

UPCOMING EVENTS

即將舉行的活動



廣東話

如何與子女有效溝通?

How to Communicate Effectively with Your Children?

15/3 (Sat) 5PM - 6PM | 澳洲基督教播道活石堂
5/7 Castle Hill Rd, West Pennant Hills NSW 2125

費用: 免費

從壓力到平衡

- 提升情緒韌性與生活質量的實用策略

From Pressure to Balance

- Practical Strategies to Improve Emotional Resilience and Quality of Life

16/4 (Wed) 12PM - 1PM | 晨光關懷協會
Shop 3, 99-101 Anzac Ave, West Ryde, NSW 2114

費用: \$15*

如何幫助孩子面對離婚這個敏感話題

How to Help Children Navigate the Sensitive Topic of Divorce

4/6 (Wed) 1:30PM - 2:30PM | 晨光關懷協會
Shop 3, 99-101 Anzac Ave, West Ryde, NSW 2114

費用: \$15*

*所有收益將捐贈給晨光基金, 用以支持我們的事工, 幫助更多需要幫助的人。您的參與將不僅有助於自我增值, 還他人帶來希望和支持。

國語

親子情商互动工作坊:

认清亲子关系中的完美主义

Parent-child EQ Interactive Workshop:

Recognizing Perfectionism in Parent-child Relationships

10/5 (Sat) 7:30PM - 9:00PM (Zoom)

費用: \$30

親子情商互动工作坊:

探索“冰山下”的负面情绪与信念

Parent-child EQ Interactive Workshop:

Exploring the Negative Emotions and Beliefs “Under the Iceberg”

7/6 (Sat) 7:30PM - 9:00PM (Zoom)

費用: \$30

THANKSGIVING

感恩事項

1. We are grateful for the excellent feedback we received from our recent Mandarin parenting seminar, led by our experienced educator, Ms. Joy Song.
1. 我們對最近由我們經驗豐富的教育工作者宋曉玲女士主講的普通話育兒研討會所收到的優秀反饋表示感激。

PRAAYER

代禱事項

1. Please pray for increased and consistent financial support for FLC, so we can continue sustaining the ministry as our deficit continues to grow.
2. As we begin recruiting a new psychologist or family therapist to join our team, please pray that God will send the right candidate to help share the workload and enable us to offer a more diversified service in this ministry.
1. 請為晨光禱告, 求神賜予我們增長且持續的財政支持, 讓我們能在赤字不斷增長的情況下, 繼續維持事工。
2. 當我們開始招募新的心理學家或家庭治療師加入我們的團隊時, 請祈禱上帝派遣合適的候選人來幫助分擔工作量, 並使我們能夠在該部門提供更多多樣化的服務。

SEMINAR FEEDBACK

研討會回饋

< 親子情緒智商互動工作坊: 與孩子一起學習解決問題的語言 >

- “ Thank you for teaching me about growth mindset and fix mindset, I enjoyed it very much, it tatught me and my mom a lot, thank you a lot, very appreciated. ”
- “ 昨天的課程很好! 更高興再次見到您! 見到您親子課程教得越來越棒!! 孩子們真接參加課程互動的新形式如此的好!! ”
- “ 我是一次帶著小的參加宋老師的課, 非常難得看到他能專注那麼久, 說明他很喜歡。謝謝宋老師。下一次課見。 ”



NEWSLETTER 通訊

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Shop 3, 99-101 Anzac Ave,
West Ryde, NSW 2114, Australia
Tel: (02) 9211 9988 / 0406 678 554
admin@firstlightcare.org.au
www.firstlightcare.org.au

Cherrie's Sharing

Dear brothers, sisters and friends,

As we step into 2025, we reflect on the immense privilege it is to serve those in need of emotional support and healing. Our clinic continues to be at the frontlines, offering guidance to individuals, couples, and families experiencing pain and suffering. It is a ministry that keeps us deeply connected to the lives of others, walking alongside them through some of the most challenging times they face. While many of those we serve are Christians, it is important to acknowledge that emotional pain and struggles are not reserved for any particular group. None of us are immune to life's difficulties, and as a clinic, we hold this truth close to our hearts. In this space, we provide more than just professional counselling—we offer empathy, understanding, and a shared sense of humanity as we walk together toward healing.

