



We walk with you to help

improve your relationship with your

spouse/cohabitant and seek positive

changes and ways out.

Do you have a healthy relationship with your partner?

- O Have your partner complained that you did not respect him/her?
- O Do you always inquire about your partner's whereabouts, or even restrict his or her social life?
- O Have you quarrelled with your partner or criticized him/her in front of your children?
- O Have your partner run away from home because he/she was unhappy staying with you?
- Do you find it difficult to control your rage when you are with your partner?
 - Have you talked recklessly to or used violence against your partner?

If you answer three or more questions with "yes", that means your relationship with your partner is unhealthy. Letting the relationship deteriorate could lead to domestic violence. Facing the problem is the first step towards resolving the crisis!

An opportunity for you to make changes

Harmony Community Resources Centre was established and funded by Po Leung Kuk in November 2013. To help improve relations with partners and family members, and to prevent or reduce domestic violence, programmes such as group meetings, talks, mutual help activities, face-to-face talks and child visitation service are organised.

Anyone who is aged 18 or above (regardless of gender, sexual orientation and race) and has a tense relationship with one's spouse/cohabitant or has been/is being involved in violent conflicts is eligible for our service.

If you are thinking about making changes for your current relationship, please contact us. We shall recommend services which meet your needs.

Harmony Community Resources Centre's main services:

Psychoeducational course

It is a skill-oriented course conducted in a small group setting. Participants will learn about non-violent communication methods and improve the relationship with their spouse/cohabitant through understanding their own thoughts, emotions and behaviours.

Services for men

Zervices tailor-made for men include:

Po Leung Kuk - 24-hour Men's Hotline (2890 1830)

The hotline service is available for men who are troubled by their relationship with their family or intimate partner. It is answered by staff to provide emotional support and service information. Within a designated time slot (Monday – Friday, 9 am – 1 pm, except public holidays), the hotline is handled by male staff who listens and helps analyze problems from a man's perspective and provides relevant service information. If the need arises, the Centre's social worker will follow-up by phone or provide face-to-face counseling.

Effective from 1.11.2015, Po Leung Kuk Men's Hotline was renamed as Family and Intimate Partner Relationship Hotline for Men.

Men's Groups

- Peer group: It is held monthly. Participants are welcome to join in any month.
- Hobby and developmental group: The key objective is to develop participants' positive potentials. It is held quarterly.
 Each cycle consists of 4-6 sessions. (A nominal fee may be charged for some activities.)
- Parenting education group: It is held quarterly. Each cycle consists of 4-6 sessions.

Child Visitation Service "Life Journey with Children"

The Centre provides a safe and comfortable environment where children exposed to domestic violence can meet their father or mother who is not living with them. The gathering can help enhance parent-child relationship. For details, please call Po Leung Kuk Tsui Lam Centre on 2894 8896.

Professional Training and Community Education

To join forces in combat against domestic violence, the Centre provides thematic talks and workshops for front-line staff from various professional fields. Themes include causes for domestic violence, identification methods and various intervention modes from gender perspectives. Interested parties are welcome to make reservations by phone.

The Centre also organises community educational activities regularly to promote a social attitude of "zero-tolerance" for domestic violence and emphasise that such violence could constitute to a criminal offence, with aims to curb the occurrence of domestic violence and promote a family relationship based on equality and mutual respect between men and women.

* For details of the groups and programmes mentioned above, please call our staff. All services are free of charge unless otherwise indicated.

Contact us

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