

## #Programme Introduction



保良局  
PO LEUNG KUK

Support Programme for  
Enhancing Peaceable Relationship (SPeaR)

# POWER UP



Harmony Community Resources Centre



## #Programme Introduction

### Purpose

To help intimate partners learn ways to handle conflicts and improve the relationship, and to provide support for children and adolescents witnessing or being exposed to intimate partner violence and victims of intimate partner violence to enhance their ability and skills in addressing unfavourable circumstances.

### Programme Content

- **6 hours Short-term Educational Programme for Intimate Partners** to help people aged 18 or above who have conflicts or even violence with partners to learn better ways to relate and improve the relationship
- **4 hours Short-term Educational Programme for Children and Adolescents** to help children and adolescents witnessing or being exposed to intimate partner violence enhance abilities and skills in emotion management, self-protection and problem solving in a non-violent way.
- **Family Support Programme** to help people exposed to intimate partner violence enhance family relationship and cohesion
- Interpretation service and referral to other welfare services will be arranged when needed

(Target users can access the service regardless of their gender, language, ethnicity, sexual orientation and gender identification)

### Instructors

Experienced social workers or clinical psychologists

### Enrollment

- Fill in and submit the application form by fax, email or post
- Referred by social services agencies, school personnel or staff of other government departments
- Our staff will call the applicants and their partners/ spouses (if needed) after receiving the application

**Free of  
charge**

Call 2899 0019 for enquiry



## Short-term Educational Programme for Intimate Partners

### #Purpose

To learn ways to handle intimate partners conflict non-violently and improve the relationship.



### #Target Service Users

- People aged 18 or above who have conflicts or even violence with their spouse/ cohabiting partners, and want to learn better ways to relate and improve the relationship
- Regardless of gender, language, ethnicity, sexual orientation and gender identification

### #Course Format

- Streamlined course design with 4 sessions totaling 6 hours
- Available in group or individual session
- Interpretation service is available for the people in need



### #Course Content

Session 1	Identify violent behaviours in intimate partner conflicts and their consequences
Session 2	Emotional management skills
Session 3	Verbal and non-verbal communication skills
Session 4	Conflict resolution skills and access for community resources



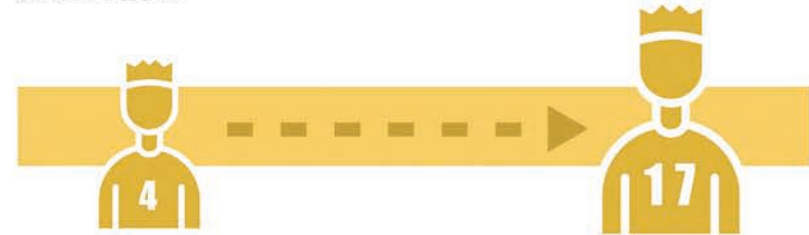
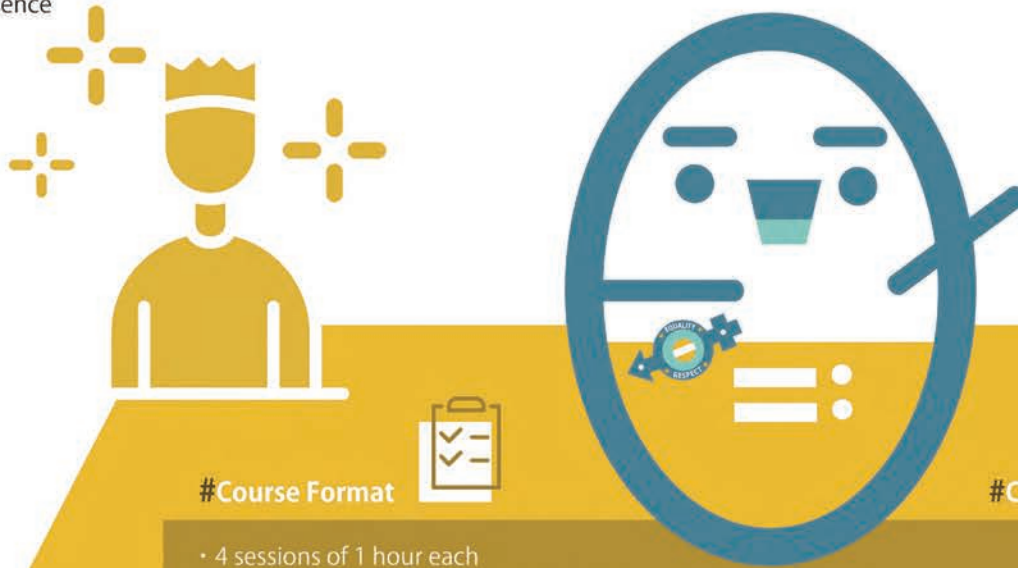
## Short-term Educational Programme for Children and Adolescents

