各項協助，提供他們一個站穩腳步的機會，激發他們內在的生命力，增加他們獨立生活的能力，走出生命的陰霾，再度積極投入社會，貢獻己力。

On behalf of the Board of Directors of the Garden of Hope (“GOH”), we thank you and welcome you to our 12th Anniversary Benefit Dinner. We are truly grateful to all of our supporters in the community for identifying with the mission of GOH to combat gender violence and with your support and partnership, GOH has become a service provider relied upon by Asian victims for resources to rebuild their lives.

Ancient Jewish people used reeds to make flutes to play music. When a reed was bruised, they would break it. They used wicks to light oil lamps. But when a wick smoldered, they would snuff it out. In a utilitarian view, some people are just like bruised reeds or smoldered wicks when their lives are put on pause, and can no longer play beautiful music or shine through their lives because of unfortunate circumstances. But our Lord Jesus Christ would neither break those bruised lives nor would He snuff them out like smoldering wicks. Instead, He shows them mercy and grace, embracing them with love, restoring their self-image and rebuilding their lives so they could see hope again.

GOH is established for twelve years, and has expanded our services to reach those whom have been victimized

紐約勵馨自2011年七月陸續設立了三個庇護所，去年承蒙贊助者及社區支持者大力協助，募得廿萬元首付款，並於今年三月完成過戶手續，提供遭受流離失所的婦幼一個棲身之所，我們也希望能盡快募足付清剩下的約廿萬貸款，讓紐約勵馨的事工能繼續向前跨步。

今年我們特別要頒發“社會公義獎”給日裔女法官 Toko Serita。她是紐約市皇后區刑事法庭人口販運介入庭法官，專門聽審可能遭受人口販運的受害人的案件。紐約勵馨承受紐約市政府委託，成為該法庭的合作社服機構之一。Serita法官是一位極有愛心的法官，她以平等、尊嚴對待這些婦女，讓他們有機會重新再出發。

我們再次感謝Toko Serita法官與社區所有的支持者和志工朋友們。因為有各位的同心同行，紐約勵馨才能夠繼續發揮作用，讓這些尋求幫助的人能夠重新站立，因希望和愛重建生命。我們深深地感謝所有社區朋友成為紐約勵馨的夥伴，盡一己之力，讓這個社會得以更美好。謝謝大家!

by human trafficking. We are deeply honored and thankful to Judge Toko Serita that GOH is counted among the service providers collaborating with the court in combating the epidemic and increasing modern day slavery of human trafficking. Judge Serita is Japanese by descent and is an outstanding Asian American woman judge recognized by the community. She was appointed as judge over the New York City Criminal Court and presided over the Queens Human Trafficking Intervention Court. She is very empathetic to those who have fallen victim to domestic violence, sexual assault and human trafficking. When she presides over cases she shows her compassion so that the defendants would not be ashamed of their past as they embark on their journeys of rebuilding their lives.

Garden of Hope is privileged to honor Judge Toko Serita with Garden of Hope Social Justice Award before an audience so committed to caring for those in need and supporting their rebuilding their lives with hope and love. We are so delighted and grateful that you have joined us tonight at GOH's 12th Anniversary Benefit Dinner to partner with us so that, together, we can make a difference. Once again, thank you.



新聞發布會, 2016年9月15日。
Press Conference, Sep 15, 2016.

紐約勵馨董事會
Garden of Hope
Board of Directors



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執行董事(主席)
Lee-Lee Chang, Esq.
Executive Board Chair



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Executive Board
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Hung-En Sung, Ph.D.

十二週年
慈善晚宴委員會
12th Anniversary
Benefit Dinner
Committee



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Rose Huang (Chair)



張麗麗女士
Lee-Lee Chang



馮智慧女士
Alison Fung



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

October 13, 2016



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

Dear Garden of Hope:

I am delighted to extend my heartfelt greetings to all gathered at Garden of Hope's 12th Anniversary Benefit Dinner!

Garden of Hope (GOH) is a linguistically specific and culturally competent service organization that exists to serve women and children victimized by domestic violence, sexual assault and human trafficking within the Chinese-American immigrant population. GOH has aided more than a thousand women and children through its multi-faceted services such as hotline and crisis intervention staffed by professionally-trained counselors, legal assistance for women trying to separate from their abusers, support groups, case management, youth programs and camps for children who have been exposed to abuse. Garden of Hope operates three safe houses, the "Hope," "Grace," and "Peace" houses, which provide twenty-four beds, allowing for precious lives to find shelter, restoration, and empowerment for their futures.

I am honored to congratulate and thank Garden of Hope for twelve years of compassionate and excellent service to some of the most vulnerable in our city and nation. Garden of Hope truly serves as a refuge for many and I commend them for bringing great courage, healing, and restoration to people once in difficult despair.

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

Sincerely,

Grace Meng
Member of Congress



RON KIM
Member of Assembly
District 40, Queens

CHAIRMAN
Task Force on New Americans

THE NEW YORK STATE ASSEMBLY

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October 13, 2016

P.O. Box 520048
Flushing, NY 11352

Dear Friends,

I welcome you this evening to Garden of Hope-New York (GOHNY)'s 12th Anniversary Benefit Dinner, and hope you will join me in commending its twelve years of outstanding service to our community.

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

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

I am confident that you, I, and many others will continue to offer our utmost support to this vital organization, just as it will continue to bridge our community's cultural and linguistic gaps and improve the lives of countless New Yorkers. In this way, I am certain we can work together towards a brighter future.

Sincerely,

Ron Kim
Member of Assembly
40th District, Queens



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October 16, 2016

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 12th 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



MELINDA KATZ
PRESIDENT



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

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October 13, 2016

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

Dear Ms. Chang:

Greetings to you and to all the friends and supporters of Garden of Hope New York on the occasion of your 12th Anniversary Benefit Dinner.

This evening's event is a wonderful opportunity to celebrate the success Garden of Hope New York has had in serving women and children victimized by domestic violence, sexual assault and human trafficking. Over the past 12 years, over 1,000 women and children have benefited from Garden of Hope's hotline, crisis intervention, counseling, shelter, support group, legal advocacy, case management and youth programs.

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

On behalf of the 2.3 million residents of the Borough of Queens, "The World's Borough," I therefore offer our sincere congratulations to you and to the entire Garden of Hope organization in recognition of your amazing work in rescuing and counseling battered women and their children and in providing many other important services to the community. I hope all those in attendance enjoy tonight's 12th Anniversary Benefit Dinner and I wish you and everyone associated with Garden of Hope New York continued success in all your endeavors.

Sincerely,

Melinda Katz
President
Borough of Queens

十二週年慈善晚宴贊助者

12th Anniversary Benefit Dinner Sponsors Acknowledgement

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Lung-Fong Chen (In memory of Joanne Chen) 陳隆豐先生為紀念夫人陳玥娟
Mobil-Central Auto 中央修車廠

* Special thanks to the famous jewelry designer Ms. Mona So for donating forty necklaces for tonight's charity sale
特別感謝著名的珠寶設計師 Mona So女士捐贈四十套親自設計的首飾義賣

2015-2016 捐款芳名錄

2015-2016 Donors Acknowledgements

We gratefully acknowledge the generous support of the following government grants, foundations, organizations, corporations, churches and friends who make our work possible. (from October 1, 2015 to September 31, 2016)

政府補助經費 Government Grants

Department of Justice, Office on Violence against Women SASP Culturally Specific Program grant
NYC Council Domestic Violence Empowerment Initiative grant
NYC Council Human Trafficking Initiative grant

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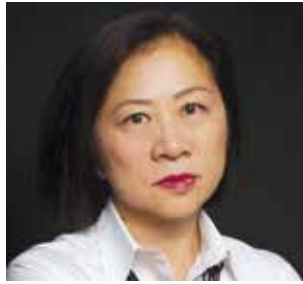
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Toko Serita 法官
紐約市皇后區刑事法庭
高等法院執行法官

