

年度報告

Annual Report

2023 :::::::::: 2024



香港
表達藝術治療
服務中心
Hong Kong
Expressive Arts Therapy
Service Center

戲劇 DRAMA 舞蹈與動作 DANCE & MOVEMENT 音樂 MUSIC 視覺藝術 VISUAL ARTS 創意寫作 CREATIVE WRITING 心理治療 PSYCHOTHERAPY

視覺藝術
VISUAL ARTS

心理治療
PSYCHOTHERAPY

音樂
MUSIC

創意寫作
CREATIVE WRITING

舞蹈與動作
DANCE & MOVEMENT

戲劇
DRAMA

註冊慈善團體
REGISTERED CHARITY

表達藝術 · 心理治療
EXPRESSIVE ARTS · PSYCHOTHERAPY



香港表達藝術治療服務中心
Hong Kong Expressive Arts Therapy Service Center

P 1

簡介及使命
Introduction and Missions

P 3

機構管治
Corporate Governance

P 5

營運總監的話
COO Message

P 13

服務報告
Service Report

P 31

服務統計
Service Statistics

P 33

財務摘要
Financials

P 35

衷心感謝
Acknowledgement

P 41

捐款支持
Donation Support



About HKEXAT

關於本中心

香港表達藝術治療服務中心為全港**首間**以表達藝術治療為主要介入模式的**註冊慈善機構**，透過視覺藝術、音樂、舞動、戲劇、創意寫作等藝術媒介為社會大眾包括低收入家庭提供專業的心理治療服務。

本中心創辦人深信表達藝術治療能提升大眾的身、心、靈健康，並改善社會整體的福祉。除了透過推廣加強各界對表達藝術治療的認識外，本中心亦積極提供多元化的表達藝術治療服務，讓更多社會人士受惠。本中心認為所有人皆有獲得表達藝術治療服務的公平權利，不論貧富、階級、種族、主流或小眾，都應擁有同等機會獲得治療服務。本中心重視每一位立於不同處境、懷有不同需要的人士，為其提供合宜的服務，令更廣泛的人受惠於藝術的治療性。

Hong Kong Expressive Arts Therapy Service Center (HKEXAT) is **the first registered charitable organization** that uses Expressive Arts Therapy as a major psychotherapeutic approach to improve mental well-being. Expressive Arts Therapy (EXAT) is a multimodal intervention approach integrating various arts, like visual art, music, drama, dance & movement, creative writing, that fosters therapeutic outcomes of body-mind-spirit in a supportive environment.

Our mission is to promote EXAT locally and provide a wide range of EXAT services for enhancing arts participation and mental well-being among the general public. It is HKEXAT's vision to create a world where everyone, regardless of their socioeconomic status, ethnic or any form of disabilities, have equal opportunities to be benefited from Expressive Arts Therapy.

Our Missions

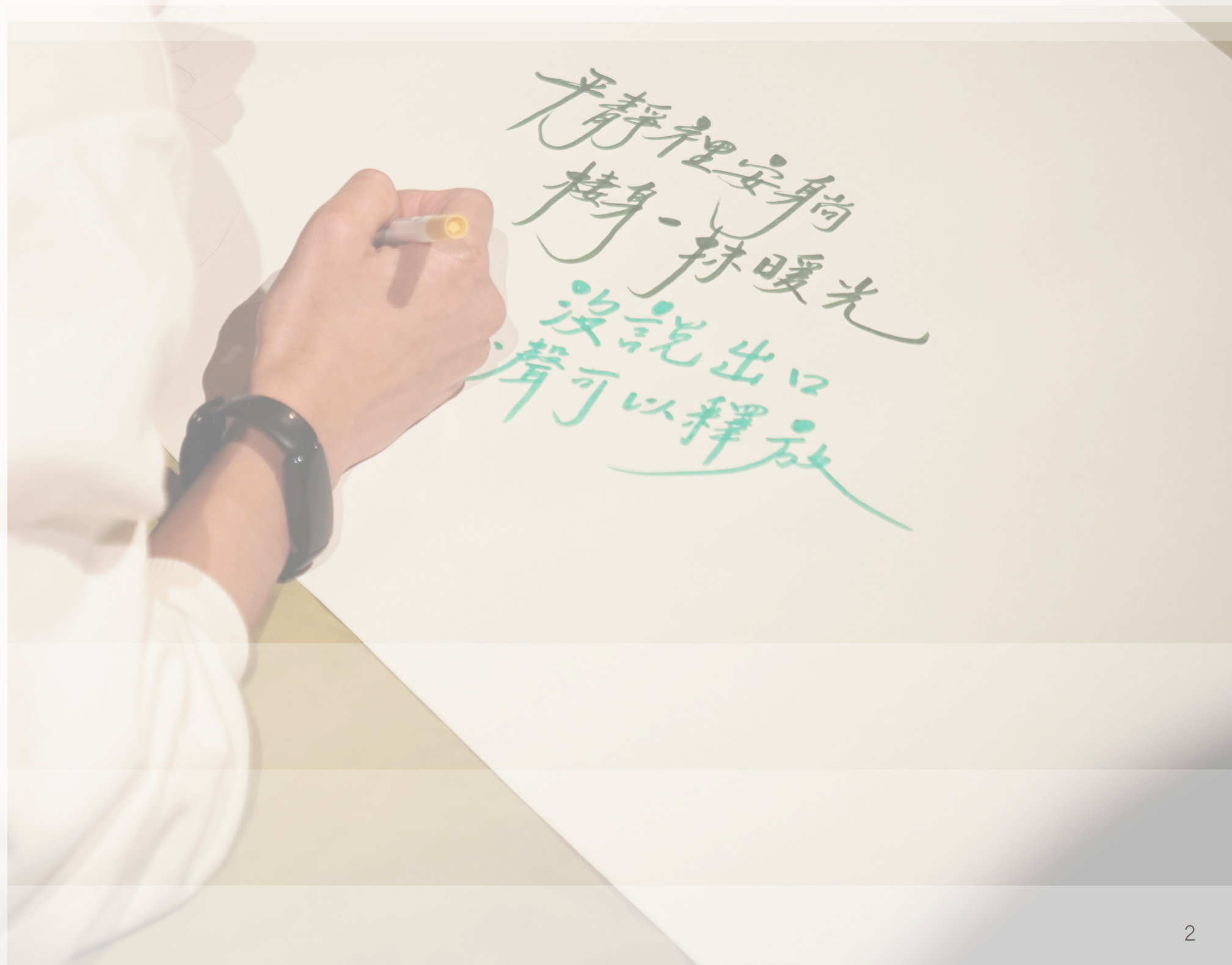
中心使命

透過**表達藝術治療**提升大眾人士的**身、心、靈**健康。

To facilitate public health in **body, mind, spirit** via Expressive Arts Therapy.

致力於本地推廣表達藝術治療，讓**大眾人士**認識到**藝術參與**對自身的**裨益**。

To promote Expressive Arts Therapy locally to enhance **public understanding** in how **arts participation** can facilitate **well-being** of people.





機構管治

作為本港首間為社會提供表達藝術治療服務、關注公眾心理健康的註冊慈善團體，香港表達藝術治療服務中心一直透過專業、誠信及高透明度，取得公眾信任。

本中心由四位創辦人暨機構總監專責管治，並由董事委員會進行監管。委員會成員來自社福界、學術界、藝術界、法律界和商界，全部均是對推廣藝術與身心靈健康有抱負的專業人士。他們以義務性質參與，並運用專業知識提供意見、訂立策略性方向、批核社區項目和每年的財政預算案，以及監察本中心的營運。

本中心深明自願披露資訊對建立公眾信心至關重要。為確保財政資源用得其所，我們提供清晰、準確及具透明度的財政資訊讓公眾監察。我們的財務帳目是根據《香港財務匯報準則》制訂，由振邦會計師事務所獨立核數，並刊載於每年的年報內。

As the first charitable organization that provides Expressive Arts Therapy services to the public, HKEXAT commands a high degree of public trust due to our professionalism, integrity and transparency.

HKEXAT's governing body is the Executive Council. Its members, professionals from social welfare, academic, arts, legal and business fields, are strongly committed to mental health issues. They serve on a voluntary basis, providing advice from their professional perspectives, approving strategic direction, community programs and annual budget, and monitoring operations of HKEXAT.

HKEXAT understands that voluntary disclosure is essential in establishing public confidence. To ensure that our financial resources are spent appropriately, we are committed to providing clear, accurate and transparent financial information for public scrutiny. Our financial accounts, prepared in accordance with the Hong Kong Financial Reporting Standards, are independently audited by James C.P. Leung & Co. and published yearly in our annual report.



