

一個人的價值高於全世界
One person is of more value than a world



伴我去飛

哪怕越過幾多公里？



善牧會
瑪利灣中心

**Sisters of
the Good Shepherd
Marycove Center**

www.goodshepherd.org.hk

服務對象

9-21歲女青少年

因在個人行為或情緒上面臨適應困難，而其家庭暫時無法提供適當管教及照顧的女青年。

Service Target

For 9-21 years old girls who are having behavioral and emotional challenges, and whose parents cannot provide them sufficient parental supervision and care.

服務目標

中心透過關顧、培育、心理治療及輔導，協助青年達到以下目標：

- 提升自我管理和獨立生活能力
- 學習愛己愛人

Our Aims

Through care, nurturing and therapeutic services, the center assists girls to:

- Enhancing self-management skills and independence
- Loving oneself and others

服務範圍

院護培育、心理治療及專業輔導

服務內容

家舍照顧及生活技能訓練

由註冊社工擔任家舍導師，提供生活輔導，讓學生在安穩、有規律、受尊重和溫馨的家舍生活中，學習愛己愛人。

心理治療及輔導服務

- 臨床心理學家提供心理評估及治療，並按個別需要加入合適治療方案：如遊戲治療、藝術治療等。
- 註冊社工提供認知行為療法的個人及小組輔導。

個人成長活動

- 提供不同類型的發展性、治療性及生涯規劃的活動，增強學生的心靈韌力及自我連結，並促進個人的潛能發展。

Service Scope

Residential Care, Psychotherapy and Professional Counselling

Service Content

Home Care and Life Skills Training

Registered social workers act as home instructors to provide guidance and counseling. Girls are living in a stable, disciplined, respectful and warm home environment to learn self-love and loving others.

Psychological Service & Social Work Services

- Clinical psychologist provides clinical psychological assessment, psychotherapy and specialized treatment, such as Play Therapy, Art Therapy, etc.
- Registered social workers provide cognitive and behavior interventions on individual & group basis.

Therapeutic Programs

- Providing an assortment of developmental, therapeutic and life-planning activities to enhance one's resilience, self-connection, and to develop self-competence.

費用

膳宿費全免

住宿生需繳交託管金供其個人醫療及其他雜項開支

Fees

We provide free accommodation and meals.

Boarding students are responsible for their own medical cost and miscellaneous expenses.

服務模式

I. 住宿服務 (附設群育學校)

- 提供院護照顧並安排入讀本會瑪利灣學校。
- 申請年齡：9-17歲 (小五至中五上學期)
- 轉介機制：CCRM

II. 短期適應課程 (附設群育學校)

- 服務內容大致與項目I相同，住宿期由3個月至1年。
- 保留原校學位，待完成適應課程後回歸原校繼續學業。
- 項目I及項目II服務名額共70名。

III. 青年住宿服務 (不設群育學校)

- 為在社區上學或就業的女青年人提供院護照顧及生涯規劃輔導。
- 申請年齡：14-20歲
- 轉介機制：CRSRC
- 住宿名額：20名

Mode of Service

I. Residential Care Service (with School for Social Development on-site)

- To provide residential care and special education in Marycove School.
- Admission Age : 9-17 (P.5 to S5 first school term)
- Referral Mechanism : CCRM

II. Short Term Adjustment Program (with School for Social Development on-site)

- Service scope and content are same as item I, while the service period is between 3 and 12 months.
- The placements of the original schools will be reserved. Students are going to resume their schooling in original schools after the completion of the adjustment program.
- Total capacity of item I and item II is 70.

