UV

UNCOMMON VOICES

ISSUE 02/2026

45 YEARS

METHODIST WELFARE SERVICES



Making Home Safe Again

- **Family violence remains a growing and often hidden issue, with many cases surfacing only through deeper engagement at Family Service Centres.**
- **Children can be deeply affected by domestic violence – even when they are not directly abused.**
- **Supporting the survivor-parent is key to protecting the child, as healing and empowering the caregiver helps restore stability and safety in the family.**
- **Holistic support – from help with emotional recovery, housing, finances, and parenting – makes a critical difference.**

EDITOR'S NOTE

For many of us, home is where we feel safest – a place of refuge where we can relax and be with the people we love.

But for some families, home can be a place of fear and uncertainty.

In this issue, we meet survivors of family violence finding their footing again, children learning to understand difficult emotions and to speak up, and social workers walking alongside families through moments of crisis. Their stories remind us that violence does not always leave visible scars. Its impact can be felt in fear, anxiety, and behavioural changes – signs we may miss unless we take the time to notice and listen.

As family members, friends, and neighbours, let's learn to notice the signs and be prepared to reach out to someone who may be struggling.

Scan for more stories and learn about our work.

Michelle
Editor

Aishah Abdullah's ex-husband once shoved her with such force that she was flung across the room. "My head hit the floor with such impact that it left me with a concussion, and I kept vomiting afterwards," said Aishah, now 42.

Her three-year-old son, who witnessed the incident, burst into tears and ran out of the room. Her other two sons, aged five and two, rushed to help her up.

THE SILENT, INVISIBLE WOUNDS

"Hypervigilant" was how Aishah's social worker, Ariel Ee, described her eldest son, Haziq*, during those turbulent years when their home was marked by conflict and instability. Whenever Ariel visited, he would linger nearby, quietly listening in on conversations.

Haziq's concern was not unfounded. He had witnessed the impact that prolonged abuse – including physical, sexual, and psychological harm from infidelity – had on his mother. When Aishah discovered that her then-husband was having a second affair, she was overcome with anguish and attempted to take her own life.

"When my ex-husband had his first affair, he left me and our first son for a few months," she said. "I took him back because I didn't want my children to grow up in a broken family.

MDDI (P) 041/07/2026

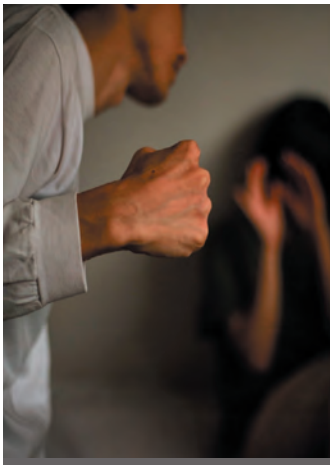
When it happened again, I was devastated and felt so alone."

A GROWING CRISIS BEHIND CLOSED DOORS

Aishah's story reflects a troubling national trend.

Reported spousal abuse cases in Singapore increased from 1,632 in 2021 to 2,136 in 2024.

According to the Domestic Violence Trends Report 2025 by the Ministry of Social and Family Development, some clients approach Family Service Centres (FSCs) with issues such as financial strain or parenting challenges, only for abuse to be uncovered after deeper engagement. This points to the complex and often hidden nature of family violence.



Reported spousal abuse cases in Singapore grew by 31 per cent over three years

BREAKING THE SILENCE

After years of suffering in silence, Aishah sought help from MWS FSC – Tampines (TFSC).

Ariel first helped Aishah establish safety for herself and her children, even as she worked towards divorcing her husband. When attempts to obtain a Personal Protection Order (PPO) were unsuccessful, they turned to practical measures such as changing the locks and planning on how to respond if her husband showed up.



Aishah Abdullah (left), a domestic violence survivor, in a counselling session with her social worker Ariel Ee at MWS Family Service Centre – Tampines

THE MANY PATHWAYS TO HARM

In supporting survivors like Aishah, Ariel draws on the strengths-based approach of the Safe & Together (S&T) Model (see diagram below), which recognises survivors' capacity to protect and support their families, while holding perpetrators accountable.

The model also reframes how harm is understood. "It's not just about visible physical injury," Ariel explained. "The perpetrator's behaviour also affects the child's development, sense of safety, and overall family functioning."