中心創辦人 Founders

營運總監
Chief Operating Officer

鄧智珊女士
Ms. Tang Chi Shan

宣傳推廣總監
Promotion Director

周文傑先生
Mr. Chow Man Kit

服務總監
Service Director

李慧莊女士
Ms. Li Wai Chong

專業發展及培訓總監
Professional Development
& Training Director

蘇立怡女士
Ms. So Lap Yi

董事委員會成員 Board of Directors

主席 President

呂家祺先生
Mr. Lui Ka Ki

委員 Director

劉德基先生
Mr. Lau Tak Kay

副主席 Vice-President

文橋康先生
Mr. Man Kiu Hong

委員 Director
區永東教授
Prof. Au Wing Tung

司庫 Treasurer

陳睿如女士
Ms. Chan Yui Yu





營運總監的話

承接過往在社區推廣藝術與精神健康之間重要聯繫的成功經驗，本中心在23/24年度以將表達藝術治療往社區的不同層面、不同服務受眾、不同社會界別間推廣及開展為年度目標，讓表達藝術治療以不同面貌、創新的視覺展示於公眾之前，盼增加大眾對表達藝術治療的認識，推動藝術參與的普及，及藉此提升公眾對精神健康的關注。本中心的同工於過往一年同心協力，透過一系列創新且低參與門檻的表達藝術社區活動，將藝術與身心靈健康息息相關的重要訊息傳至社會上的不同角落。我們堅信任何人士皆有藝術創作能力及自癒潛能，本年度我們持續擴展表達藝術治療的保護網，讓藝術成為擁有不同背景、能力、資源、種族及具不同需要人士的支援及陪伴。

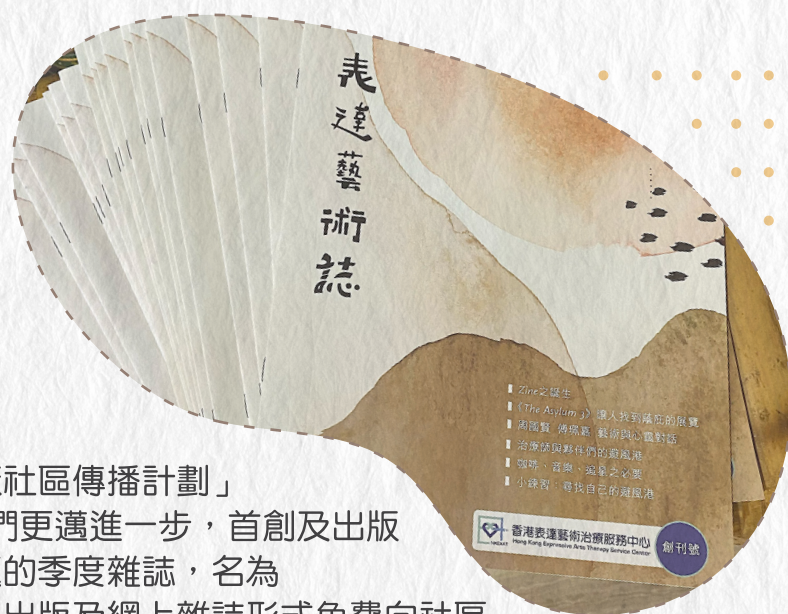
在持續發展具深度的心理治療服務，包括個別治療及小組治療的服務以外，本中心亦致力平衡服務發展的深度與廣度，在服務中融合正向心理學的概念，透過創新的社區服務及社區傳播計劃，於服務中積極推廣由本中心所創的「**心理保健**」的概念，提升公眾對自身心理健康的關注及以藝術參與作為日常「保養」心理健康的方法。因此，去年我們於年度的大型社區服務《身心靈健康冬日文化節》中以《Groundedness • 著地感》為主題，透過藝術和創作連結身心靈，帶領公眾聆聽內在、隨心而行，在充滿紛擾的世界大環境中，穩住自身於當下，向內建立安全澄靜的立身之所。



Building on our past successes in promoting the vital connection between art and mental health within the community, our center has set an annual goal for the 2023/24 year to expand Expressive Arts Therapy across various levels of the community, different service recipients, and diverse social sectors. We aim to present Expressive Arts Therapy in innovative and multifaceted ways to the public, hoping to introduce Expressive Arts Therapy to the public, promote arts participation popularization, and thereby enhance public attention to mental health. Over the past year, our team has worked together diligently, delivering the important message that art is closely related to body, mind, spirit well-being through a series of innovative and low-threshold community arts activities. We firmly believe that everyone has the capacity for artistic creation and the potential for self-healing. This year, we continue to expand the safety net of Expressive Arts Therapy, allowing arts to serve as support and companionship for individuals with diverse backgrounds, abilities, resources, ethnicities, and various needs.

In addition to continuously developing in-depth psychotherapy services, including individual and group therapy, our center also strived last year to balance the depth and breadth of service development. We integrated concepts of positive psychology into our services and actively promoted the concept of "*psychological well-being*", advocated by our center, through innovative community services and outreach programs. This initiative aims to raise public awareness of their own mental health and to encourage the use of artistic participation as a daily method for "maintaining" mental health. Therefore, last year, at our annual large-scale community service event, the "Mind-Body-Spirit Wellness Expressive Arts Winter Cultural Festival", we themed it "Groundedness." Through arts and creation, we connected the body, mind, and spirit, leading the public to listen to their inner selves and follow their hearts. In a world full of disturbances, individuals stabilize themselves in the present moment in the use of arts, establishing a safe and tranquil inner sanctuary.

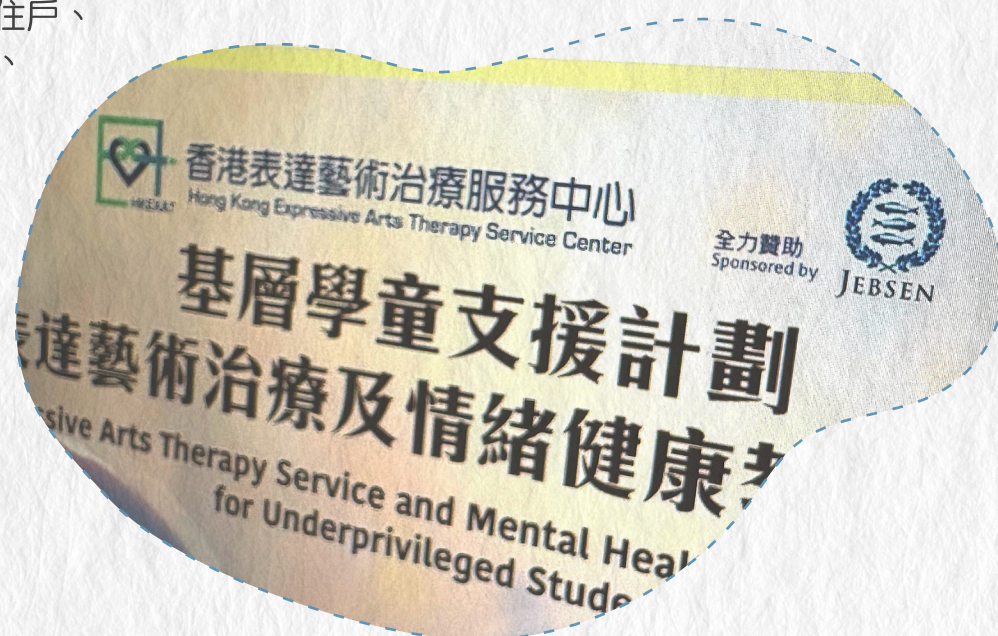




承接上年度本中心首推「情緒健康社區傳播計劃」所獲得的成功反饋，23-24年度我們更邁進一步，首創及出版以推廣表達藝術及情緒健康為主題的季度雜誌，名為《表達藝術誌》，每季均同步以實體出版及網上雜誌形式免費向社區派發，與大眾分享情緒健康相關的知識及提升社會大眾對心理健康的關注。創刊號更邀得素來十分支持本中心理念及服務的知名創作歌手周國賢先生及傅珮嘉小姐受訪，暢談本年度與我們在圓方合作的《The Asylum 3》藝術展覽計劃，與公眾分享他們的身心靈庇護空間，帶領公眾以歌曲及藝術作為媒介，增加對情緒健康的理解。

本年度我們亦首次應主辦單位邀請參與香港同志遊行，本中心將表達藝術治療及關注心理健康的重要訊息帶往社會上的不同平台，接觸不同的群組及公眾，務求將藝術的療愈性傳播得更廣更遠。

在擴展服務的路上，感謝各界與本中心抱負相同信念的伙伴們，你們一路上的支持讓藝術可以到達更多有需要人士的生活中及心靈內。感謝**捷成集團慈善基金**持續對香港表達藝術治療服務中心的支持及信任，連續第三年向本中心慷慨提供年度資助以成為我們多元服務發展的紮實支援。在捷成集團慈善基金的支持下，本中心得以持續發展表達藝術治療服務以支援社會上相對較少得到關注或缺乏資源接受表達藝術治療的服務使用者，例如基層兒童、劏房住戶、外籍家庭傭工的組群、性/別小眾人士等。



Building on the successful feedback from the "Mental Health Community Seeding Scheme" launched last year, in the year 2023-24, we took a further step by pioneering and publishing a quarterly magazine titled "Expressive Arts Zine," which focuses on promoting expressive arts and emotional health. Each issue is distributed free of charge to the community both in print and online, sharing knowledge related to emotional health and raising public awareness of mental health. The inaugural issue featured interviews with renowned singer-songwriters Mr. Endy Chow and Ms. Maggie Fu, who have long supported our center's philosophy and services. They discussed their collaboration with us on the "The Asylum 3" art exhibition project at Elements, sharing their personal sanctuaries for mind, body, and spirit with the public. They led the audience to understand emotional health better through songs and art as mediums.