III. Youth Residential Service (without School on-site)

- To provide residential care and life planning service to girls who are studying in mainstream schools or at work.
- Admission Age : 14-20
- Referral Mechanism : CRSRC
- Capacity : 20 residents

網頁：瑪利灣中心



Webpage: Marycove Center



Dream Base@Marycove

瑪利灣之夢創基地

我們對青年人的願景
Our Vision for your future

Music in Life

主題曲：Fly With Me

我摺了一架紙飛機
它裝載了很多的痛楚與夢寐
不知道應該怎麼說起
這一天 終於我共你一起飛 一起飛

看暗裏閃爍的燭光
竟可照亮出心底裏的那希望
將溫暖歡送不管哪方 如熱燙
暴雪下也可 回到夏季的盛況

哪怕是晴天或者陰天不變遷
艱苦裏磨練再去挑戰

伴我去飛 哪怕越過幾多公里
跌倒 別害怕總有轉機
在未來遇上都可挽手未忘記
用美麗時光 用信念去闖 別放棄

將眼淚抹乾 並向著前方 (我共你)

曲、詞、編：N.a.H.

瑪利灣中心以創傷知情為服務導向，配合認知行為療法及正向心理學為訓練的框架。2020起，中心引入多元的藝術手法，以推動個人的自我認識、自我接納，從而達到個人成長及規劃生命。

Marycove Center is adopting an integrated approach of trauma informed practices, positive psychology and cognitive behavioral therapy as training frameworks. By applying art-based learning in our Dream Base Project since 2020, we use arts as a mean to explore non-art topics, including self-understanding, self-acceptance, to achieve personal growth and life planning.



Music in Life

是Dream Base計劃內以音樂介入
的輔導及成長項目



自由飛・夢創基地 Flying Free - Dream Base

Fly With Me
主題曲 MV



善牧會其他相關的服務

Our related Services

女童宿舍服務

聖母宿舍及彩雲宿舍

服務對象

14-21歲以下在學或在職的女青少年因家庭或個人問題而需要接受住宿服務。

查詢

聖母宿舍：2554 5940

彩雲宿舍：2322 8608

教育服務

瑪利灣學校

為在個人行為、情緒或學習方面適應有困難的女學生提供良好的學習機會，以達致德、智、體、群、美及靈性上的成長，並與她們同行並進，邁至積極人生，貢獻社會。

服務對象

小五至中六學生

詳情請瀏覽瑪利灣學校網頁：

www.marycove.edu.hk

Girls Hostel Services

Our Lady's Hostel & Choi Wan Hostel

Service Target

Girls aged between 14 and under 21 who are students or working. They are facing family or personal problems and in need of hostel living.

Enquiry

Our Lady's Hostel : 2554 5940

Choi Wan Hostel : 2322 8608

Education

Marycove School

To provide good learning opportunities for female students who have difficulties with their behavior, emotions or learning; to achieve moral, intellectual, physical, group, aesthetic and spiritual growth, and go hand in hand with them, towards an optimistic life, to help them contribute to the society.

Service Target

Primary 5 to Form 6 Students

Please visit Marycove School website for details :

www.marycove.edu.hk



將眼淚抹乾 並向著前方 我共你

善牧會簡介

善牧會是國際性的天主教女修會，一直致力於促進婦女和女童的福利。善牧會和我們的合作伙伴在70多個國家共同努力，為改善婦女和女童的生活而盡心服務。

我們深信每個人都有其獨特的價值和尊嚴，無論遭遇多大的困難，在愛的環境下，每個人總能重顯上主的美與善。



About Sisters of the Good Shepherd

The Sisters of the Good Shepherd is a Catholic international congregation of religious women dedicated in promoting the welfare of women and girls. Today, sisters and lay collaborators in more than 70 countries work together to make a difference in the life of young girls and women we serve.

We firmly believe each individual is a unique person and with dignity. No matter what difficulties one encounters, living in a loving and caring environment will reveal their beauty and good nature like that of God.

瑪利灣中心 | Marycove Center

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交通

乘港鐵至黃竹坑站B出口，或乘巴士(金鐘75號、銅鑼灣72A號、紅磡107號)，抵黃竹坑巴士站，步行直上南朗山道，需時約十分鐘。

Transportation

Take MTR to Wong Chuk Hang Station B Exit, or take bus (no. 75 from Admiralty, no. 72A from Causeway Bay, no. 107 from Cross Harbour Tunnel respectively) to Wong Chuk Hang bus stop. Then walk 10 minutes up along Nam Long Shan Road.

