

同根婦女互助小組

Common Root Mutual Help Group

香港明愛荃灣綜合家庭服務（東荃灣）

Caritas Integrated Family Service Center - Tsuen Wan (East)

同根婦女互助小組始於2007年6月，成立最初目的是凝聚一批新來港婦女，協助她們增強植根香港的能力。小組初期透過入廚樂，從而促進及建立婦女之間的友誼，確立本地支援網絡；而社工亦會於聚會期間與新來港婦女分享管教子女的技巧。及至小組中期則透過美容班及穴位按摩訓練，提升個人自信；亦會在聚會時透過時事討論及分享，增進婦女對社區資訊與資源的掌握。另外，小組亦會提供義務工作訓練及實習的機會，使本來是服務使用者的婦女，轉身成為服務提供者，並與本地婦女義工合作和交流，加速雙方之間的融和。

Common Root Mutual Help Group, established in June 2007, originally aims to group together the newly arrived women, empower them and help them to be better adjusted to life in Hong Kong. In the early stage, cooking is the means to facilitate communication among the newly arrived women and assist them to form a mutual support network. The social worker also shares parenting skills during group sessions. During the middle stage, beauty course and massage training are offered to boost their self-confidence. News sharing and discussion at meetings gives them more information and a better understanding of community resources. Moreover, training and practical opportunities for volunteer work are given, so that the newly arrived women, who have been service users, are transformed to become service providers. They also work and interact with local women volunteers, which enhances the relationship between them.



新來港婦女探訪及慰問獨居長者，預早賀年，並表達關懷。
Before the New Year, the newly arrived women visited those elderly living alone to celebrate the New Year and show their concern.



新來港婦女經義務工作訓練後，籌辦聖誕聯歡活動，服務社區人士。
After the training on voluntary work, the newly arrived women organised activities for the Christmas celebration in the community.



新來港婦女在導師指導下，學習穴位按摩技巧，憑技能增強自信。
Under the tutor's guidance, the newly arrived women were learning the skills of massage. These newly acquired skills can boost their confidence.



新來港婦女齊齊學習烹飪技巧，同時互相交流與溝通，建立友誼及支援網絡。
The newly arrived women having cooking lessons and sharing their experience, building friendship and a mutual help network.



新來港婦女於曹公潭戶外康樂中心接受義工服務訓練。
The newly arrived women having a training on voluntary work at Tso Kung Tam Outdoor Recreation Centre