For the first time, we were invited by the organizers to participate in the Hong Kong Pride Parade. Last year, our center brought the important messages of expressive arts therapy and mental health awareness to various platforms across society, reaching different groups and the general public, striving to spread the healing power of art more widely and further.

On the path of expanding our services, we are deeply grateful to all partners who share the same vision and beliefs as our center. Your unwavering support has allowed art to reach the lives and souls of more individuals in need. We extend our heartfelt thanks to the **Jebsen Group Charitable Fund** for their continued support and trust in the Hong Kong Expressive Arts Therapy Service Center. For the third consecutive year, they have generously provided annual funding, offering solid support for our diverse service development. With the backing of the Jebsen Group Charitable Fund, our center has been able to continuously develop Expressive Arts Therapy services to support service users in society who receive relatively less attention or lack resources to access Expressive Arts Therapy, such as underprivileged children, subdivided flat residents, foreign domestic workers, and sexual/gender minorities.

本中心更於去年度首次在社區客廳中推行先導計劃《表達藝術情緒支援站》，透過安排專業表達藝術治療師每週定期駐場接受面見的創新服務形式，為有需要的社群提供日常免費情緒支援服務，提升低收入家庭對情緒健康的關注及大大降低其獲得情緒支援的門檻，服務成效得到合作機構及受眾的認可。

另外，亦感恩於過去一年能得到領展「愛·匯聚計劃」的信任，贊助本中心專為支援少數族裔長者及照顧者的情緒及心理健康及推動少數族裔長者及華裔長者共融而設計的《藝術生命軌跡》表達藝術治療多元種族活齡社區計劃，透過在九龍新界各區的少數族裔社區推行表達藝術治療小組及共融工作坊，並籌備公眾藝術展覽，讓少數族裔長者及照顧者的生命故事能被社會大眾所看見。

捷成集團慈善基金及領展所提供的寶貴資源除了用作社區情緒及心理健康相關的教育及推廣項目，更協助支援未能負擔心理治療的服務使用者接受小組治療，以及支持本中心每年度與香港中文大學心理學系合作的數據研究計劃，以所獲得可靠的數據及資訊為表達藝術治療在推動情緒及精神健康的果效提供實證，提升社會對表達藝術治療的接納度及應用程度。



Last year, our center also launched a pilot program called "Expressive Arts Emotional Support Station" in community living rooms for the first time. Through the innovative service model of arranging professional Expressive Arts Therapists to be stationed weekly for face-to-face consultations, we provided free daily emotional support services to communities in need. This initiative has raised awareness of emotional health among low-income families and significantly lowered the threshold for accessing emotional support. The effectiveness of this service has been recognized by our partner organizations and the beneficiaries.

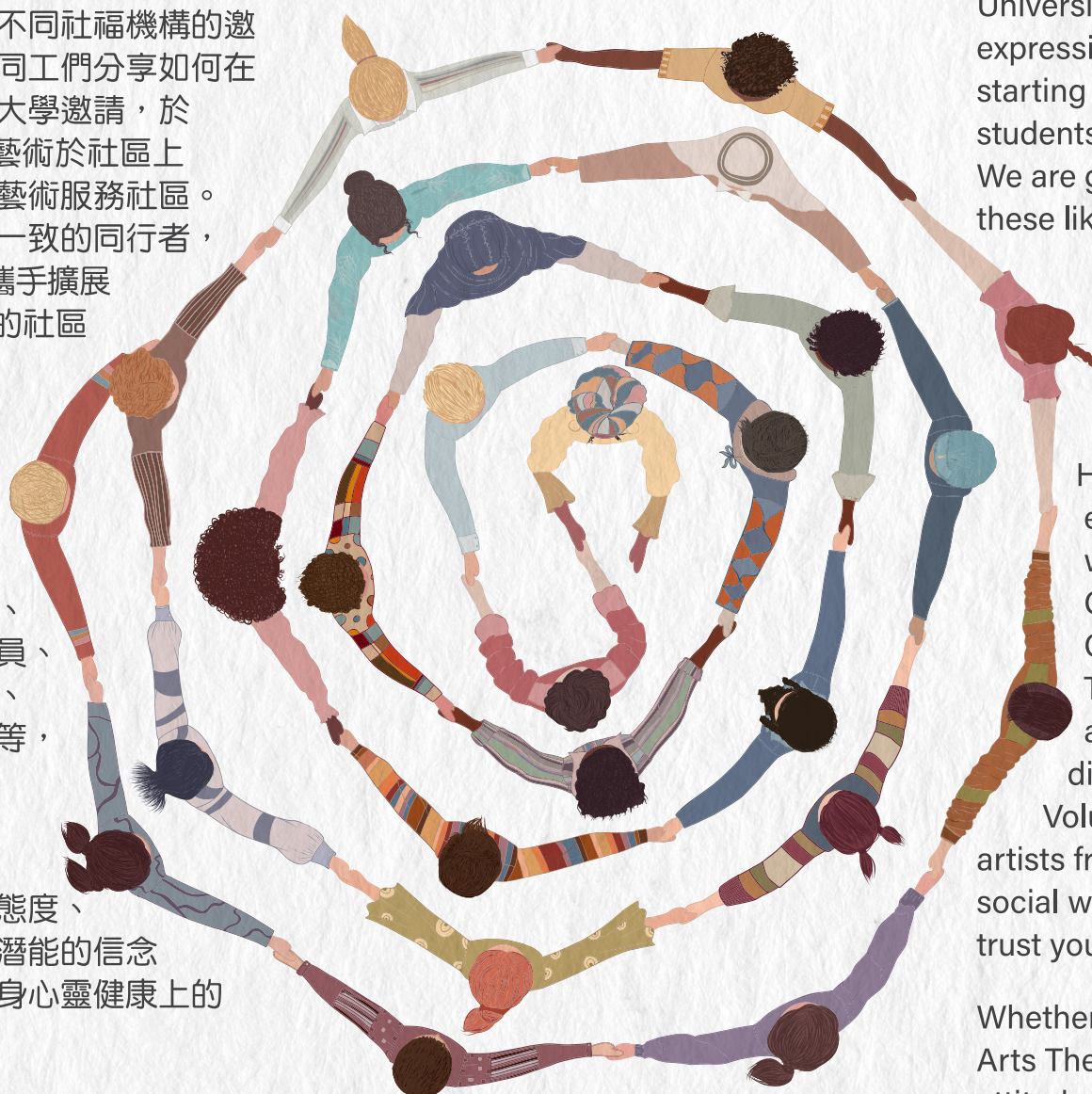
Additionally, we are grateful for the trust placed in us by the [Link REIT "Link Together Initiatives"](#) over the past year. They sponsored our specially designed "The Art of Life Journey" Expressive Arts Therapy Multi-Ethnic Active Aging Community Scheme, aimed at supporting the emotional and mental health of ethnic minority elders and their caregivers, and promoting integration between ethnic minority elders and Chinese elders. Through Expressive Arts Therapy groups and inclusive workshops conducted in various districts of Kowloon and the New Territories, and by organizing public art exhibitions, we have made the life stories of ethnic minority elders and their caregivers visible to the broader society.

The valuable resources provided by the [Jebsen Group Charitable Fund](#) and [Link REIT](#) have not only been utilized for community education and promotion projects related to emotional and mental health but have also assisted in supporting service users who cannot afford psychotherapy to participate in group therapy sessions. Additionally, these resources have also supported our center's annual collaborative data research project with the [Department of Psychology at The Chinese University of Hong Kong](#). This initiative aims to obtain reliable data and information to provide empirical evidence on the effectiveness of Expressive Arts Therapy in promoting emotional and mental health, thereby enhancing societal acceptance and application of Expressive Arts Therapy.

除了以上的合作夥伴之外，本中心去年亦應不同社福機構的邀請，為社福界同工提供培訓服務，與社福界同工們分享如何在服務中應用表達藝術；同時也應香港中文大學邀請，於23/24學年起為大學通識課程設計有關表達藝術於社區上服務應用的課堂，帶領大學生們學習以表達藝術服務社區。感恩在去年的服務路上能有幸遇上這些信念一致的同行者，讓我們有機會與社福界同工、大學生們共同攜手擴展藝術的力量，將表達藝術的力量傳到更廣闊的社區及服務更多有需要人士。

在此，謹代表本中心全體同工再一次獻上最衷誠的謝意，感謝各位去年服務中遇上的新舊同伴們，包括捷成集團慈善基金、領展、何張淑婉慈善基金、香港藝術發展局及香港中文大學，各位服務使用者、捐助者、董事局專業成員、第一至三屆藝伴義工隊成員、各劇場演出者、劇場觀眾、各界協作藝術家、創意藝術治療師、協作的社福及教育界同工等，感謝你們一路以來寶貴的信任。

不論前路是平坦或顛簸，香港表達藝術治療服務中心均會堅守著表達藝術治療的非批判態度、擁抱多元、鼓勵創意和發掘人人皆有的藝術潛能的信念走下去，冀為社會上有需要的人士提供更多身心靈健康上的支援，以藝術回應當下社會的需要。



In addition to the aforementioned partners, our center was also invited by various social welfare organizations last year to provide training services for social welfare professionals. We shared insights on how to apply expressive arts in their services. Furthermore, we were invited by The Chinese University of Hong Kong to design a course on the applied service of expressive arts in the community for their general education curriculum starting from the 2023/24 academic year. This course led university students in learning how to serve the community through expressive arts. We are grateful to have had the opportunity to meet and collaborate with these like-minded companions on our service journey last year.