### #Purpose

Learn how to manage emotions affected by witnessing or being exposed to intimate partner violence

### #Target Service Users

Children/ adolescents aged 4 to 17 witnessing or being exposed to intimate partner violence



### #Course Format

- 4 sessions of 1 hour each
- Available in group or individual session
- 4 categories of group are designed in accordance with the developmental stage of the children/ adolescents: Pre-school (aged 4 to 6); Primary (aged 7 to 11); Junior high school (aged 12 to 14) and Senior high school (aged 15 to 17).

### #Course Content

- Session 1 Learn about intimate partner violence
- Session 2 Ways of self-protection
- Session 3 Understand emotions and the ways of expression
- Session 4 Anger and conflict resolution skills

• \*contents and activities will be adjusted according to age groups 

Children and Adolescents



### Intimate Partners



#### #Purpose

To help intimate partners practice non-violent communication skills and the ways to build relationship with equality and respect

#### #Target Service Users

- Cohabiting partners or married couples aged 18 or above
- Anyone who has previously participated in the "Short-term Educational Programme for Intimate Partners" organised by Po Leung Kuk or other programmes of the same kind
- Violent behaviours have been stopped between the partner/ couple for the recent 3 months, with stable emotional and mental status



#### #Activity Type

- 2.5 - hour workshop
- Half/ whole day experimental activities

#### #No. of Participants

- 3 - 6 couples

#### #Activity Content

- talks, interactive games and communication exercise.

### Parent and Child



#### #Purpose

To help parents aware of the consequences of their power struggle on children, and learn child-focused parenting skills in enhancing family relationship and cohesion

#### #Target Service Users

- Anyone who has involved in violence with (ex-)cohabiting partners/ spouses and their children aged 4 to 11 (Free to invite (ex-)cohabiting partners/ spouses to join)
- Anyone who has previously participated in the "Short-term Educational Programme for Intimate Partners" and "Child Visitation Service" organised by Po Leung Kuk or other programmes/ services of the same kind.
- Violent behaviours have been stopped between the partner/ couple for the recent 3 months, with stable emotional and mental status



#### #Activity Type

- Day camp

#### #No. of Participants

- 3 - 6 families, maximum 20 people

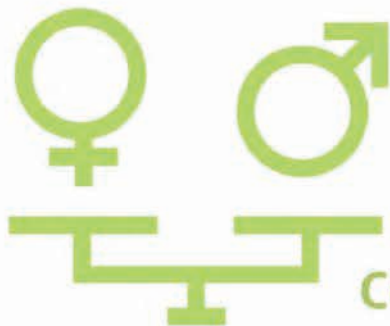
#### #Activity Content

- Parenting talks, parent-child interactive games and campsite facilities



## Professional Training

To join forces in combat against intimate partner violence, we organise thematic talks and workshops for frontline staff from various professional fields. Themes include the causes for intimate partner violence, identification methods and intervention modes based on gender perspectives. Interested parties are welcome to make appointments by phone.



## Community Education

We organise community educational activities regularly to promote a social attitude of “zero tolerance” for intimate partner violence and emphasize that such violence could constitute a criminal offence, with aims to curb the occurrence of intimate partner violence and promote intimate relationship based on equality and mutual respect.



Other Services



## Personal Information

Name ▶ (Chinese)  (English)

Sex ▶  Date of Birth ▶

Ethnicity ▶  Language ▶

Year arrived in Hong Kong ▶   Born in Hong Kong

Address ▶

Phone No. ▶ (Mobile)  (Home)

Email ▶

## Marital / Intimate Relationship Status (if applicable)

Married  Cohabitation  Separated  Divorced

Heterosexual Relationship  Same Sex Relationship

Year of\* Marriage / Cohabitation ▶  Year of\* Divorce / Separation ▶

No. of Children ▶  Sex and Age of Children ▶

## Education Level

- ▶  No Formal Education  Primary  Secondary  University/ Tertiary  Others

## Occupation

- ▶   CSSA recipient

## Service(s) Requested (Choose one or more option(s))

- ▶  Short-term Educational Programme for Intimate Partners (6 hours)
- Short-term Educational Programme for Children and Adolescents (4 hours)
- Family Support Programme
- ▶ I learnt about the programme through the following means:
- Social Worker  Poster/ Leaflet  Family members/ Friends
- School Personnel  Staff of Government Departments
- Others (Please specify)

