



明愛社區發展服務
明愛婦女發展計劃

明愛

共融廚房

一個用外語溝通、飲食文化交流，
渡過星期日下午的輕鬆好節目

費用
全免

廚房有廚房，
明愛有個
愛心共融廚房



與菲律賓外傭姐姐義工，
一齊玩下「真」煮飯仔、用簡單英文溝通下

日期：時間待定
時間：星期日下午1-4PM
對象：居於東區不適切居所之家庭的婦女
及小朋友(6-13歲)
地點：西灣河明愛婦女中心
費用：全免



**每次活動希望為2-3個家庭與3至4位外傭姐姐義工一起親手下廚兩味小食或餸菜

KORNER PENGHILANG NYERI

Target: PRTA Kuota: 10 orang per sesi

GRATIS!!

● ● ● **29/10/2023 (MINGGU)**



Terapi ICT untuk mengurangi kelelahan otot kronis dan nyeri otot



Meredakan nyeri pinggang dan punggung bawah dengan terapi pulsa elektro, getaran, dan fungsi pemanasan



Penghilangan nyeri instan dengan gelombang elektroterapi dengan keluaran intensitas 100mA

A: 10:00am-1:00pm

B: 2:00pm-5:00pm

**Unit 3, 3/F, Kowloon Plaza,
485 Castle Peak Road, Kowloon
(Exit B1 Lai Chi Kok MTR Station)**

Daftarkan diri Anda di sini:

Hubungi kami untuk informasi lebih lanjut:



**Caritas
Pain Relief
Corner**



Caritas - AMP



**+852 5497 3258
+852 5617 3559**



CARITAS ASIAN MIGRANT WORKERS
SOCIAL SERVICE PROJECT

Co-organized by:



CARITAS
INFINITY TEENS
CYBER YOUTH SUPPORT TEAM

Voices 姐姐港嘢

New Youtube channel

We are recruiting the **TEAM** to manage a **new Youtube Channel** aiming to

- increase public's understandings
- reduce stigma
- construct a positive image of FDWs
- have our own media to voice our stands



BRIEFING SESSION: 19 NOV 2023

🕒 2:00-5:00pm

📍 Unit 3, 3/F, Kowloon Plaza, 485 Castle Peak Road, Lai Chi Kok (Lai Chi Kok MTR Station Exit B1)

QUOTA : 20 persons

TARGET : FOREIGN DOMESTIC WORKERS in Hong Kong (do not require any skills!)



SCAN
TO REGISTER

Training Workshops (Free!)

#1
Storyboard
Creation

26 NOV 2023
2-5PM

#2
Video
Shooting

3 DEC 2023
2-5PM

#3
Video
editing

7 JAN 2024
2-5PM





CARITAS PROYEK PELAYANAN
SOSIAL BURUH MIGRAN SE-ASIA

DUTA KESEHATAN KERJA

Kelompok
Saling
Membantu



KAMI PEDULI DENGAN KESEHATAN ANDA
ANDA BERHARGA!

Latihan Peregangan



- Merilekskan otot yang kencang
- meningkatkan kekuatan otot
- berolahraga secara berkelompok

Fisioterapi

- Memulihkan gerakan dan fungsi tubuh
- Mengurangi risiko cedera melalui latihan fisik



Terapi Okupasi



- Mencari hubungan antara nyeri otot dengan tugas kerja
- Mencegah cedera dengan mengatur ulang tugas kerja

Menghilangkan Nyeri

- Menggunakan alat untuk meredakan nyeri
- Belajar untuk saling membantu



🕒 10:00-13:00

📅 12 NOV

📅 24 DEC

📅 26 NOV

📅 10 JAN

📅 10 DES

📅 21 JAN



Unit 3, 3/F, Kowloon Plaza, 485 Castle Peak Road, Lai Chi Kok
(Lai Chi Kok MTR Station Exit B1)



Caritas Asian Migrant Workers
Social Service Project

HONG KONG SUNDAY VIBES



ABOUT

The Sunday Vibes HK aims to promote social inclusion and create a friendly social perspective towards FDWs in Hong Kong. We sincerely invite your organization to be one of us to demonstrate your work and voice your stands to the public. Please online registrate if you are interested and we will come back to you as soon as possible!



TIME: 28 JAN 2024 (SUN)
10:00-17:00

LOCATION: DUNDAS STREET
SITTING-OUT AREA, MONG KOK

MORE INFORMATION: +852 5497 3258

FACEBOOK: CARITAS AMP



Caritas - AMP



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Hey volunteers, 😊

Have you been to Pok Fu Lam? Do you know 🐄 The Old Dairy Farm 🐄 set up a ranch in Pokfulam served as a base for 🍼 milk production in the area a century before? Want to visit this 🏠 historical building while doing some volunteering work? 😇💕😎😏

Caritas AMP will hold a booth selling our 🍀 eco-friendly 🌂 umbrella bags and other fabric workmanship items on 17/ Dec (Sun) from 10am-5pm at The Pokfulam Market which located in the [薄鳧林牧場 | The Pokfulam Farm](#).

WhatsApp us @ 5617 3559 if you want to join us to be volunteers in selling fabric items at the booth and we will let you



Home



Ads



Notifications



Menu