Their support allowed us to work alongside social welfare professionals and university students to expand the power of arts, spreading the influence of expressive arts to a broader community and serving more individuals in need.

Here, on behalf of all the staff at our center, I would like to once again extend our sincerest gratitude to all the new and old companions we encountered in our services last year. This includes the Jebson Group Charitable Fund, Link REIT, the Ho Cheung Shuk Yuen Charitable Fund, the Hong Kong Arts Development Council, and The Chinese University of Hong Kong. We also extend our thanks to all service users, donors, professional members of the board of directors, members of the first to third cohorts of the "ExArteers" Volunteer Team, theater performers, theater audiences, collaborating artists from various fields, creative arts therapists, and our partners in the social welfare and education sectors. We deeply appreciate the invaluable trust you have placed in us along the way.

Whether the road ahead is smooth or bumpy, the Hong Kong Expressive Arts Therapy Service Center will steadfastly uphold the non-judgmental attitude of expressive arts therapy, embrace diversity, encourage creativity, and continue to believe in the artistic potential inherent in everyone. We are committed to providing more support for the physical, mental, and spiritual well-being of those in need in our society, using art to respond to the pressing needs of our community.



香港表達藝術治療服務中心的服務範疇廣泛，2023-2024年度在捷成集團慈善基金的支持下，中心主要服務持續向以下**六大範疇**發展，當中以服務社會上的少數及弱勢群組為主要服務焦點。

Hong Kong Expressive Arts Therapy Service Center offers a wide range of services. With the support of the Jebson Group Charitable Fund for the 2023-2024 fiscal year, the center is primarily focusing on developing services in the following **Six Key Areas**, with a particular emphasis on serving minority and disadvantaged groups in society.



1 社區表達藝術及精神健康推廣暨治療服務 :: 小眾及弱勢社群服務

Community Expressive Arts and Mental Health Promotion and Therapy Services Services for Minority and Disadvantaged Groups

2023-2024年度本中心的服務重點是以表達藝術治療(EXAT)支援社會上的少數及弱勢社群。中心於本年度持續提供社區服務以涵蓋有需要的目標群體。本年度服務的少數社群包括少數族裔、公屋及劏房居民、低收入家庭及學生、外籍家庭傭工及性/別小眾社群。

今年，香港表達藝術治療服務中心繼續為少數族裔人士(包括長者、婦女及兒童)提供社區工作坊、小組治療及情緒支援小組。

由於社區對少數族裔群組的心理健康所提供的資源相對較少，透過為此群組提供表達藝術治療服務的社區計畫，我們期望能填補相關服務的縫隙，以關顧來自不同文化背景的少數族裔人士的心理需要。本年度的社區計畫旨在增加少數族裔服務使用者對本地社區的歸屬感，建立更有凝聚力的社區，並幫助他們學習使用創意藝術抒發情感，並達至減壓及保持心理健康的效果。



For the 2023-2024 fiscal year, the focus of our center's services is to support minority and disadvantaged groups in society through Expressive Arts Therapy (EXAT). The center continues to provide community services to cover the needs of targeted groups this year. The minority groups served this year include ethnic minorities, public housing and subdivided flat residents, low-income families and students, foreign domestic workers, and the LGBTQ+ community.

This year, the Hong Kong Expressive Arts Therapy Service Center continues to provide community workshops, group therapy, and emotional support groups for ethnic minorities, including the elderly, women, and children.

Due to the relatively limited resources available for the mental health of ethnic minority groups in the community, we aim to address this gap through community programs that provide Expressive Arts Therapy services for this group. We hope to cater to the psychological needs of ethnic minorities from diverse cultural backgrounds. This year's community program is designed to enhance the sense of belonging among ethnic minority service users within the local community, foster a more cohesive community, and help them learn to use creative arts to express their emotions, thereby achieving stress relief and maintaining mental well-being.

此外，由領展「愛·匯聚計劃」贊助的《藝術生命軌跡》表達藝術治療多元種族活齡社區計劃於本年度開展。計劃的服務對象為少數族裔長者、少數族裔照顧者、華裔長者，與八個社會服務單位共同協作於元朗、油尖旺、深水埗地區推行。由於語言限制和文化差異，少數族裔長者在港的情緒支援和生死教育資源有限。本計劃透過表達藝術治療及生死教育的介入，改善少數族裔長者、照顧者及華裔長者的情緒及生命成長需要。透過藝術，長者可以突破語言限制，以視覺藝術、音樂、舞動等藝術媒介表達情緒和生死觀，從而紓緩個人焦慮和抑鬱。過程著重少數族裔長者及華裔長者之間的互動，推動不同文化的長者以開放的心態互相學習和理解。本計劃亦舉辦展覽，讓長者展示其藝術創作，加強與公眾的互動，建立共融社會。

香港表達藝術治療服務中心持續為受情緒困擾的外籍家庭傭工及性/別小眾社群提供免費的個人及團體情緒支援。在外籍家庭傭工服務方面，我們於2023年12月為外籍傭工舉辦表達藝術治療活動，並於2024年5月至6月為外籍家庭傭工舉辦工作坊。我們同時為少數族裔婦女及兒童舉辦治療小組，以正向心理學的概念和表達藝術治療中不批判和鼓勵的態度，向少數族裔人士推廣心理健康的重要性。

在性/別小眾社群方面，我們為跨性別青年和其他性/別小眾群體提供工作坊和小組，讓他們可以在一個安全、無歧視的環境下一同探索，通過運用不同的藝術媒介表達情感。我們同時期望通過公開推廣和社區活動，提高公眾對平等重要性的認識，並推廣多元共融的概念。



In addition, the "The Art of Life Journey" Expressive Arts Therapy Multi-Ethnics Active Aging Community Scheme, sponsored by Link REIT's "Link Together Initiatives," has been launched this year. The program targets ethnic minority elders, ethnic minority caregivers, and Chinese elders, collaborating with eight social service units to implement the program in the Yuen Long, Yau Tsim Mong, and Sham Shui Po districts. Due to language barriers and cultural differences, ethnic minority elders in Hong Kong have limited access to emotional support and life-death education resources. This program aims to address the emotional and life growth needs of ethnic minority elders, caregivers, and Chinese elders through the intervention of Expressive Arts Therapy and life-death education. Through arts, elders can transcend language barriers and use visual arts, music, dance & movement, and other artistic mediums to express their emotions and perspectives on life and death, thereby alleviating personal anxiety and depression. The process emphasizes interaction between ethnic minority elders and Chinese elders, encouraging elders from different cultures to learn from and understand each other with an open mindset. The program also organized exhibitions to allow elders to showcase their artistic creations, enhanced public interaction, and fostered an inclusive society.

Hong Kong Expressive Arts Therapy Service Center continues to provide free individual and group emotional support to foreign domestic workers and the LGBTQ+ community experiencing emotional distress. In terms of services for foreign domestic workers, we organized an expression arts therapy activity in December 2023 and will hold workshops for them from May to June 2024. Additionally, we conduct therapy groups for ethnic minority women and children, promoting the importance of mental health to ethnic minorities through the concepts of positive psychology and the non-judgmental, encouraging approach of Expressive Arts Therapy.

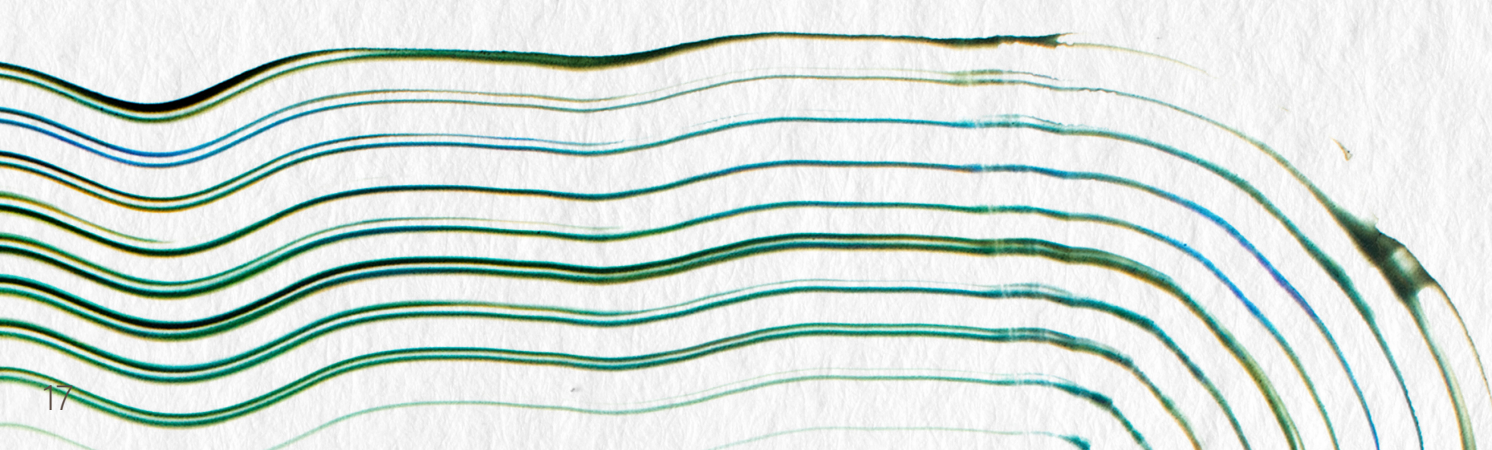
For the LGBTQ+ community, we offered workshops and groups for transgender youth and other gender/sexual minority groups, providing them with a safe and non-discriminatory environment to explore and express their emotions through various artistic mediums. We also aim to raise public awareness of the importance of equality and promote the concept of diversity and inclusion through public outreach and community activities.



