

同行智者支援小組成立聚會 Inception Gathering of the Support Group for Parents/ Caregivers of Person with Autism and Intellectual Disabilities

扶康會舉辦的「同行智者支援小組」是一個互助小組，目的是為自閉症兼智障人士的家長／照顧者，提供一個紓緩身心的平台，令他們積極面對問題及加強他們處理壓力的技巧。

小組於2015年1月20日舉行了成立聚會，當天出席的家長來自扶康會的單位及外間機構，他們先透過遊戲互相認識，然後分享了彼此的經驗及感受。總幹事陸慧妍女士專程到場與大家見面，鼓勵各會員積極參加活動。接着，臨床心理學家梁凱琪女士為大家講解如何以「靜觀」理念放鬆自己及紓緩壓力。最後大家一起共晉午膳，在輕鬆愉快的氣氛下完結當天的活動。參加者均表示「同行智者支援小組」有助他們建立支援網絡，亦對下一次的活動十分期待。

「同行智者支援小組」歡迎自閉症兼智障人士的家長／照顧者參與，如有興趣可致電2215 6303與本會聯絡。

Fu Hong Society organized an interactive group called the "Support Group for Parents/Caregivers of Person with Autism and Intellectual Disabilities". Its aim is to provide a platform for parents/caregivers of persons with autism and intellectual disabilities to relax, to face problems positively, and to strengthen their pressure-handling skills.

The Group held an Inception Gathering on 20 January 2015, in which parents from units of Fu Hong Society and external organizations took part. They first got to know about each other through some games, and then shared their experiences and feelings. The Society's Executive Director Ms. Becky LUK Wai-yin also went to meet everyone there and encouraged active participation from the members. After that, Clinical Psychologist Ms. Sharon LEUNG Hoi-ki explained the ways to relax oneself and to relieve pressure by adopting the "mindfulness" idea. Last but not least, the group had lunch together, which marked the relaxing and joyful end of the Gathering. All participants reflected that the "Support Group for Parents/Caregivers of Person with Autism and Intellectual Disabilities" was useful in helping them to establish a support network, and that they were really looking forward to the next event.

The Support Group welcomes all parents/caregivers of persons with autism and intellectual disabilities. Please do not hesitate to contact the Society at 2215 6303 for further information.