Judge Toko Serita
Acting Supreme Court Justice
New York City Criminal Court
Queens County

紐約勵馨社會公義獎獲獎人Toko Serita 法官

Garden of Hope Social Justice Award Honoree Judge Toko Serita

Toko Serita 法官是一位亞裔美籍法官，同時也是司法界公認的人口販運議題專家。她目前是紐約高等法院執行法官，並且從2008年開始主持皇后區人口販運介入庭。她為人口販運受害者和倖存者提供革新的服務，獲得美國社會和國際的尊敬與認可。

人口販運介入庭的運作模式，乃是集結多種不同社區機構的參與合作，例如紐約勵馨的加入，以合適的文化和語言，服務不同族裔，包括皇后區持續增加的亞裔女性人口。這個首創的法庭運作模式成為司法界的藍本，於2013年推展到全紐約州，在當時成立了八個專門處理人口販運案件的新法庭。

2015年，Serita法官接受任命成為紐約州防治人口販運司法委員會主席，該會由11個人口販運介入庭的司法代表組成，所代表的區域涵蓋紐約市五區、水牛城(Buffalo)、羅徹斯特(Rochester)、雪城(Syracuse)、威斯特郡(Westchester)和長島的沙福郡(Suffolk)和拿梭郡(Nassau)。在成為法官前，Serita法官曾任最高法院行政法官助理。她亦曾在法律援助處(Legal Aid Society)擔任刑事上訴法庭律師多年。她畢業於瓦薩學院(Vassar College)和紐約市立大學(The City University of New York)法律系。

Serita法官致力於紐約州司法應對機制的革新，進而為美國當地和國際人口販運問題尋求解決之道，紐約勵馨特此頒贈「社會公義獎」以示感謝。

Toko Serita is an Asian American judge who is recognized as a leading judicial expert on human trafficking. She is currently a New York State Acting Supreme Court Justice who has presided over the Queens Human Trafficking Intervention Court (HTIC) since 2008, nationally and internationally recognized for its innovative work serving trafficking victims and survivors. It is based on a collaborative model that involves the participation of many different community-based organizations, such as Garden of Hope, to deliver culturally sensitive and language appropriate services to different populations, including a growing number of Asian women in Queens County. This pioneering court served as the model for a statewide initiative in 2013 that created eight new courts designed to address human trafficking cases throughout New York State. In 2015, Justice Serita became the chair of the New York State Judicial Committee on Human Trafficking, whose judicial members represent each of the 11 trafficking intervention courts, including the five counties comprising New York City, Buffalo, Rochester, Syracuse, Westchester, Suffolk & Nassau Counties. Prior to becoming a judge, Judge Serita worked in the court system for several years as an Executive Assistant to the Administrative Judges of the Supreme Court, Queens County, and was also a criminal appellate attorney for the Legal Aid Society, Criminal Appeals Bureau for many years. She is a graduate of Vassar College and the City University of New York School of Law.

Garden of Hope is grateful for Judge Serita's commitment to finding a judicial response in New York to the problem of international and domestic human trafficking, and thus presents to her the Garden of Hope Social Justice Award.

回應紐約勵馨使命的呼召—劉元芬總幹事

Kristen Chi: Responding to Her Calling through Garden of Hope's Mission

今年是總幹事劉元芬在紐約勵馨服務的第十年。十年來紐約勵馨的事工在華裔移民社區中漸漸地擴展，從家暴到兒虐，從性侵到人口販運，全是本著關懷弱勢受虐者的初衷和使命。

在勵馨，每一個前線工作人員都會以關懷和同理心來接待每一通熱線電話。有時打來的人乍聽之下似乎不像受害人，勵馨的同工絕不會輕易論斷，掛上電話。元芬不斷地提醒同工：「華人愛面子，要受虐者打來並不容易。他們好不容易鼓起了這麼大的勇氣打過來，一定是有困難需要協助。我們即使不能幫他們解決所有問題，至少也要讓他們感覺被愛被關心。」

勵馨愛人如己的核心理念，表現在服務的各個層面。立定心志服事受虐者重建有盼望有喜樂的人生，是我們做各種大小決定的基本原則。2013年，當善款不足以維持運作經費的時候，一些服務項目，尤其是庇護所，面臨著被中斷的危機。當時的五個同工，寧可選擇減少薪資來維持庇護所的營運，也不願意看到受害者不能夠得到他們需要的服務，甚至被迫離開。

去年刑事法院的人口販運介入庭希望勵馨可以合作協助提供諮商輔導服務，幫助那些因無照按摩被逮捕，可能陷入色情人口販賣的華裔移民。這意味著勵馨的服務對象從家暴及性侵，延伸到人口販賣的受害人。即使勵馨的人力與財力資源都很緊，元芬仍是帶頭先服務了前十八個案子。她認為：「如果事情是應該做的，也幫得上，那就應該盡全力去服務這些邊緣人。」半年後，市府通過撥款，勵馨因此得以多請兩個工作人員。

除了主管行政事務，元芬熱衷公共教育，督導直接服務，她是最前線的社會工作者。她努力不懈的希望給受創傷的人，不論是女人，小孩，還是男人，一個持久的正面影響，讓傷害停止惡性循環。除了直接服務，她希望能為沒沒無聞的受害者發聲。

This year marks 10 years of service at Garden of Hope for Kristen Chi, our Executive Director. Over this decade, Garden of Hope has expanded its services from domestic violence to child abuse, and from sexual assault to human trafficking. Garden of Hope has also extended its reach within the Chinese immigrant community, all the while staying true to our mission of caring for the marginalized victims of abuse.

There is a core value every frontline staff strives to uphold – answer every helpline call with care and compassion. Even if the caller does not at first appear to fit our victim profiles, Garden of Hope workers do not immediately turn them away and hang up. Kristen instills in the helpline staff, “It already takes a lot of courage for a person in Chinese culture to reach out for help. If they worked up the courage to admit they encountered difficulties, let’s make sure they know at least someone cares.”

In many ways, this captures the heart of the leadership and staff at Garden of Hope. The commitment to serve the victims in need is the driving force of decisions large and small. Back in 2013 when donations and grants fell short of covering the operations expenses, some of the services, including the fledgling Hope House Project, were at risk of being dropped. The staff of five then chose rather to take a personal pay cut, and keep the Hope House running, than to see the victims denied services or removed from the Hope House for lack of funding.

Last year, the opportunity to partner with Human Trafficking Intervention Court (HTIC) came knocking on Garden of Hope’s door. This meant expanding services to meet the needs of victims of human trafficking, even though we were already stretched financially and in manpower. But Kristen would say, “if we can do it, and it’s the right thing to do, then we should try with what resources we have to serve the marginalized.” She took the lead and accepted our first eighteen clients referred to us by the HTIC until Garden of Hope received city fund to hire two additional staff six months later.

Kristen is an administrator, an educator, a supervisor and a frontline social worker. But fundamentally, she is working to make a lasting positive impact on the lives of the women, children and men who come into trauma and have little else to fall back on. In roles other than direct



如果沒有外力介入，家暴常是惡性循環，並且一代傳一代。這個意識觸動了元芬的心弦，並且讓她回應上帝的呼召。十年前，當她禱告是否要來紐約勵馨時，出奇地同一天在路上遇到兩個她以前在另一個家暴社福機構服務過的婦女。這兩位婦女當年結案時，都被視為“成功案例”其中一位還被有名的非營利家暴法律機構大幅報導。元芬離開那個機構兩年後再見到她們，一個為了孩子回到暴力的先生身邊繼續被打，一個被外遇的先生遺棄後辛苦地過著單親生活，兩位婦女都深受抑鬱症之苦。除了心疼，更讓元芬相信，只著重危機處理是不夠的，要幫助受虐者重建人生，需要提供長期的身心靈全人服務。一般醫療機構提供專業心理治療，家暴機構提供危機處理社福服務，教會幫助人人在基督裡找到真愛與盼望。元芬相信如果一個機構可以同時提供全面的全人關懷，那對受虐者重新建立生活會有莫大的正面影響，這個理念促使她到紐約勵馨，並且成為她這許多年來服事的目標。

為啞巴開口，為孤獨的伸冤，用愛與希望，重建生命，這是紐約勵馨的使命。滿懷熱情的元芬，希望能夠結合更多的社區資源來幫助遭受家暴，性侵及人口販運的受害人。未來這一年，我們將在布魯克林區的辦公室提供直接服務，減少因距離導致難以持續接受服務的遺憾；我們將努力發展更有效的就業專案，幫助婦女能夠在經濟上自立；我們也希望有經費可以增聘兒少輔導員，提供更深入與廣泛的關懷及預防性事工。

感謝大家對紐約勵馨一路的支持，希望你們繼續在提供受虐者全人關懷，重建人生的路上與我們攜手同行。

service, she is striving to give voice to the voiceless.