From January to February 2024, the Hong Kong Expressive Arts Therapy Service Center will continue to host the "Mind-Body-Spirit Health Winter Cultural Festival", with this year's theme being "Groundedness." The festival would once again invite the public to participate, aiming to connect individuals with diverse needs and abilities. The festival offered a variety of mind-body-spirit workshops for public engagement and featured a multicultural arts closing performance, collaborating with artists from different mediums, including creative arts therapists, professional artists, and community (elderly) artists. Over two days in February 2024, at The Annex of The Mills, workshops and multicultural arts performances would be provided to the public, using various artistic mediums such as music, dance, literature, and theater to respond to the theme and engage in dialogue with the audience.



於2024年1月至2月，香港表達藝術治療服務中心繼續舉辦《身心靈健康冬日文化節》，本年度以「Groundedness•著地感」為主題。文化節繼續邀請公眾參加，以連接不同需要及能力的人士。文化節提供不同的身心靈工作坊，供大眾參與，並加入了多元藝術閉幕演出，與多位不同媒介藝術家協作，包括創意藝術治療師、專業藝術家和社區（長者）藝術家。於2024年2月一連兩日於南豐紗廠The Annex為公眾提供工作坊和多元藝術演出，以不同藝術媒介，如：音樂、舞蹈、文字及戲劇等作品回應主題，與公眾交流。



2 社區慈善機構的服務項目 :: 擴大本地社福及地區組織合作支援網絡

Service Projects for Community Charitable Organizations
Expanding the Local Social Welfare and Regional Organization Support Network

本中心與各界社福機構及基金會合作，持續為各機構之服務使用者及職員提供表達藝術治療個案、小組、工作坊及培訓服務，尤為社區中易被忽略或相對較少資源的群組提供表達藝術治療服務。

本年度我們繼續與不同社福機構合作，當中包括：賽馬會「三房兩廳開檯食飯」社醫共生計劃，特別為劏房居民提供社區情緒支援服務，如：社區同樂日、社區支援站等；與旺角街坊會陳慶社會服務中心合作，為居住在油尖旺區的少數族裔長者、家長和兒童提供服務，並與元朗大會堂少數族裔人士支援服務中心及鄰舍輔導會深水埗康齡社區服務中心一同協作，支援少數族裔長者、照顧者及華裔長者的情緒及生命成長需要；與外勞事工中心(MFMW) 及家傭匡扶中心(HELP for Domestic Workers) 合作，為需要情緒支援的外籍家庭傭工分別提供表達藝術治療小組服務及工作坊；與真光社及 PrideLab 等合作，以提升性/別小眾社群的心理健康。

我們亦致力擴大本地社福及地區組織合作支援網絡，擴展服務範圍和服務對象的數量，以推廣心理健康和表達藝術治療服務。

Our center collaborates with various social welfare organizations and foundations to continuously provide Expressive Arts Therapy sessions, group activities, workshops, and training services for their service users and staffs. We particularly focus on offering Expressive Arts Therapy services to groups within the community that are often overlooked or have relatively fewer resources.

This year, we continue to collaborate with various social welfare organizations, including the Jockey Club "Healthy Neighbourhood Kitchen Project", which specifically provides community emotional support services for subdivided flat residents, such as community fun days and community support stations. We are also working with the Mongkok Kai-fong Association Limited Chan Hing Social Service Centre to serve ethnic minority elders, parents, and children living in the Yau Tsim Mong district. Additionally, we are collaborating with the Yuen Long Town Hall Support Service Centre For Ethnic Minorities and Neighbourhood Advice-Action Council - Sham Shui Po District Elderly Community Centre for the Elderly to support the emotional and life growth needs of ethnic minority elders, caregivers, and Chinese elders. Our partnerships extend to The Mission For Migrant Workers (MFMW) and HELP for Domestic Workers, offering expressive arts therapy group sessions and workshops for foreign domestic workers in need of emotional support. Furthermore, we are working with organizations like Society of True Light and PrideLab to enhance the mental health of the LGBTQ+ community.

We are also committed to expanding the local social welfare and regional organization support network, broadening the scope of services and the number of beneficiaries, to promote mental health and expression arts therapy services.

今年，我們透過《基層學童支援計劃 - 表達藝術治療及情緒健康教育服務》與更多社區服務機構建立了新的合作關係，學校包括：仁愛堂劉皇發夫人小學和順德聯誼總會伍冕端小學；服務機構包括：香港國際社會服務社(兒童之家服務)及寶血兒童村，於2023年12月開展社區情緒支援服務，為需要情緒支援或缺乏心理健康知識的劏房家庭提供服務，並於2024年3月至8月期間，為缺乏情緒教育或支援的兒童提供情緒教育和治療小組及工作坊，當中包括有特殊教育需求的兒童。

我們亦聯同以往合作機構，加入更多夥伴機構推行《藝術生命軌跡》表達藝術治療多元種族活齡社區計劃，讓少數族裔長者、照顧者及華裔長者透過藝術表達情緒和生死觀，互相交流及互動，建立共融社會，當中包括：香港基督教服務處耆望—少數族裔長者支援計劃、香港聖公會多元文化外展服務隊、新生會天水圍安泰軒及聖雅各福群會蘇屋長者鄰舍中心。

除此以外，我們連同與真光社、PrideLab 與新的合作機構，包括同行 (Alongside) 及晚同牽 (Gay and Grey) 合作，於2024年3月至6月期間舉辦治療小組和工作坊，當中包括一個專為性/別小眾社群長者設計的工作坊。本中心同時積極參與性/別小眾社群的大型公開活動，如：2024年9月舉行的 Pink Dot HK，向性/別小眾群體推廣表達藝術治療服務和心理健康的概念和知識。

香港表達藝術治療服務中心的願景是盼讓所有人皆有獲得表達藝術治療服務的公平權利，不論貧富、階級、種族、主流或小眾，都應擁有同等機會獲得治療服務，並受惠於藝術的治療性。



This year, we have established new partnerships with additional community service organizations through Expressive Arts Therapy Service and Mental Health Education Project for Underprivileged Students. Schools including Yan Oi Tong Madam Lau Wong Fat Primary School and Shun Tak Fraternal Association Wu Mien Tuen Primary School. Service organizations including the International Social Service Hong Kong Branch (Small Group Home) and Precious Blood Children's Village. In December 2023, we launched community emotional support services for subdivided flat families in need of emotional support or lacking mental health knowledge. From March to August 2024, we will provide emotional education and therapy groups and workshops for children who lack emotional education or support, including those with special educational needs.

We have also joined forces with previous partner organizations and added more collaborators to implement the 'The Art of Life Journey' Expressive Arts Therapy Multi-Ethnics Active Aging Community Scheme. This initiative allows ethnic minority elders, caregivers, and Chinese elders to express their emotions and perspectives on life and death through art, fostering mutual exchange and interaction to build an inclusive society. Participating organizations including the Hong Kong Christian Service Support to Ethnic Elderly (SEE) Project", Hong Kong Sheng Kung Hui Outreaching Team for Multi-Cultural Community, New Life Psychiatric Rehabilitation Association - The Wellness Centre (Tin Shui Wai), and St. James' Settlement - So Uk Neighbourhood Elderly Centre.

In addition, we are collaborating with Society of True Light, PrideLab, and new partner organizations, including Alongside and Gay and Grey, to host therapy groups and workshops from March to June 2024. This includes a workshop specifically designed for LGBTQ+ elders. Our center is also actively participating in major public events for the LGBTQ+ community, such as Pink Dot HK in September 2024, to promote Expressive Arts Therapy services and mental health concepts and knowledge to the LGBTQ+ community.

The vision of the Hong Kong Expressive Arts Therapy Service Center is to ensure that everyone has equal access to Expressive Arts Therapy services, regardless of wealth, class, race, or whether they belong to the mainstream or minority groups. Everyone should have the same opportunity to receive therapeutic services and benefit from the healing power of art.

3 創新服務計劃 :: 持續發展 Innovative Service Programs Continuous Development



香港表達藝術治療服務中心作為以多元藝術作心理治療介入手法的服務機構，一向重視創意及革新，盼以不同藝術體驗為我們的服務使用者從創作中提升對自身心理健康的覺察及洞見。

本年度，中心亦持續作出不同嘗試以推行新穎的表達藝術治療相關服務予我們的服務使用者，務求為他們帶來嶄新的服務體驗。

As a service organization that employs diverse arts as a medium for psychological therapy, Hong Kong Expressive Arts Therapy Service Center has always valued creativity and innovation. We aim to enhance our service users' awareness and insight into their own mental health through various artistic experiences.