## Name of Referring Social Worker (if any)

Name ▶

Agency/ Service Unit ▶

Phone No. ▶

Signature of Applicant

Date ▶

\*Delete whichever inappropriate

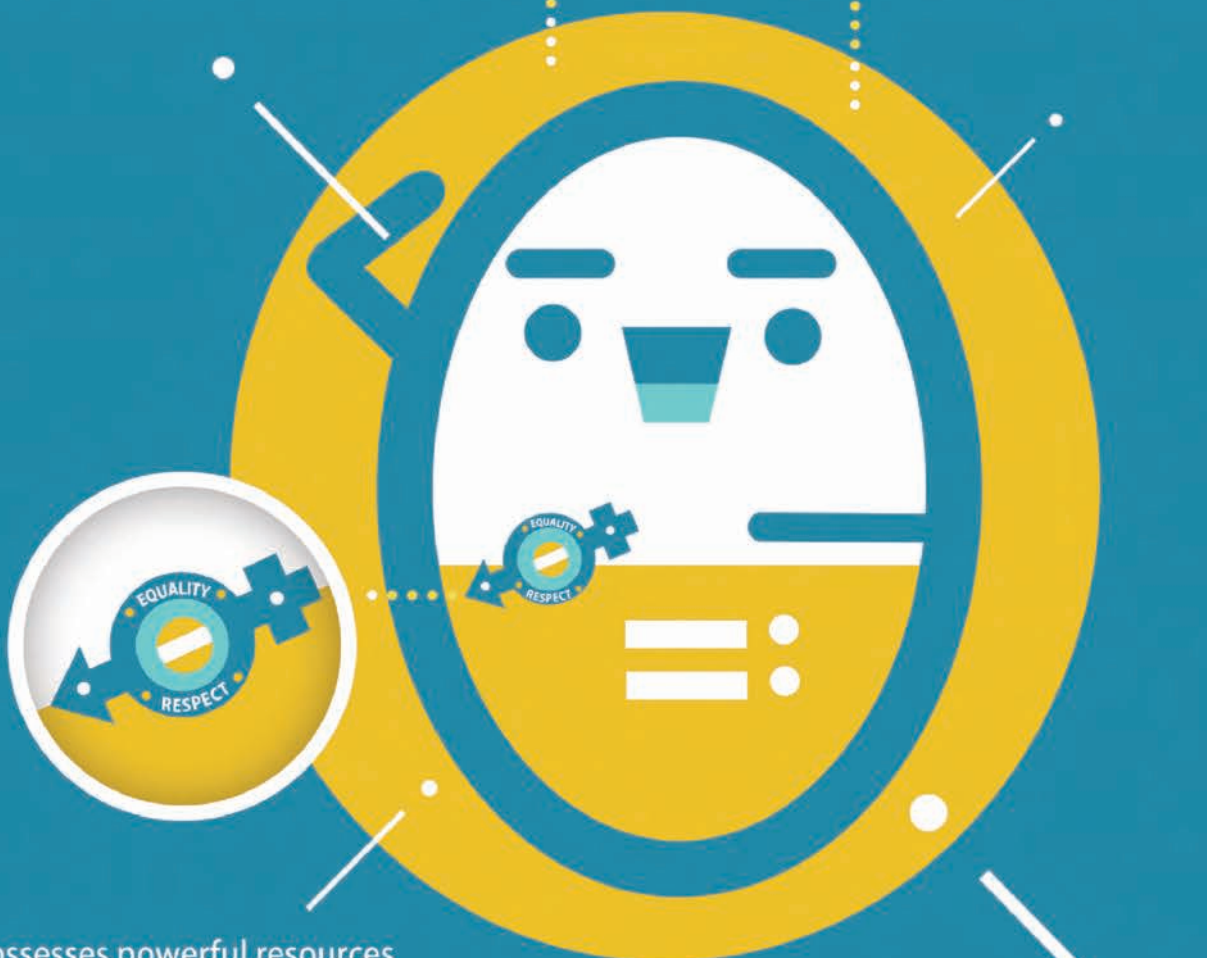


#Introduction of Captain Zero

# Captain Zero

O-shaped body  
Offer solutions to gender stereotyping

On a mission to promote "Zero Violence"  
Builds loving relationship with partner and family



Possesses powerful resources  
Highly flexible  
Strong pressure resistance  
With the ability to overcome obstacles

# GO!



Support Programme for  
Enhancing Peaceable Relationship (SPeaR)



## #Contact Information



Location :

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538 Castle Peak Road,  
Cheung Sha Wan, Kowloon

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Website : [http://family.poleungkuk.org.hk/  
tc/page.aspx?pageid=876](http://family.poleungkuk.org.hk/tc/page.aspx?pageid=876)



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