Kristen's journey to Garden of Hope began when in her prior work, she learned that domestic violence often passes from generation to generation if no intervention is given. This tugged at her heartstrings, but it was a crude awakening that clarified her calling. A decade ago, during the period she was praying about joining Garden of Hope, she ran into two of her former successfully serviced domestic violence clients coincidentally on the same day. She was not prepared to learn that both were suffering with major depression. One has returned to her abusive husband for the sake of their child and was regularly beaten. The other who had been abandoned by her husband was struggling as a single mom. The news devastated Kristen but taught her the critical importance of offering long term holistic help to victims beyond crisis intervention. Usually, medical clinics provide psychotherapy, social service providers provide supportive counseling and case management, churches help people find love and hope. Yet, gripped by the needs of these victims, Kristen was convinced all types of services under the umbrella of one organization would make a huge difference in helping victims rebuild their lives holistically. She saw that holistic care was Garden of Hope's mission. This conviction brought her to join Garden of Hope ten years ago, and has fueled her service all these years.

Serving women, men and children in need, giving voice to the voiceless, helping them rebuild their lives with hope and love continue to be what Garden of Hope strives to do today. But the passion to offer holistic care leads Kristen to dream for the day we can afford more resources for clients. To begin, we dream of a branch office in Brooklyn. Some families live in Brooklyn, and find the commute to our Queens office very difficult, and so they do not come for as many counseling sessions, take fewer training courses, and often do not bring their children in for intervention. Another thing we wish we could do more is vocational training. We want to better support our clients to better prepare for the job market, find better matched and better paying jobs, so that they and their dependents have a stronger chance at staying financially viable for the long term. We also long to have an additional children and youth counselor, so that we can go deeper and wider with the next generation that suffered because of domestic violence or sexual assault or human trafficking, and do more prevention work among them.

We are tremendously grateful for your past support, and we invite you to continue to come alongside this mission for holistic care to help rebuild lives.



生活偶爾會陷入混亂，但有您的關懷，希望總不會熄滅。

「希望之家」庇護所服務開始於五年前的一個夏天，當時只有一個“家”如今已發展到三個“家”，感謝神的恩典及保守，由此也見證出紐約勵馨支持者的慷慨奉獻。回想當年，如果沒有前董事李弘毅先生具前膽性地領導及無條件地付出，這個專案實在難以開展。首先很難說服房東願意把房子出租當做庇護所，其次，要維持一個“家”開銷不小，雜事很多，需要錢、需要人。當時紐約勵馨只有三個全職同工兩個半職同工，美國又正面臨經濟蕭條。

「希望之家」的主要目的就是保護婦幼安全。這個心願如同一顆小小的種子，在您及眾多支持者愛的澆灌下，逐漸茁壯成長起來。五年來，希望之家接待了一百九十位婦女和她們孩子，在他們患難時，有個地方可以避風、可以休息、可以享受溫暖、可以重新再出發。感謝您過去的支持，期待您未來持續地支持，幫助這些婦女和兒童重建他們的人生。

暴雨中的避風港 希望之家 —守護婦幼，五年有成

Hope House: Nurturing Hope for 5 Years

Life gets very messy at times. But not all hope is lost when there are people like you who care.

Hope House Project began five years ago with the first Garden of Hope safe house. Under the project are three safe houses now. They stand as testimonies of God's grace and protection, as well as the generosity of our donors.

The Project could not have come into existence without the visionary leadership and unconditional generosity of the late Philip Lee, our then Board member. In 2011, when the decision was made that we would provide the first Chinese-language safe house in NYC, Garden of Hope could not find a single landlord willing to rent to us. Besides, there are many expenditures and chores in running a "home." Garden of Hope had three full time staff and two part time staff at that time and the US was in the midst of an economic recession.

It was with seeds of determination to care for the women, watered by the generosity of donors such as Philip Lee and yourselves that Hope House Project began and expanded. In the last five years, 200 woman and their children found shelter under Hope House Project, finding a place of refuge and of warmth to recover so they could start out again.

Your past support is much appreciated, and we invite you to continue to nurture hope for the women and children who come to Garden of Hope for a refuge to rebuild their lives.

來到紐約勵馨的每一位婦女和孩子都有各自辛苦的故事。他們帶著身體和心靈的創傷前來尋求庇護，意想不到的，希望的萌發有時竟是來自於群體的力量。

住進「希望之家」後，他們要學習和室友分享生活空間，改變生活方式，協調需求、解決矛盾、適應新的“家庭”生活。

希望之家給予婦女充分的合理的自由，我們相信自由是自尊及自愛的基礎。婦女在這裡學習被愛與愛人，她們一起哭一起笑、共患難同享樂，幾個月之後離開庇護所時，她們已經建立起深厚的友誼。

「希望之家」的營運管理是個大工程，不只經常要搬進搬出，安頓生活會安慰傷痛，雜務事多，有時還要協調解決住客的矛盾。然而勵馨的同工們都是經驗豐富訓練有術的，我們要利用矛盾做為教材，幫助婦女和孩子培養重要的人際溝通能力，協助她們成長，知道如何面對衝突。

一位曾經在「希望之家」生活過的婦女士分享她的經驗時說：「我喜歡這裡，這是溫暖的家！」事實上，四分之一的人離開「希望之家」後，選擇和原來在庇護所認識的婦女住在一起，形成了新的互助團體。

「希望之家」不僅僅是庇護所，更是一個能讓婦女孩子們成長的安全空間。在這裡，混亂的生活慢慢理出頭緒，也一步步建立起健康的人際關係。協助婦女在群體中成長，也是幫助她們重建人生、重拾盼望的重要一環。

Women and children who come to Garden of Hope each come with their own stories, and are seeking refuge from wounds that are sometimes both physical and emotional. But hope sometimes come in a surprising form: community!

When they come into our safe house, they quickly find themselves roommates with other women and families. The roommates must learn to share a space, adjust to each other's lifestyle, accommodate each other's needs, and resolve conflicts that arise. Together they develop a new "family" life.

Garden of Hope strives to give the women a lot of freedom, because we believe this befits their dignity as persons. The freedom is good training ground for their independence in their lives beyond the 3 to 6 months they stay in the house. The freedom is also space for new friendships to be formed.

Perhaps outsiders are surprised to learn Garden of Hope counselors are willing to take on the Hope House Project, clearly aware it will add upon their work load. Not only do they have the residents move in and move out, take care of their daily necessities, provide house maintenance, sometimes, they have to step in to help mediate conflicts for the residents. But the counselors are fully prepared to use these conflicts as teachable moments, to nurture the interpersonal skills these women and children must learn in order to grow into independence.

Ask a woman who stayed in one of our safe houses her experience, "I liked it, it's like a family!" Indeed, Garden of Hope have seen more than a quarter of the clients after their stay at the safe houses move in to live with each other. The community becomes part of their support network.