This year, the center continues to explore and implement novel Expressive Arts Therapy-related services for our users, striving to provide them with fresh and innovative service experiences.

表達藝術治療導向劇場 Expressive Arts Therapy Oriented Theatre



本年度我們繼續建立及推廣本中心獨有服務 - 表達藝術治療導向劇場。表達藝術治療導向劇場為本中心創辦人鄧智珊獨創的演出方式，結合編作、表演及治療模式，將表達藝術治療中的多元藝術介入及理念融入劇場演出，創造具治療性質的互動觀賞及藝術創作平台。

在2023-24年度，本中心首次獲得香港藝術發展局 (HKADC) 提供的計劃資助，以支持本中心於2024-25年度第三度公演表達藝術治療導向劇場《向死而生》，屆時將透過表達藝術以劇場形式與更多公眾探討生死議題。

This year, we continue to develop and promote our unique service - Expressive Arts Therapy Oriented Theatre. This innovative performance method, created by our founder Canna Tang, combines devised theatre, performance, and therapeutic models, integrating the multi-arts interventions and concepts of Expression Arts Therapy into theatrical performances to create a therapeutic platform for interactive viewing and artistic creation.

For the 2023-24 fiscal year, our center has received project funding from the Hong Kong Arts Development Council (HKADC) for the first time, supporting our third public performance of the Expressive Arts Therapy-Oriented Theatre "Being-Towards-Death" in the 2024-25 fiscal year. Through this performance, we will engage more members of the public in exploring life and death issues via the medium of expressive arts in a theatrical format.

「ExArteers 藝伴」表達藝術義工培訓計劃
"ExArteers" Expressive Arts volunteer training program



本中心為首間設計及創立名為《ExArteers 藝伴》社區藝術義工計劃的機構，以表達藝術概念融入社區服務，帶領一群熱心的義工們以藝術服務大眾。第三屆「ExArteers 藝伴」表達藝術義工培訓計劃旨在為有興趣參與社區義工服務的公眾提供表達藝術相關培訓。本年度義工服務範圍包括：支援《身心靈健康冬日文化節》、協助《表達藝術誌》出版、參與表達藝術小組及社區服務等。服務對象包括公眾、少數族裔人士、公屋及劏房居民、低收入家庭及學生。義工們從自身出發，透過培訓更深入地認識表達藝術，並以表達藝術作為連結社區的溝通語言，於服務中與公眾互動。義工們的支持讓我們能把非批判的藝術表達帶進社區，加強於社區傳播藝術的治癒力量及推動心理保健的理念，把服務進一步推廣至大眾，鼓勵公眾作日常藝術參與。

Our center is the first to design and establish a community arts volunteer program called "ExArteers", integrating the concept of expressive arts into community services, leading a group of enthusiastic volunteers to serve the public through art. The third "ExArteers" Expressive Arts Volunteer Training Program aims to provide the public interested in participating in community volunteer services with training related to expressive arts. This year's volunteer services including: supporting the "Mind-Body-Spirit Wellness Expressive Arts Winter Cultural Festival", assisting in the publication of the "Expressive Arts Zine", participating in expressive arts groups and community services, among others. The service targets include the general public, ethnic minorities, public housing and subdivided flat residents, low-income families, and students. Volunteers start from themselves, gaining a deeper understanding of expressive arts through training, and use expressive arts as a communication language to connect with the community, interacting with the public during services. The support from volunteers allows us to bring non-judgmental artistic expression into the community, strengthening the dissemination of the healing power of art and promoting the concept of mental health care, further extending our services to the public and encouraging daily artistic participation among the community.

情緒健康社區傳播計劃 Mental Health Seeding Scheme

香港表達藝術治療服務中心於本年度推出的自家製作季刊雜誌《表達藝術誌》(Expressive Arts Zine)，期望向公眾傳遞了心理健康重要性，以及提高公眾對心理健康及表達藝術治療的認識。每期《表達藝術誌》內容包括專題故事/訪談、治療師分享以及藝術創作。雜誌實體版均會分發至各個合作機構、藝術家及服務使用者，公眾亦可於不同書店免費領取雜誌實體版，或在本中心網站上查閱線上版本。第一期於2023年底發行，主題為「心靈庇護所」，透過兩位唱作人的專訪，與公眾分享他們透過藝術獲得力量的經歷。

Hong Kong Expressive Arts Therapy Service Center has launched its own quarterly magazine "Expressive Arts Zine", this year, aiming to convey the importance of mental health to the public and enhance awareness of mental health and Expressive Arts Therapy. Each issue of Expressive Arts Zine includes feature stories/interviews, therapist shares, and artistic creations. The physical copies of the magazine are distributed to various partner organizations, artists, and service users, and the public can also pick up free physical copies at different bookstores or view the online version on our center's website. The first issue was released at the end of 2023, themed "Sanctuary of the Soul," sharing the experiences of two singer-songwriters on how they gained strength through arts.



4 各區中小學校及大專院校的入校服務項目

On-campus Service Programs for *Primary, Secondary, and Tertiary Institutions Across Various Districts*

本中心與有需要的中小學及大專院校合作，為學生、教職員及家長提供多元化的支援服務，包括個案輔導、小組活動、工作坊及專業培訓。本年度，我們致力協助學生、家長及教師應對成長、學業、家庭及人際關係等方面的挑戰，並提供適切的情緒支援與專業指導，以促進全人發展及心理健康。

本年度我們曾為超過36間學校提供表達藝術治療服務，當中服務師生人數超過1500人。此外，本中心續以自主研發及製作的《表達藝術自助探索卡》免費分發到各區學校及教育工作者手上，鼓勵教育界人士運用探索卡，帶領學生們進行以低技巧、高敏度為原則的多元藝術創作來保持身心健康。

Our center collaborates with primary, secondary, and tertiary institutions in need to provide a wide range of support services for students, staff, and parents, including individual counseling, group activities, workshops, and professional training. This year, we are committed to assisting students, parents, and teachers in addressing challenges related to growth, academics, family, and interpersonal relationships, offering appropriate emotional support and professional guidance to promote holistic development and mental health.

This year, we have provided Expressive Arts Therapy services to over 36 schools, serving more than 1,500 teachers and students. Additionally, our center continues to distribute our self-developed and produced "Expressive-Arts-Serve-You Cards" free of charge to schools and educators across various districts, encouraging educational professionals to use these cards to guide students in low-skill, high-sensitivity multi-arts creations to maintain their physical and mental well-being.



5 中心主辦小組及個案治療服務

Center-Hosted *Group and Individual Therapy Services*

本中心持續為有需要人士提供專業的小組及個別治療服務，致力透過提供表達藝術治療服務協助服務使用者應對情緒及社交等不同方面的心理需要。

除個案服務外，本中心於2023-24年度積極推行《基層學童支援計劃 - 表達藝術治療及情緒健康教育服務》及《表達藝術治療少數族裔服務計劃》。計劃旨在為社會中資源較匱乏的社群提供情緒支援服務，協助學童及少數族裔人士表達內心情感，並增強應對壓力的能力。我們相信，這些服務不僅能促進參與者的心理健康，更能為他們創造更平等、包容的成長環境。

Our center continues to provide professional group and individual therapy services to those in need, striving to assist service users in addressing various psychological needs, including emotional and social aspects, through the provision of Expressive Arts Therapy services.

In addition to individual case services, our center actively implemented the "Expressive Arts Therapy Service and Mental Health Education Project for Underprivileged Students" and the "Expressive Arts Therapy Service Program for Ethnic Minorities" during the 2023-24 fiscal year. These programs aim to provide emotional support services to communities with relatively scarce resources, helping children and ethnic minorities express their inner emotions and enhance their ability to cope with stress. We believe that these services not only promote the mental health of participants but also create a more equitable and inclusive growth environment for them.



6 表達藝術治療成效研究

Research on the Effectiveness of Expressive Arts Therapy

香港表達藝術治療服務中心自2021-2022年度起已連續三年與香港中文大學心理學系合作，推行有系統的年度表達藝術治療服務的成效研究，研究服務包括：治療小組、個案治療服務、大型社區服務及其他創新服務等。根據不同服務的性質及目的而釐定不同的研究項目，研究項目包括：參與服務原因、服務滿意度、服務使用者對精神健康的知識及自我覺察、社會功能及日常任務能力、整體焦慮及抑鬱程度等。為進一步了解本中心服務質素及治療成效，自上年度起本中心持續安排參加者參與服務後的焦點小組以收集參加者們對服務的質性反饋，盼更深入地了解不同服務使用者的意見，以應用於改善服務設計以更符合服務使用者的需要。

Since the 2021-2022 fiscal year, the Hong Kong Expressive Arts Therapy Service Center has collaborated with the Department of Psychology at The Chinese University of Hong Kong for three consecutive years to conduct systematic annual research on the effectiveness of Expressive Arts Therapy services. The research covers services such as therapy groups, individual therapy services, large-scale community services, and other innovative programs. Depending on the nature and objectives of different services, various research items are defined, including reasons for participating in services, service satisfaction, service users' knowledge of mental health and self-awareness, social functioning and daily task abilities, overall levels of anxiety and depression, and more. To further understand the quality and therapeutic effectiveness of our services, starting last year, our center has consistently arranged post-service focus groups for participants to collect qualitative feedback. This aims to gain deeper insights into the opinions of different service users and apply these findings to improve service design to better meet their needs.