Cherrie 的分享

各位弟兄姊妹，各位朋友：

在踏入2025年之際，我們不禁反思，能夠為那些在情緒上需要支援與治療的人服務，是莫大的福祉。本中心至今仍作為前線，向經歷苦痛與磨難的個人、夫婦和家庭等，給予輔導與指引。我們這個事工的任務，是讓我們與他人的生活深入連結，與他們並肩走過人生中最艱難的一程。我們的服務對象中，有很多基督徒，我們也須認識到，他們在情緒上的痛苦與折騰，與任何組別的人並無不同。沒有任何人可以避免生命中的困厄，我們作為輔導中心，應永記這個事實。我們不僅提供專業輔導，在療愈過程中，我們也獻上同理心、理解力以及人性中的善與美。

去年第四季度，我們從客戶身上見證了他們走出困境的韌性，尤其是那些經歷過離異、虐待和暴力的人。他們的處境令人心碎，但最教我們驚歎的是，他們走過逆境的力量是那麼堅定不移。他不但有忍受能力，更能從中自我磨練成長。我們也目睹一個人或家庭，在獲得正確的支援和工具後，可從困厄邁向重生。他們的轉變的確令人敬畏，証明了人類的彈性與韌力有多強，也展現出恩典、信仰和希望的力量。我們有幸成為這些走向新生的旅程其中一員，協助客戶在動蕩中，掌握到重塑人生的能量。

This past quarter, we have been profoundly moved by the resilience we've witnessed in our clients, especially those enduring family crises such as separation, abuse, and violence. These situations are heartbreaking, but what strikes us most is the unwavering strength people show in the face of such adversity. Not only do they endure, but they grow through their struggles. We have seen firsthand how, with the right support and tools, individuals and families can move from a place of suffering to a place of renewal. These transformations are awe-inspiring, and they are a testament to the depth of human resilience, as well as the power of grace, faith, and hope. We are privileged to be part of these journeys, helping clients find the strength to rebuild their lives, even in the midst of turmoil.

In addition to our ongoing counselling work, we are excited to announce the expansion of our services to include psychometric assessments for children and adolescents. These assessments will address a range of developmental and educational needs, including IQ, ADHD, learning difficulties, and giftedness. We are particularly excited to offer this service to bilingual Chinese families, where access to culturally competent professionals in these specialized areas is often limited or difficult to find. Our clinic is dedicated to filling this gap in the local community, and we are thrilled to be able to provide these essential services. By conducting assessments in a language and cultural context that resonates with families, we aim to empower both children and parents with a better understanding of their strengths and challenges, ultimately fostering better family relationships, academic success, and emotional well-being.

容我向大家宣告，除了持續的輔導工作，我們會擴大服務範圍，增設兒童與青少年心理測量服務，用以評估一系列的身心發展與教育所需，其中有智商、注意力缺陷 / 多動症、學習困難與天賦等。我們這項服務的對象，是雙語的華人家庭。這是由於在文化上有足夠資歷的專業人士不多，也不容易找到。所以我們致力在本社區內填補這方面的短缺，且為了有能力提供這些必需服務而感到鼓舞。我們以客戶家庭的日常語言，以及在所屬文化範疇內進行評估，促使子女與家長互相了解對方的長處與不足，從而發展出更融洽的家庭關係、學業成就，以及積極樂觀的情緒。

在不斷茁長和發展的同時，我們得花一點時間向全體支持者和義工致以衷心感謝。缺少了你們的慷慨、時間和投入，我們的使命是無法貫徹的。無論你是幕後協助，提供個人的專業知識，或是為我們祈禱，你的奉獻，對於我們得以把希望

As we continue to grow and evolve, we would like to take a moment to express our heartfelt gratitude to all of our supporters and volunteers. Your generosity, time, and commitment to our mission are what make our work possible. Whether you're helping us behind the scenes, offering your expertise, or supporting us in prayer, your contributions play a vital role in enabling us to extend hope and healing to those in need. We are constantly inspired by the kindness and selflessness of our community, and it is an honour to work alongside such dedicated individuals.

As we move forward into 2025, we remain committed to providing compassionate, professional care to those who need it most. We are excited about the opportunities that lie ahead, and we are grateful for your continued partnership in this important work. Together, we are making a difference in the lives of individuals, families, and children.

Thank you for being an essential part of our mission. Your support helps us continue offering hope and healing to those who need it most. We look forward to all we will accomplish together in the coming year.

Warmly,

Cherrie



與療治傳給有需要的人，都至關重要。本社區各方人士的厚愛與無私，不斷地啟發我們。能與這樣專心致志的人群合作，是我們的榮幸。

我們在 2025年穩步前進的同時，會不忘向最需要的人展現同情心，以及專業照顧。我們會把握當前的機會奮進，也感激你們與我們合作無間，推展各項重要工作。我們攜手共進，能使到許多個人、家庭與孩子轉換人生軌跡。

感謝你們成為我們履行使命的要員。你們的支持，有助我們向最需要的人，給予希望和療治。期望在新的一年裡，我們共同取得更佳成績。

廖郭冠姿 致意