Our Project houses are not only physical shelters, but a safe space for personal growth, a place where the messiness of life gets sorted out into order and new life-giving relationships can be fostered. Helping the women grow in community is part of rebuilding their lives and nurturing hope for them.



一些婦女離開希望之家後，「回娘家」時會帶著食物、生活用品、洗髮精，牙膏，玩具來。她們都是過來人，知道許多剛搬進來的婦女及小孩，除了身上穿的衣服，兩手空空，一無所有。她們雖然生活也很拮据，但想盡自己的力量讓愛和希望傳承下去。

親愛的朋友，「希望之家」需要您的支持，讓受傷的心，有地方可以療傷；讓絕望的人，有空間和時間去成長。

「希望之家」三個宿舍，每個月房租、水電瓦斯、食物及日用品的開銷將近一萬元。此外，由於婦女們搬進搬出，我們持續性地需要寢具、洗浴用品、鍋碗瓢盆等基本生活用品。

Some women who previously stayed in the Hope House Project occasionally come back to visit us in the office, bringing shampoo, toothpaste, or a toy... they know from personal experience the needs of the clients who come to the house sometimes wearing PJs and slippers and depend on Hope House to supply everything else. These women are doing what they can to pay it forward.

We invite you to support them in funding the needs of the Hope House project.

Hope House costs \$10,000 a month to cover rent, utilities and food for the residents. In addition, we regularly need bedding, bath supplies and dishware as basic necessities for every woman or child who moves into our Hope House.



幫助我們償還貸款

我們目前還有\$194,500貸款。
請幫助我們償還債務，使我們可以專心將全部資源運用於幫助有需要的婦女和兒童。

Help Hope House Project pay off our loans!

We have an outstanding loan of \$194,500.
Contribute to Hope House Project becoming debt-free, and we can focus our resources to the rebuilding of the lives of women and children.

宣傳勸馨

我們經常聽到「如果我早點知道有你們就好了！」還有很多人不知道勸馨的存在，請您宣傳勸馨，你可以幫我們派發手冊、幫助我們連結有決策權的人、轉介婦女給我們、協助我們籌集善款等等。

Tell others about Garden of Hope!

It pains us to hear from our clients say "if only we knew you earlier!" That we exist as a resource ready to help is too little known! Tell others about us – pass a pamphlet, give a call to decision makers, refer a victim to us, fund-raise for us!

捐贈物資

歡迎大家捐贈冷凍食物、米麵乾糧、寢具、洗浴用品、衣服、書、玩具等。

In-Kind Donations

We welcome frozen foods, rice and noodles, gently used clothes, books, toys, dishware, bedding and bath supplies.

發起募捐活動

請以電子郵件與我們的同工聯繫，分享並實現您的好點子。

Organize a drive!

Speak with our staff or email us to coordinate a drive.

貢獻力氣

我們經常需要搬重物，非常需要大力士。

Volunteer your muscles!

We regularly help women and children move in and out of the safe houses. We totally welcome extra hands!

網上捐款

你可以通過紐約勸馨網站首 www.gohny.org 採用信用卡捐款，請註明為「希望之家」！

You can donate online!

Help us buy winter blankets, cooking pots, winter jackets and other daily necessities for every woman or family who come to us!

You can donate online through our homepage www.gohny.org, click on the Statue of Liberty icon for NY-Charities.org, and designate the giving to "Hope House".

打破惡性的循環—家暴事工

Domestic Violence Program: Breaking the Vicious Cycle

除了身體、言語和性虐待這幾種典型民眾對於家暴的認知，家庭暴力其實還有其它面貌。以下是兩則婦女受虐的故事。為了安全考量，我們變更了一些屬於她們個人隱私的細節。

Besides physical, verbal, and sexual abuse which are typically associated with domestic violence, there are other forms of abuse our clients have suffered. For their protection, we have modified certain personal details, but here are two stories to illustrate the abuses.

騙婚—家暴的另一種型態

Marriage Fraud as a Type of Domestic Violence

Gina是美籍公民。她的前夫幾年前因病離世，帶著兩個年幼的女兒再嫁，原以為有個男人在異地他鄉可以保護自己，誰知先生跟她在一起只是為了辦身份，綠卡一到手就把國內的兒子接過來，趕她們母女出門。檢察官辦公室介紹Gina到勵馨。她來的時候兩手臂全是淤青、目光呆滯。她不能理解這個男人和她透過婚姻結合，竟不是出於愛。

Gina is a U.S. citizen and was widowed a few years ago. When her late husband died of illness, she remarried with two young daughters. She thought she could find security with her new husband, not knowing he, as a foreign national, only married her because he wanted to use her to obtain legal immigration status. The moment this man got his green card, he sponsored his son from his native country to the US and kicked Gina and her girls out of their home. The District Attorney's Office referred her to Garden of Hope. She came to us with bruised arms and the thousand-yard stare. She could not comprehend how love was never part of this "marriage".

遺棄也是家暴的一種

Abandonment as a Type of Domestic Violence

Lili的兒子是特殊兒童，他們一家來美國，是為了讓兒子獲得專業的特殊教育。Lili也準備好，要跟著先生一起為他們的將來打拼。只是，面對生活及經濟壓力的挑戰，先生逐漸對她跟兒子失去耐心。夫妻時常出現口角及衝突，先生最後遺棄了Lili與兒子。Lili無法承擔一個人照顧多重障礙的兒子，以及獨自扛起家計的雙重壓力而患上憂鬱症。

Lili's son has special needs. For the sake of their son, she and her husband moved to the US, where they can better guarantee their son to receive professional special education. She was prepared to work alongside her husband. However, because of the stresses of daily life and financial stresses that they were met with here, her husband began losing patience for her and their son. The married couple had frequent conflicts. In the end, he abandoned his wife and their son. Lili found it impossible to raise this child with special needs on her own income and has since developed clinical depression.

如果袖手旁觀，家暴將導致很多生命的破碎。以下透過兩則故事舉例說明家暴引起的後果，再以最後一則故事傳達介入的力量。

Domestic violence without intervention can cause many broken lives. We want to illustrate the negative consequences of domestic violence with the next two stories below, and finish with the last one that speaks of the power of intervention.

家暴種下的苦果：支離破碎的家

Negative Consequences of Domestic Violence: Mental Health Problems and Broken Families

Fanny在中國時家庭和樂，婚姻美滿。先生先來美國打拚，五年後才把她和孩子接過來。團圓沒有帶來歡愉，而是爭吵不斷，先生另結新歡，覺得幫家人申請了身份已經仁至義盡。孩子課業跟不上也無心學習，漸漸封閉自己不肯上學。先生認為孩子是家族的恥辱，常常言語羞辱及怒罵孩子，並歸罪Fanny不會教育孩子。Fanny也因為與先生的關係惡化，心煩意躁，常常遷怒孩子。等到Fanny發現孩子行為愈來愈怪異，開始尋求協助時才驚覺孩子罹患了嚴重的精神疾病，需要送到長期療養中心。孩子不願跟任何人交談，更不願見父母。

Fanny had a happy marriage and a happy family in China. Her husband moved first to the U.S. to try to make a living. Five years later, he sponsored for her and their children over to the U.S. But that was not the happy ending. Instead, their arguments never stopped, and her husband started an affair. He thought he's done his duty in moving them over. Their child lost motivation to learn, and began isolating himself, refusing to go to school. Her husband was deeply ashamed of this son, frequently verbally abusing this son in reproach and fury. He blamed Fanny for not being a better mother. Fanny too, because of the frustrations of the worsening relationship with her husband, often took it out on their son. By the time Fanny noticed the abnormal behaviors their son was displaying, and began looking for help, it was already too late. Their son had severe mental illness, and needed to be cared for in a facility. He does not want to talk to anyone, and refuses to see his parents.