“

深入了解不同服務使用者的意見，
以應用於改善服務設計以更符合服務使用者的需要。
*Gain deeper insights into the opinions of different service users
and apply these findings to improve service design
to better meet their needs.*

”

社會功能
Social functioning

自我覺察
Self-awareness

精神健康的知識
Knowledge of mental health

參與服務原因
Reasons for participating
in services

服務滿意度
Service satisfaction

日常任務能力
Daily task abilities

抑鬱程度
Overall levels of
Depression

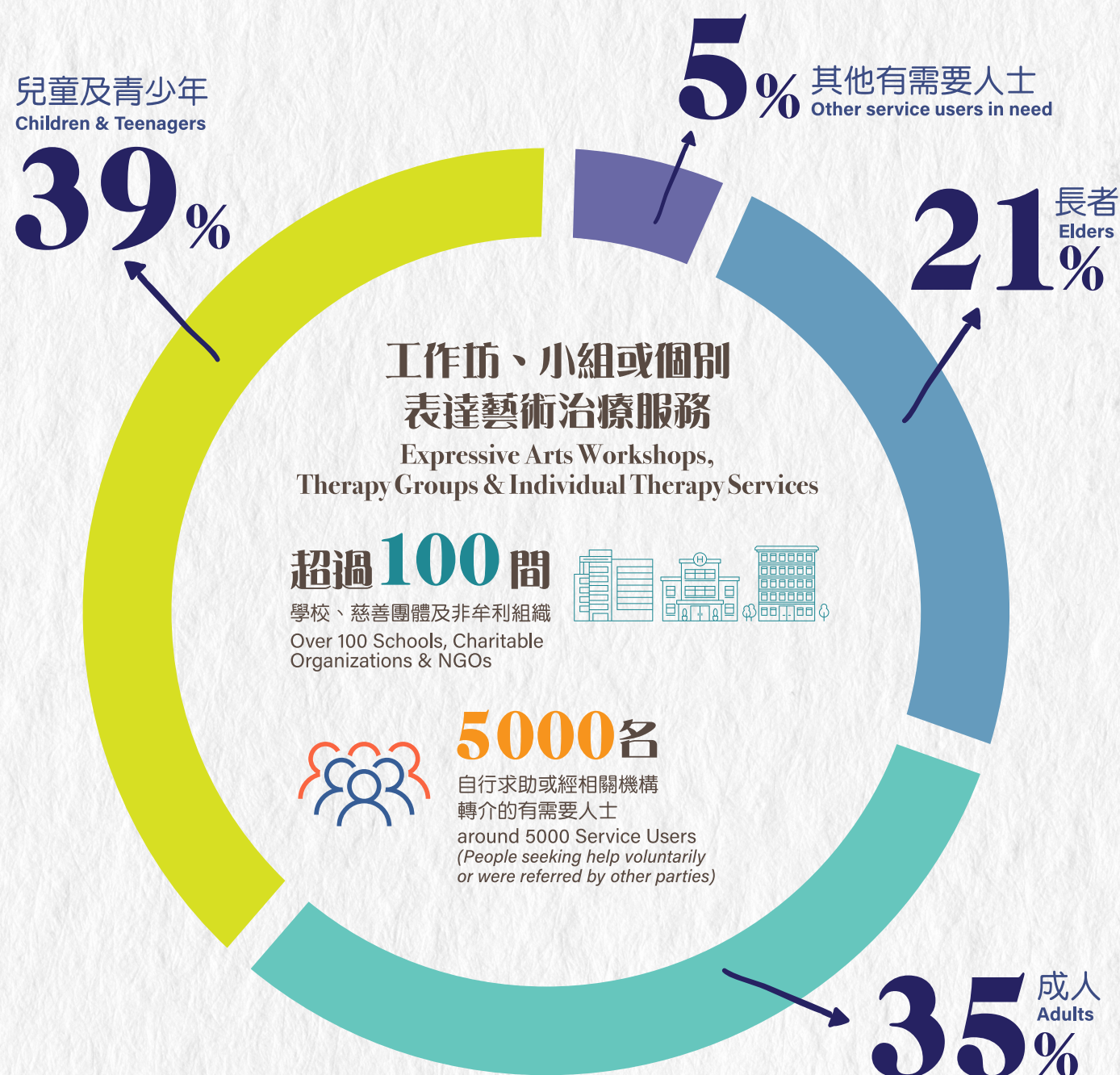
整體焦慮
Overall levels of
Anxiety



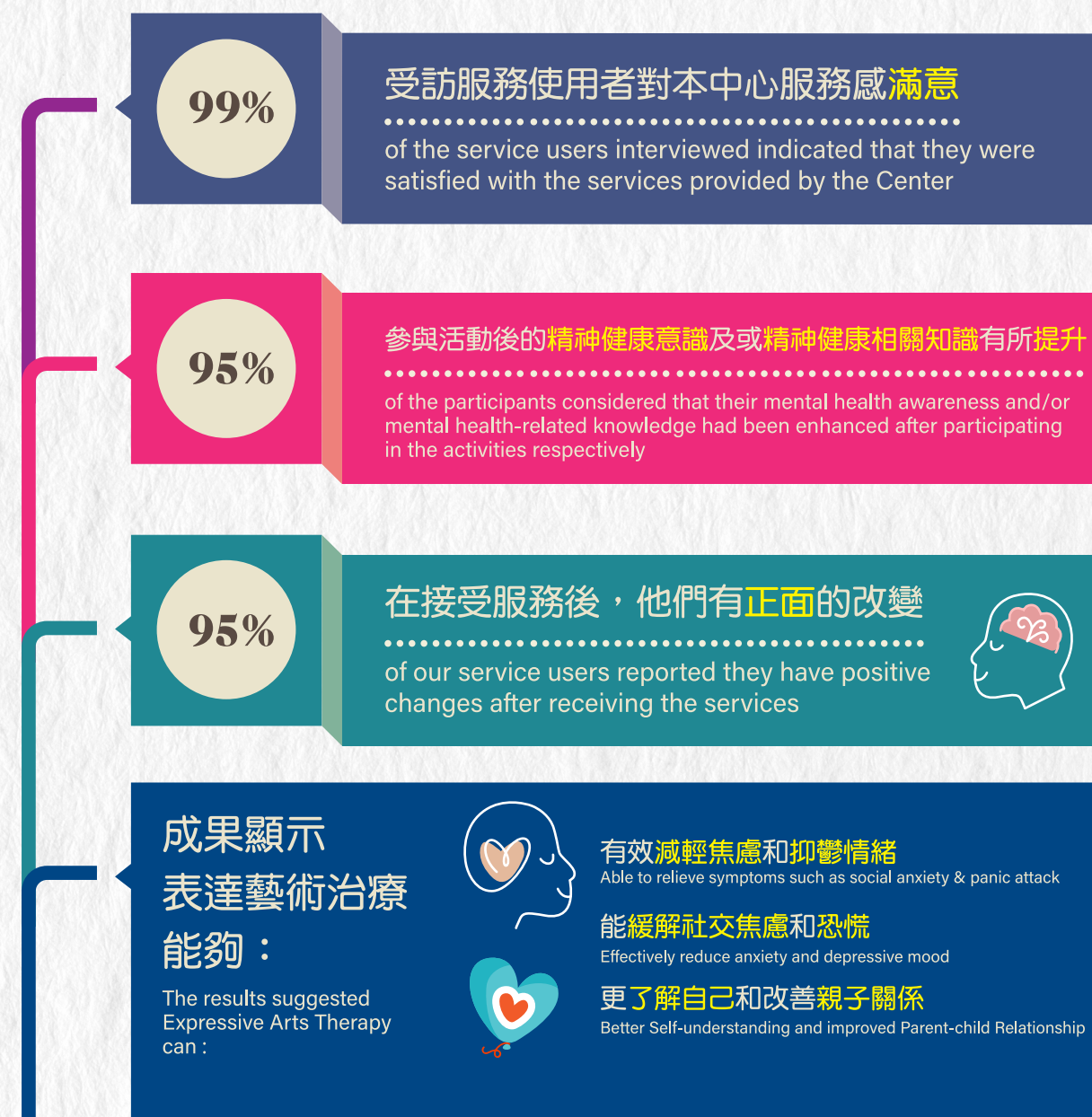
Service Statistics

服務統計

本中心於過去一年與超過 100 間學校、慈善團體及非牟利組織合作，去年已為約5000名自行求助或經相關機構轉介的有需要人士，包括兒童及青少年 (39%)、成人 (35%)、長者 (21%)及其他有需要人士 (5%) 提供工作坊、小組或個別表達藝術治療服務，反應正面，當中 99%受訪服務使用者表示對本中心服務感滿意，有 95%的參加者認為參與活動後的精神健康意識及/或精神健康相關知識有所提升。成果顯示表達藝術治療能有效減輕焦慮和抑鬱情緒，甚至能緩解社交焦慮和恐慌等。更有超過 95%的服務使用者表示在接受服務後，他們有正面的改變，例如更了解自己和改善親子關係。



In the past year, HKEXAT has collaborated with over 100 schools, charitable organizations and NGOs. HKEXAT provided Expressive Arts workshops, therapy groups and individual therapy services for around 5000 service users in the year of 2023-2024, including people seeking help voluntarily or were referred by other parties. Among all the 5000 service users, figures showed that 39% of them were children and teenagers, 35% were adults, while 21% were elders and 5% as other service users in need. Among them, 99% of the service users interviewed indicated that they were satisfied with the services provided by the Center, and 95% of the participants considered that their mental health awareness and/or mental health-related knowledge had been enhanced after participating in the activities respectively. The results suggested expressive arts therapy can effectively reduce anxiety and depressive mood, and even be able to relieve symptoms such as social anxiety and panic attack. It also showed that over 95% of our service users reported they have positive changes after receiving the services, e.g. better self-understanding and improved parent-child relationship.