家暴種下的苦果：一代傳一代

Negative Consequences of Domestic Violence: Passing from Generation to Generation

那一天Tom多喝了幾杯酒，回家的路上與女友一言不合，在車上像發瘋似地對她咆哮，並重重地朝她臉上揮了兩拳。「她是對我最好的女朋友，但她說她怕我，決定要跟我分手」這個大男人淚眼汪汪哭得像小孩：「我從車子後照鏡中看見我父親當年打我繼母時猙獰的面孔。救救我，我不想變成我最討厭的人。」

After a few too many drinks, on their drive home, triggered by a small argument, Tom barked madly at his girlfriend, and swung two heavy punches into her face. "She was the best girl friend I've had, but she said she's very scared of me, and is unwilling to continue our relationship."

This grown man was reduced to sobs and confessed, "In that rear view mirror, I recognized the same face distorted in rage as my dad's when he used to beat up my stepmother. Help me! I do not want to become the man I hate most."

愛與希望的力量—生命重建

Power of Intervention Through Hope and Love: Lives Rebuilt

受不了先生長期言語、肢體及性方面的虐待，Jenny終於鼓起勇氣報警。拿到保護令。跟先生分開後，雖然不再成天提心吊膽，活在暴力的恐懼中，但經濟的拮据、獨自照顧兩個年幼兒女的壓力，讓Jenny不知所措。透過朋友介紹，Jenny來到紐約勵馨。除了協助Jenny處理刑事案、家庭法院的案子以及移民案，勵馨輔導員幫助Jenny藉由社會福利以及打工收入，把孩子拉拔長大。

紐約勵馨每年夏天跟數個教會合作提供家暴目睹兒八週的小太陽夏令營，不但減輕Jenny經濟上的負擔，更使得她的兩個孩子獲得心理輔導、課業輔導，以及參加各種課外活動。孩子漸漸長大，Jenny也不忘教導他們要懂得感恩及回饋，經常鼓勵他們在勵馨舉辦的活動中做志工。Jenny工作非常辛苦，然而她並沒有忽略孩子的教育。今年兒子考上紐約天才高中，讓她備感辛慰。Jenny自己也非常努力地學英文，希望能通過公民入籍考試。在孩子們的鼓勵及指導下，努力不懈的她，即使連小學都沒有畢業，卻能一次通過公民入籍考試，順利成為美國公民。對Jenny而言，今年真是雙喜臨門！對陪伴她走過高山低谷的勵馨人來說，她的努力及成果帶給我們極大的鼓勵和安慰。希望透過我們的服務，幫助這些受傷的成人和孩子，能有安全的地方療傷，有充沛的資源，豐富她們的生活，在他們走出家暴陰霾，身心靈重建後，能夠成為這個社會及周圍人們的鼓勵和祝福。



Years ago, Jenny finally had enough of her husband's ongoing verbal, physical and sexual abuse, and called the police. She was granted an order of protection. Her husband subsequently had to move out of their home. While she no longer had to live under the fear of abuse, with their tight financial situation, Jenny was at a loss for how she could raise her then two young children. She heard about Garden of Hope through a friend. Through Garden of Hope, she was referred to legal assistance agencies which helped her obtain legal status in the U.S. as well as secure child support by court order from her now divorced husband. Together with the assistance of welfare benefits and her minimum wage salary, she managed to raise her children as a single mom.

Her children take part in Garden of Hope Children's Sunflower summer camp year after year. This not only helped relieve her from childcare expenses, more importantly, it provided the children first-rate care and learning opportunities; they received individual counseling, tutoring, and participated in fun group activities and field trips.

As Jenny's children grow older, she encourages them to volunteer at events held by Garden of Hope as part of her raising them to be thankful and to give back to the society. Even if life has been rough for Jenny, she dedicated time and attention to nurture her children's education. Her eldest son was accepted into a Specialized High School that serves the needs of academically and artistically gifted students. As for herself, she worked hard to learn English and passed the U.S. Naturalization English test. She was granted US citizenship. These were great news for her and for us of course. But for those of us at Garden of Hope who have come alongside this family for years; beginning with their entering into the safe house, and with all the resources poured into them; our greatest encouragement and comfort was witnessing them leave the trauma of domestic violence, seeing their lives holistically rebuilt and become a blessing to our society.

漫漫長路一起走—性侵事工

Sexual Assault Program: Going the Distance Together

性侵受害者若能儘快獲得合適的服務，有助於降低事件過後陷入創傷後症候群、憂鬱症、或其它心理疾病的嚴重程度。接受專業輔導諮商有助於幫助受害人增強內在復原力，回歸正常生活軌道，保持工作能力，照顧好自己和孩子。

從驗傷、報警、刑事案件，到長期的輔導關懷，甚至就業培訓重回社會，紐約勵馨的同工陪伴每一個性侵受害人走過漫漫長路。受害人在療傷復原的過程中，傷痛難免再度被觸發，引起情緒波動。發生這種情況時，紐約勵馨的輔導員隨時提供協助，惟願婦女得到身心靈全人醫治。

The typical first interventions Garden of Hope case workers make for victims of sexual assault include accompanying them to visit the hospital to screen for STIs and pregnancy, accompany them to go to the NYPD to file a police report, and waiting with them to let the District Attorney's Office review the evidence to determine the strength for a criminal case. These steps require much time and effort from Garden of Hope, but adequate first interventions following a sexual assault can decrease the likelihood of a victim experiencing posttraumatic stress disorder, clinical depression or other mental health disorders. These intervention can prove important for the victim's ability to move on and continue a productive life, keeping a job and supporting herself and her dependents.

These first interventions are sometimes followed with counseling, and when necessary, job training. For some victims, their trauma can be retriggered in the future. If that should happen, our counselors stand ready to offer support again, until their lives are holistically rebuilt.



牛仔褲日--大家一起來穿牛仔褲反性侵! 今年的牛仔褲日是2016年4月27日。

Denim Day: wear jeans as a symbol of protest against erroneous and destructive attitudes about sexual assault.

This year's Denim Day was April 27, 2016.

脫離鎖鍊得自由—人口販運事工

Human Trafficking Program: Breaking the Chains of Freedom



你是否好奇這些色彩繽紛的盒子背後有何深意？在勵馨這每一個盒子都在載了從人口販運介入庭轉介來的婦女們不為人知，動人心弦的故事。

這些被販運的婦女中，有一部分人已合理化人口販子的欺騙與擺佈，意識不到自己是他們爪牙之下的受害者。「自我探索」是勵馨提供給人口販運介入庭轉介來的婦女，其中一堂重要的課程。這些婦女在我們專業輔導員的帶領下，通過做手工以及拼裝各種色彩的材料，表達出她們如何為了他人偽裝自己，同時被喚起存在於她們本身、被埋藏甚至被遺忘的潛力與優點。我們給予婦女安全的環境，讓她們了解及表達自己的真實情感，也幫助她們思考社會對性別角色的不合理對待。從討論中，她們察覺自己習慣性的應對機制，思考自己最需要的是什麼，進而尋回自身失去的東西。

Are you trying to make sense of these colorfully decorated boxes? You may well be getting a glimpse into the lives of some of our Human Trafficking Program clients. Some of the victims of human trafficking have internalized their traffickers' lies and manipulation, and do not realize that they are victims. To serve these clients, referred to us mainly by the Human Trafficking Intervention Courts, our Self-Exploration art therapy is one of the group sessions we offer them.

Facilitated by trained counselors, clients find ways to express through crafts and color the outward appearance they have had to project for others, and recall the treasures buried inside, and perhaps even forgotten.

Through this exercise, in the safe space that is provided them, the clients become in touch with their own emotions, and come to understand the gender role expectations they have been living under, the coping mechanisms they have been using, and become able to describe for themselves what they most need, making way to recover what has been lost.

為那受屈的伸冤—法律援助服務

Legal Assistance



每個來到紐約勵馨的人，不論是遭受家庭暴力、性侵、或是人口販運，都有其獨特的遭遇，所關心的問題也不同。當他們需要法律援助時，我們會與非營利的法律機構合作，包括Legal Aid Society、Sanctuary For Families、New York Legal Assistance Group、Queens Legal Services、Safe Horizon、CUNY Law School等。這些機構提供免費的法律諮詢及法庭辯護，為無力負擔律師費用的受害人爭取權益。勵馨的輔導員除了為他們尋找資源、提供轉介及翻譯服務、並且陪同出庭，在他們緊張不安的時候，提供情緒支持。

除此之外，紐約勵馨經常邀請律師舉辦法律講座，讓社區大眾知道美國的相關法律及受害人的權益。

Each Garden of Hope client encountered domestic violence, sexual assault and/or human trafficking within a unique set of circumstances and come to us with different personal concerns. When legal counsel is needed, we partner with Legal Aid Society Sanctuary For Families New York Legal Assistance Group Queens Legal Services Safe Horizon CUNY Law School and other similar organizations.

Most of the clients of Garden of Hope cannot afford attorney's fee. These organizations provide free legal consultation and sometimes even representation to help the victims find answers and solutions for their concerns. The attorneys from these organizations fight for the victims' rights.

Garden of Hope caseworkers help the clients by directing them to the right legal resource and providing referrals. Our caseworkers also accompany them when they visit these organizations or the court in order to provide interpretation as well as emotional support when necessary.

In addition, Garden of Hope also invites the lawyers to give seminars to our clients, to better equip them to navigate the legal system in this country.

獨立自主展翅飛—職業培訓服務

Self Sufficiency Training

猜猜看照片中的這些人在看甚麼？她們都是來參加紐約勵馨美髮班的婦女。照片中身著綠衣的楊老師從事美髮將近三十年，學生遍及美髮界，每個星期來紐約勵馨義務教授兩堂美髮課，學生們都非常認真地學習。

來紐約勵馨尋求幫助的婦女，高達七成是沒有固定工作的。擁有一份穩定的工作，經濟上能夠自給自足是受暴者得以脫離受虐處境的一大關鍵。這些婦女在美國就業真不容易，除了語言障礙、沒有一技之長、不知如何找工作外，長期被配偶辱罵貶損更是讓她們缺乏自信。

紐約勵馨職業培訓服務旨在幫助婦女跨越這些阻礙，培養經濟獨立的能力。除了美髮班，紐約勵馨還有全年都在進行的英語班，以及各種不定期與就業相關的課程。

意外的收獲是，許多婦女表示參加職業培訓班不只是學到一技之長，更珍貴的是在異地他鄉認識朋友，同學之間建立起相知相惜的友誼。

What are all these people looking at? They're Garden of Hope clients who are taking one of our vocational training classes. The lady in green in the center is a licensed-hairstylist and our volunteer instructor, and the rest are her students learning how to shampoo and condition hair in a salon setting.

Seven out of ten Garden of Hope clients come to us unemployed. Financial independence is key for victims to leave their abusive situations. However many factors stand as roadblocks to our clients securing a job: language barrier, underdeveloped marketable skills, insufficient job market information and low self-confidence (from internalizing the belittling from their abusive partners) to name a few.

Garden of Hope's Self Sufficiency Training is about coming alongside our clients to help them overcome these roadblocks, and empowering them to become financially independent. Besides the hairstyling class you see in the picture, we also offer year-round ESL classes, as well as other occasional seminars.

The Bonus! -- Frequently, the clients who go through training together form some of their first social networks outside of home, away from their countries of origin.



播下希望的種子—兒少事工

Children & Youth Program: Sowing Seeds of Hope

兒少部門的工作目標是打斷家庭暴力的循環，預防現在或將來對兒童或青少年的忽略和虐待。

紐約勵馨除了為受害婦女的孩子提供心理輔導，同時也提供親子家庭日與親職教育班。透過志工的協助，勵馨亦提供全年的課業輔導。

兒童事工

家暴目睹兒與受虐兒童對身體的界線不清楚，而且常常不懂得察覺並處理自己的情緒。今年我們成長營的主題就是身體的界線，讓孩子們學習認清自己的界線，並且在個別諮商輔導中，讓孩子們認識自己的情緒，幫助他們合適表達情緒。



青少年危機處理

今年有數個家庭需要輔導員緊急家訪處理危機。危機都是跟交友、逃家相關。新移民的家庭受到美國文化的影響，青少年是最容易處在兩個文化的衝擊下而成為不知所措的一群。他們要與深受中華文化影響的父母溝通，自己對中華文化一知半解，父母不一定認同或是瞭解美國文化，在加上易受周遭同儕左右，這些青少年在認同上很混亂，只能用背逆與反叛來表達他們的痛苦與無奈。輔導員的介入給予青少年心理上的支持，理解他們的掙扎，同時也幫助父母瞭解他們的青少年。危機就在彼此願意理解對方的過程中解除。

The goal of the Children and Youth Program is to intervene in the cycle of domestic violence, and prevent current and future neglect or abuse.

Garden of Hope offers counseling to our clients' children, family-friendly activities as well as parenting courses. In addition, through trained volunteers, we also offer year-round academic tutoring.

Children's Program:

Children exposed to domestic violence and abused children are often unclear about how to build and maintain healthy physical boundaries. They also often struggle with awareness and processing of their own emotions. The theme of our summer camp this year is body boundaries, coaching the children to recognize and respect their own boundaries. In the individual counseling sessions, we also helped the children become aware of their own emotions, and learn to express them.



Youth Crisis Intervention:

Several families needed counselors to do emergency home visits to help with crisis intervention this year. The crises involved negative peer influences and running away from home. These incidents are unfortunately more common among immigrant families because the parent generation are deeply ingrained the culture of their countries of origin, yet their children live under the influence of American culture. Adolescents are often the age group that finds it hardest to negotiate the clash between two cultures, and are at a loss as to how to handle the tension. On the one hand, they have to communicate with their parents who are from another culture, of which they themselves only have a partial understanding. On the other hand, their parents do not always understand or approve of American culture. Meanwhile, they are surrounded by peers who are heavily influenced by American culture.

Identity can thus be confusing for these youths, and sometimes rebelling and going against their parents are ways they express their pain and helplessness. Counselors intervene by giving the youths emotional support, empathizing with their struggles, and helping their parents understand them. Crises are resolved with mutual understanding.

在我心中你最棒—青年A+團

A+: A Garden of Hope For Our Youths

很多青少年暴露在家庭暴力或性侵犯的環境裡，他們因為這些不可告人的秘密而感到羞恥或者自卑。

這些青少年覺得自己在家裡一無是處，毫無用處。正因為如此，他們常常把自己孤立起來，不和同伴們交流，或者獨自在抑鬱症裡掙扎。有些孩子在學校裡無法保持學習的積極主動性，有些孩子發現自己和同伴難以溝通。

除了幫助這些青少年補習功課和計劃未來之外，紐約勵馨還邀請他們參加我們青少年A+團！

五年前勵馨第一批青少年選擇「A+團」作為這個團隊的名字是有原因的。這些青少年經常覺得自己不夠好，「A+」這個每個學生都知道是「最棒的」的代名詞，正好滿足他們想要成為「最棒的」渴望，也想讓人們把他們當成「最棒的」來看待和對待。