財務摘要

以下是香港表達藝術治療服務中心截至2024年3月31日的財務摘要及分析，由振邦會計師行審核，並按香港財務報告準則編製。

The following highlights provide an analysis of the Financial Report and Accounts of HKEXAT for the year ended 31 Mar 2024. The Financial Report and Accounts have been audited by James C.P. Leung & Co. and are prepared in accordance with the Hong Kong Financial Reporting Standards.

主要收入

本中心於 2023-2024 財政年度的總收入與上年度相約，約為316萬港元。中心本年度得到來自捷成集團慈善基金及領展「愛·匯聚計劃」的贊助，加上公眾捐款，令本年度中心的善款收入增加至201.8萬，上升約百分之23.8，為本中心本年度最主要的收入來源。由於中心需要調配更多人手支援資助計劃的服務，外間服務收入相對減少，較上年度稍為下調百分之18。外間服務佔總收入百分之35.9，為本中心第二大的收入來源。此外，上年度因疫情所得的政府資助已因應疫情過渡後終止。

Main Sources of Income

In the 2023-2024 fiscal year, the total income of our center remained similar to the previous year, amounting to approximately HKD 3.16 million. This year, the center received sponsorship from the Jebson Group Charitable Fund and Link REIT's "Link Together Initiatives," along with public donations, which increased our donation income to HKD 2.018 million, a rise of about 23.8%. This represents the center's primary source of income for the year. Due to the need to allocate more staff to support funded programs, income from external services decreased slightly by 18% compared to the previous year. External services accounted for 35.9% of the total income, making it the center's second-largest revenue source. Additionally, government funding received last year due to the pandemic has been discontinued following the transition out of the pandemic.



主要開支

本財政年度的總支出亦與上年度相約，均為300萬港元。香港表達藝術治療服務中心亦於本年度增聘人手以應付服務需求的增加，表達藝術治療小組、個別治療服務、公眾推廣及教育所涉及的治療師薪酬及相關費用續為本年度最主要的支出範疇，較去年增加13萬元，所佔比例與去年相比增加約4.4個百分比，為百分之62.7，租金則佔百分之16.4，為中心第二大開支。

Main Expenditures

The total expenditure for this fiscal year remained similar to the previous year, at HKD 3 million. The Hong Kong Expressive Arts Therapy Service Center also increased staffing this year to meet the rising demand for services. The costs associated with Expressive Arts Therapy groups, individual therapy services, public promotion, and education, including therapist salaries and related expenses, continued to be the center's largest expenditure category. This increased by HKD 130,000 compared to the previous year, accounting for approximately 62.7% of the total expenditure, a rise of about 4.4 percentage points from the previous year. Rent remained the center's second-largest expense, accounting for 16.4% of the total expenditure.



Acknowledgements

衷心致謝

本會衷心感謝各撥款機構、捐款者、合作夥伴、學校和機構於去年對本會之資助、合作和支持。由於篇幅有限，鳴謝名單未能盡錄，如有遺漏，謹此致歉。

We are grateful for the support from the following funders, donors, companies, organizations and schools in last year. We apologize for any omission from the list due to limited space.

基金會：
Foundations:

捷成集團慈善基金
Jebsen Group Charity Fund

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Link REIT

何張淑婉慈善基金
Ho Cheung Shuk Yuen Charitable Foundation

愛望基金會
The WEMP Foundation

大華銀行有限公司
United Overseas Bank

百老匯電影中心
Broadway Cinematheque

香港乳癌基金會
Hong Kong Breast Cancer Foundation

機構：
NGOs:

國際經濟商管學生會
AIESEC

香港精神康復者聯盟
Alliance of Ex-mentally Ill of Hong Kong

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Baptist Oi Kwan Social Service

明愛家庭服務
Caritas Integrated Family Service

明愛賽馬會屯門青少年綜合服務
Caritas Jockey Club Integrated Service For Young People-Tuen Mun

香港中華基督教青年會
Chinese YMCA of Hong Kong
基督教家庭服務中心悅安心
Christian Family Service Centre-Everjoy

鍾錫熙長洲安老院
Chung Shak Kei (Cheung Chau) Home for the Aged

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ELCHK, Enlighten Centre

基督教香港信義會天水圍青少年外展社會工作隊
ELCHK, Tin Shui Wai District Youth Outreaching Social Work Team

晚同牽
Grey and Pride

念念不忘
Grief Me Light

協康會
Heep Hong Society

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HKJC Centre for Suicide Research and Prevention, HKU

香港基督教女青年會秀群松柏社區服務中心
HKYWCA Ellen Li District Elderly Community Centre

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香港基督教服務處
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Hong Kong Family Welfare Society (Belilios Public School)

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外勞事工中心
Mission For Migrant Workers (MFMW)

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鄰舍輔導會深水埗康齡社區服務中心
NAAC Shamshupo District Elderly Community Centre
Pet Villa

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Po Leung Kuk (New Comers' Ward)
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Po Leung Kuk (Small Group Homes)
博愛醫院兒童、青少年及家庭服務
Pok Oi Hospital Integrated Children, Youth and Family Services

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S.K.H Holy Carpenter Church
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SAHK
香港社區組織協會
Society for Community Organization
真光社
Society of True Light
聖雅各福群會
St. James' Settlement
聖雅各福群會青萌銅鑼灣綜合服務中心
St. James' Settlement Causeway Bay Integrated Service Centre

聖雅各福群會蘇屋長者鄰舍中心
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香港耆康老人福利會
The Hong Kong Society for the Aged
九龍樂善堂
The Lok Sin Tong Benevolent Society Kowloon
香港心理衛生會
The Mental Health Association of Hong Kong
鄰舍輔導會黃大仙康盛支援中心
The Neighbourhood Advice-Action Council Wong Tai Sin Wellness Support Centre
救世軍竹園青少年中心
The Salvation Army Chuk Yuen Children and Youth Centre
救世軍大埔長者社區服務中心
The Salvation Army Taiipo Multi-Service Centre for Senior Citizens
愛滋寧養服務協會
The Society for AIDS Care
蒲窩青少年中心
The Warehouse Teenage Club
東華三院心瑜軒
TWGHs Integrated Centre on Addiction Prevention & Treatment (ICAPT)
東華三院朗情綜合家庭服務中心
TWGHs Long Love Integrated Family Service Centre
東華三院王澤森長者地區中心
TWGHs Wilson T. S. Wang District Elderly Community Centre
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United Christian Nethersole Community Health Service
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Voltra Hong Kong
元朗大會堂
Yuen Long Town Hall

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香港都會大學

Hong Kong Metropolitan University

嶺南大學

Lingnan University

香港中文大學

The Chinese University of Hong Kong

香港教育大學

The Education University of Hong Kong

香港大學

The University of Hong Kong

中華基督教會望覺堂啟愛學校

C.C.C. Mongkok Church Kai Oi School

明愛社區書院

Caritas Institute of Community Education

天主教母佑會蕭明中學

DMHC Siu Ming Catholic Secondary School

基督教中國佈道會聖道迦南書院

ECF Saint Too Canaan College

五邑鄒振猷學校

FDBWA Chow Chin Yau School

何文田官立中學

Homantin Government Secondary School

匡智屯門晨曦學校

Hong Chi Morninglight School, Tuen Mun

香港教師會李興貴中學

Hong Kong Teachers' Association Lee Heng Kwei Secondary School

港大同學會書院

Hong Kong University Graduate Association College

嶺南中學

Lingnan Secondary School

聖母書院

Our Lady's College

保祿六世書院

Pope Paul VI College

寶血女子中學

Precious Blood Secondary School

順德聯誼總會譚伯羽中學

Shun Tak Fraternal Association Tam Pak Yu College

聖嘉勒女書院

St. Clare's Girls' School

救世軍石湖學校

The Salvation Army Shek Wu School (SASWS)

香港真光中學

The True Light School of Hong Kong

基督教崇真中學

Tsung Tsin Christian Academy

基督教崇真中學

Tsung Tsin Christian Academy, TTCA

東華三院群芳啟智學校

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港澳信義會明道小學

HKMLC Ming Tao Primary School

光明英來學校

Kwong Ming Ying Loi School

保良局馮晴紀念小學

PLK Fung Ching Memorial Primary School

聖公會基樂小學

S.K.H Kei Lok Primary School

聖公會偉倫小學

S.K.H. Wei Lun Primary School

順德聯誼總會伍冕端小學

Shun Tak Fraternal Association Wu Mien Tuen Primary School

聖公會基恩小學

SKH Kei Yan Primary School

天主教聖華學校

The Little Flower's Catholic Primary School

和富慈善基金李宗德小學

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