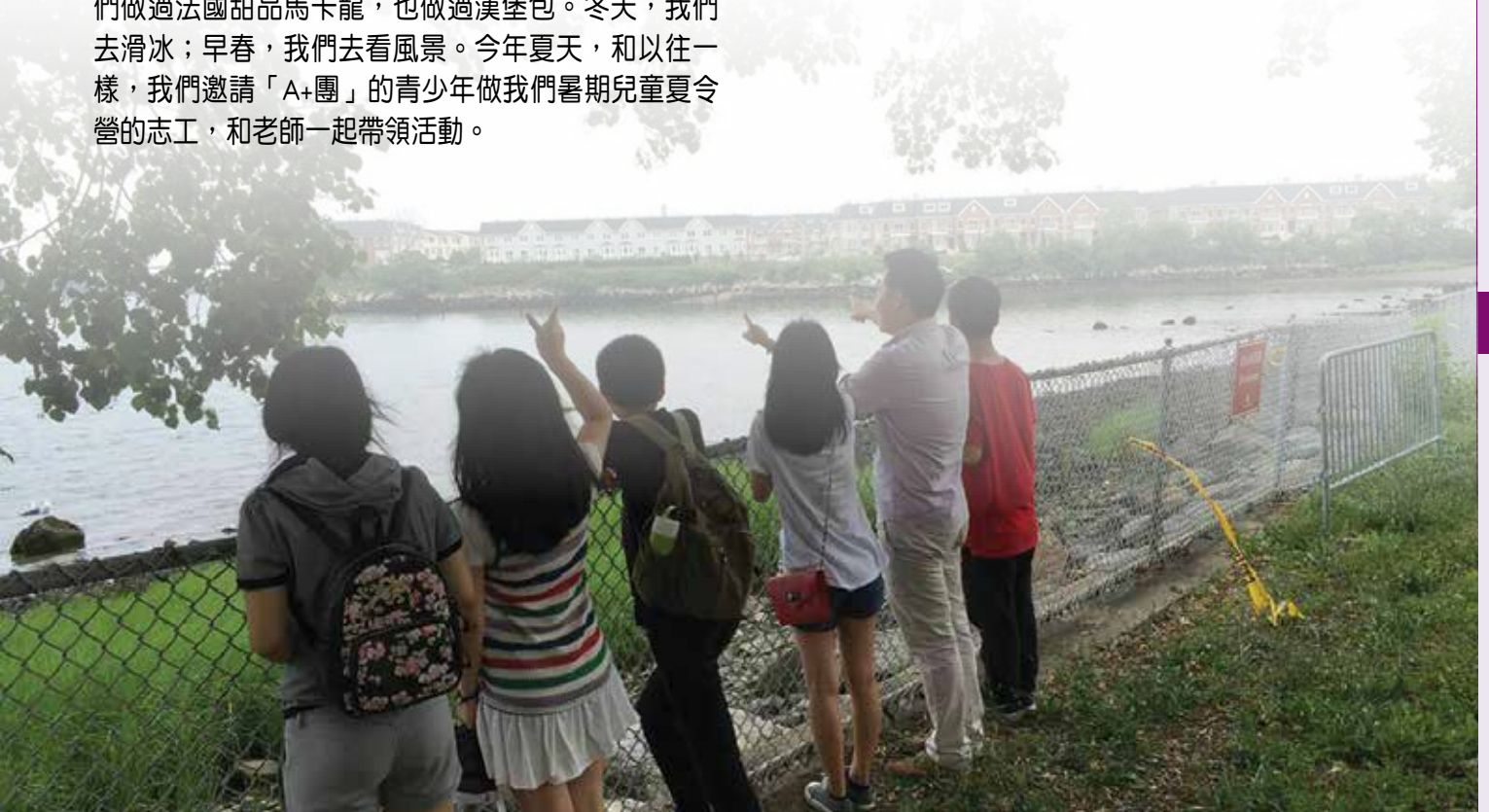
每個月都有團體活動。「A+團」給勵馨的青少年提供各種機會去體驗他們平時很難體驗到的紐約生活。我們做過法國甜品馬卡龍，也做過漢堡包。冬天，我們去滑冰；早春，我們去看風景。今年夏天，和以往一樣，我們邀請「A+團」的青少年做我們暑期兒童夏令營的志工，和老師一起帶領活動。

Many of the youths who have been exposed to domestic violence or sexual assault are ashamed of their secrets. Some of them have been made to feel useless to their families. It is not uncommon that they isolate themselves from their peers, or struggle with depression. Some find it hard to stay motivated in school, and some find interactions with peers difficult.

Besides tutoring and future planning, Garden of Hope invites them to join our youth group, A+.

The name A+ was chosen by our first batch of youths five years ago. Too often they saw themselves as no good, so “A+” as a grade conveyed their yearning to be known and accepted as “the best.”

This year A+ continued to meet monthly, bringing Garden of Hope’s youths to opportunities to experience life in NYC otherwise inaccessible to them. We made macaroons one month, burgers another. We went ice skating in the winter and sightseeing in spring. And this summer, like past summers, we invited them to volunteer at our Sunflower children’s summer camp.



通過定期的聚會和豐富多彩的活動，我們的青少年在緊密團結中體驗到以前不曾有過的安全感。這種安全感讓他們有勇氣也有力量成長。他們開始更多地分享他們的家庭故事和他們以前對任何人都沒有分享過的心路歷程，而在這樣真心和真實的分享後，我們的青少年得到了「A+團」同伴們的理解和支持。這些理解和支持鼓勵他們更多地分享生命。



當我們的青少年看到他們的理解、支持和鼓勵，給同伴們帶來的積極影響後，他們的內心產生了深度的改變。他們終於可以打破自己內心的無助感，在自我價值實現的過程中得到了自信。一些在「A+團」多年的學長學姐，轉而開始協助迎接和鼓勵新來的朋友們，帶領這些比他們年輕的孩子，這些曾經和他們一樣，在特殊時期和特殊環境裡，特別需要理解、關心、支持和鼓勵的孩子。學長學姐們由於走過同樣的路，因此可以實實在在地鼓勵新一代的「A+團」成員，提昇他們內心的A+品質和A+力量。在我們的眼中，這些年輕的孩子們都是最棒的A+！

Through the regular gatherings, the youths come to feel safe in the group. They start sharing more about their family stories and their untold struggles, and receive support from their peers.

Something transformative takes root in the hearts of these tender youths when they see the positive impact their support has on their peers and on the children they serve. Learned helplessness breaks and they gain confidence in their value. A couple of the older youths, who have been in A+ for several years, now help reach out to the newcomers with welcome, and lead the younger youths by example in embracing the newcomers' sometimes atypical social behaviors. In our eyes, these youths are gold, A+ indeed.



勵馨的需求：
正面的男性榜樣

家庭暴力或性侵的受害者可能是女人，也可能是男人。

在我們接觸的男孩和女孩的生活裡，非常缺乏正面的男性榜樣。我們真誠地呼籲男性朋友們來加入我們「A+團」的團隊。「A+團」將開始每週聚會一次，如果你願意投資你的時間和精力改變生命，請加入我們。



WANTED:
Positive Male Role Models!

The abusers in domestic violence and sexual assault can be both women and men!

We have teenage boys and girls who do not have positive male role models in their lives. We sincerely call men to step up!! A+ will begin meeting once a week. If you are willing to volunteer your time, come join our gatherings and invest in the lives of the youths.

積極倡言聯資源—公共宣導

Public Outreach & Education

透過演講、座談會及各種社區活動，紐約勵警積極從事宣導及公共教育，每年面對面接觸超過6000人次，對象包括潛在受害人、一般民眾、中學及大學生、宗教團體、執法人員、醫療及社會服務機構。

Every year, Garden of Hope outreaches to over 6,000 community members including potential victims, families, students, faith communities, law enforcement, health and social service providers through presentations, workshops and community events.



市議長在中國新年慶祝會中表揚勵警

Garden of Hope received the proclamation from NYC Council Speaker Ms. Mark-Viverito on Chinese New Year



皇后長老醫院宣導

Outreach at New York Presbyterian Queens Hospital



在紐澤西第一長老教會分享勵警事工

Outreach in New Jersey



州眾議員孟昭文在 109分局警民合作日中反家暴

Congresswoman Grace Meng at National Night Out w. 109 Precinct



參加曼哈頓健康日

Good Health Day Outreach in Manhattan Chinatown



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Healthy Relationships & Dating Safety Workshop



婦女成長團體：活出自信美講座
Women Empowerment Workshop



約會暴力講座
Dating Violence Workshop



家暴及兒童保護講座
Domestic Violence & Child Protection Workshop



感恩節聚餐
Thanksgiving



聖誕親子同樂會
Christmas Celebration



親子園遊會
Family Day



復活節尋找彩蛋
Easter Egg Hunting



母親節慶祝會
Mother's Day Celebration

散播希望分享愛—勵馨志工團隊

Garden of Hope Volunteers

志工盼女士的分享

每年夏天，勵馨都會在周四舉行義賣，是令人興奮又頭痛的日子。興奮是期待能多賣一些錢，為需要幫助的兒童買些日用品。頭痛的是有時天公不作美，一下子熱到等不到半個身影，或是一陣狂風暴雨，附送行雷閃電，搞得擺攤幫（一群老弱殘兵）手忙腳亂。

客人經常「連拖帶砍」外加指手畫腳，高分貝的討價聲，可千萬別誤認為在吵架，他們可是勵馨最忠實的粉絲，這只是她們另類的表達方式。每當這天來到，客人都會磨個半天，我們也是盡可能的配合，每回收攤總是依依不捨的送飛吻，約定同時間再相聚，看著他們的背影漸漸消失，自己的思緒卻跌入多年前的往事裡：一個走投無路，對生命失去信心的老婦正處於人生中最徬徨無助的深淵，徘徊於痛苦的黑暗，使得老婦無力迎接明天的太陽。勵馨對我而言是神派來的天使，即時伸出溫暖的援手，改寫了老婦的後半生。她溫柔的抹去老婦無奈的淚水，輕柔細心的用愛慢慢填補遍體鱗傷的老婦。勵馨教會了老婦三件事：

- 一. 當問題來時，勇敢的面對它。
- 二. 遇到困難時，要理性地處理它。
- 三. 要有堅強的信仰依靠，才能活出美好的明天。

是的，昨日種種已是歷史，一切從零開始，我立志做一個感恩的終生義工。主啊……感謝主的恩典使我重生，我會牢牢記住做一個認真誠實的基督徒，阿門。

志工謝女士的分享

我是從世界日報知道紐約勵馨的，他們不時會有一段關於勵馨的報導。之後，我的孩子都長大了，我有閒餘的時間，便開始找機會回饋社會。我聯絡上紐約勵馨，等到下一個志工訓練，就開始了每週一次的志願服務，這樣已經好幾年。

我受訓做熱線接線生，這幾年在勵馨的辦公室服務我觀察到兩件事：一，有接線生的確讓同工可以專心做手上的工作，而他們真的有很多工作。二，他們很有愛心，是打從心底地關心他們服務的婦幼。我很樂意在這裡，提供有意義的服務。

Ms Paan's Sharing

I'm one of the volunteers that help out at Garden of Hope's summer garage sales. Our sales only raise a small amount to help Garden of Hope, but we know they help pay for a few daily necessities for the children. The sales are often outdoors and sometimes it's so hot that not a soul stops by. And if it starts pouring out of the blue, we'd be clearing out in a flurry. And on the days we actually have interested customers, a passerby might think we were arguing with them. Little do they know, these regular customers were only bargaining with us. We respond decibel for decibel, not because we're trying to be rude... it's part of the fun for some of these customers, and we play along. When the day is up, everybody is reluctant to part ways, so we promise to be back again.

I came to Garden of Hope a good few years ago as a helpless older married woman. I had lost hope with life. Yet Garden of Hope reached out to me, and helped rewrite my story. They were angels, ever gentle in wiping away my tears. Their love and care helped this broken body heal. They taught me three things:

1. If there are problems, face them courageously.
2. When difficulties arise, deal with them rationally.
3. By faith, I can live into a better tomorrow.

This is my history with Garden of Hope. Now I volunteer as a way of saying thank you. I thank God for the grace of a new life. I am determined to be a good disciple of the Lord. Amen.

Ms Xie's sharing

I heard about Garden of Hope through World Journal. They seem to have an article about them every now and then. After my children are grown and I had more time on my hands, I looked around for opportunities to give back to the community. I contacted Garden of Hope, waited for the next volunteer training, and have since been volunteering with them week after week.

In my several years in their office, I observed two things. One, the staff really have a lot going on, and having a volunteer pick up the helpline calls allow them to focus on their tasks. Two, they are a loving staff, they genuinely care about the women and children they serve. I'm happy to be here doing something meaningful.



加入我們的志工行列

如果你願意幫助這些婦女和孩子們重建他們的生活，請加入我們的志工團隊。

我們長期需要志工

- 接聽熱線
- 整理捐贈的物資
- 中英文筆譯
- 陪同婦女外出擔任翻譯
- 協助輔導員帶領團體課程
- 開設英文、電腦及各種就業相關的課程
- 協辦各種社區活動
- 擔任青少年輔導
- 提供兒童課業輔導，音樂或體育教學

同時我們希望能提升機構的形象，擴大服務的範圍，接觸更廣的社群，誠心期待具有宣傳行銷、平面設計、網站維護及活動協調能力的志工加入。

聯絡請洽718-321-8862或電郵info@gohny.org!

Volunteer with Garden of Hope

If you are drawn to contribute to helping Garden of Hope clients rebuild their lives, there are different opportunities to volunteer with us.

We welcome long-term volunteers for the following:

- hotline
- office helpers
- translators
- interpreters
- support group helpers
- English, computer & other vocational skills instructors
- community event helpers
- youth mentors
- academic tutors, music and sports instructors

We also are looking to expand our services and re-vamp our image, to better facilitate our reach into the community. So we welcome your professional skills in marketing, graphic designing, website maintenance and event coordination.

Please contact Garden of Hope office by emailing info@gohny.org or calling (718) 321-8862 to find out how you can help!

世人哪，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。彌迦書第六章八節

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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*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*

若不是耶和華建造房屋
建造的人就枉然勞力
(詩篇127:1)

Unless the Lord builds the house
the builders labor in vain
(Psalm 127:1)

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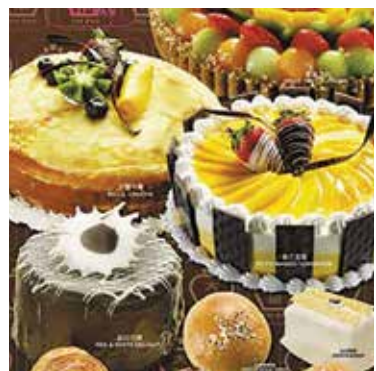
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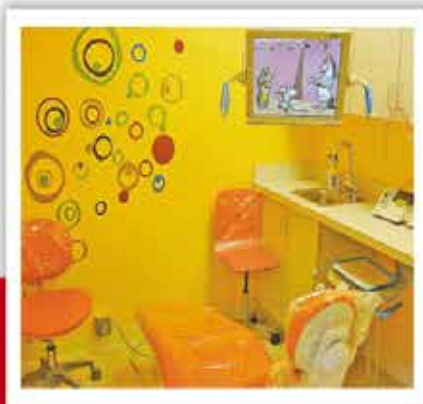
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0-6個月

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

6-18個月

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

18-24個月

1. 限制幼兒吃零食的次數
2. 在早飯後和睡覺前為幼兒刷牙



*Best Wishes
to
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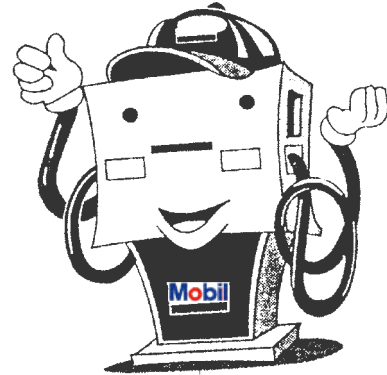


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但那等候耶和華的、必從新得力、他們必如鷹展翅上騰、
他們奔跑卻不困倦、行走卻不疲乏。
(以賽亞書40:31)

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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