In Aishah's case, years of spousal violence took a heavy emotional toll on her – and her children lived with the spillover effects of that instability.

"In moments of intense distress, Aishah would break down at home, and her children would sometimes step in to comfort her, even wiping her tears," Ariel shared. This role reversal can strain a child's development and sense of boundaries, as well as impact their emotional and psychological health.

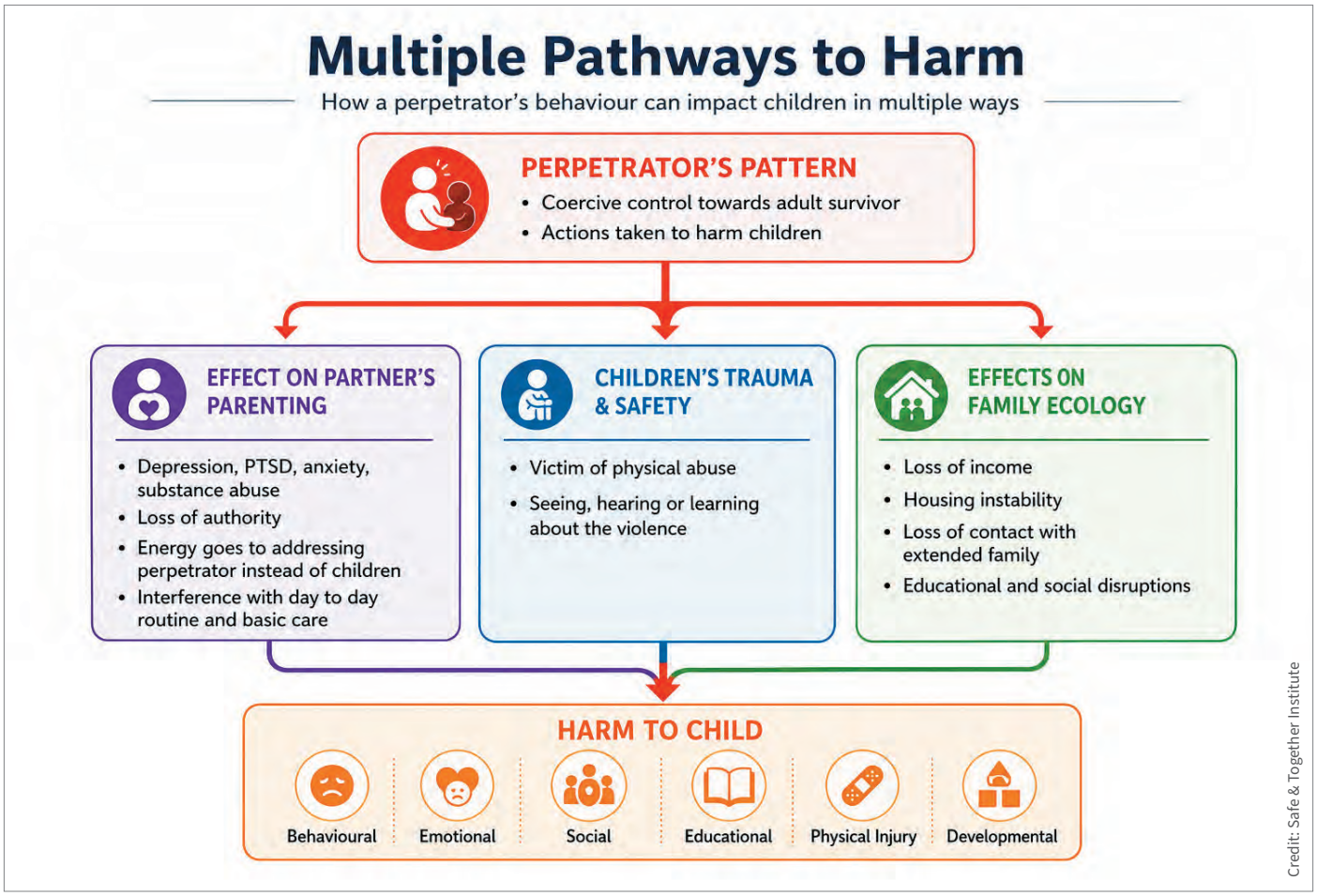
HEALING THE PARENT, PROTECTING THE CHILD

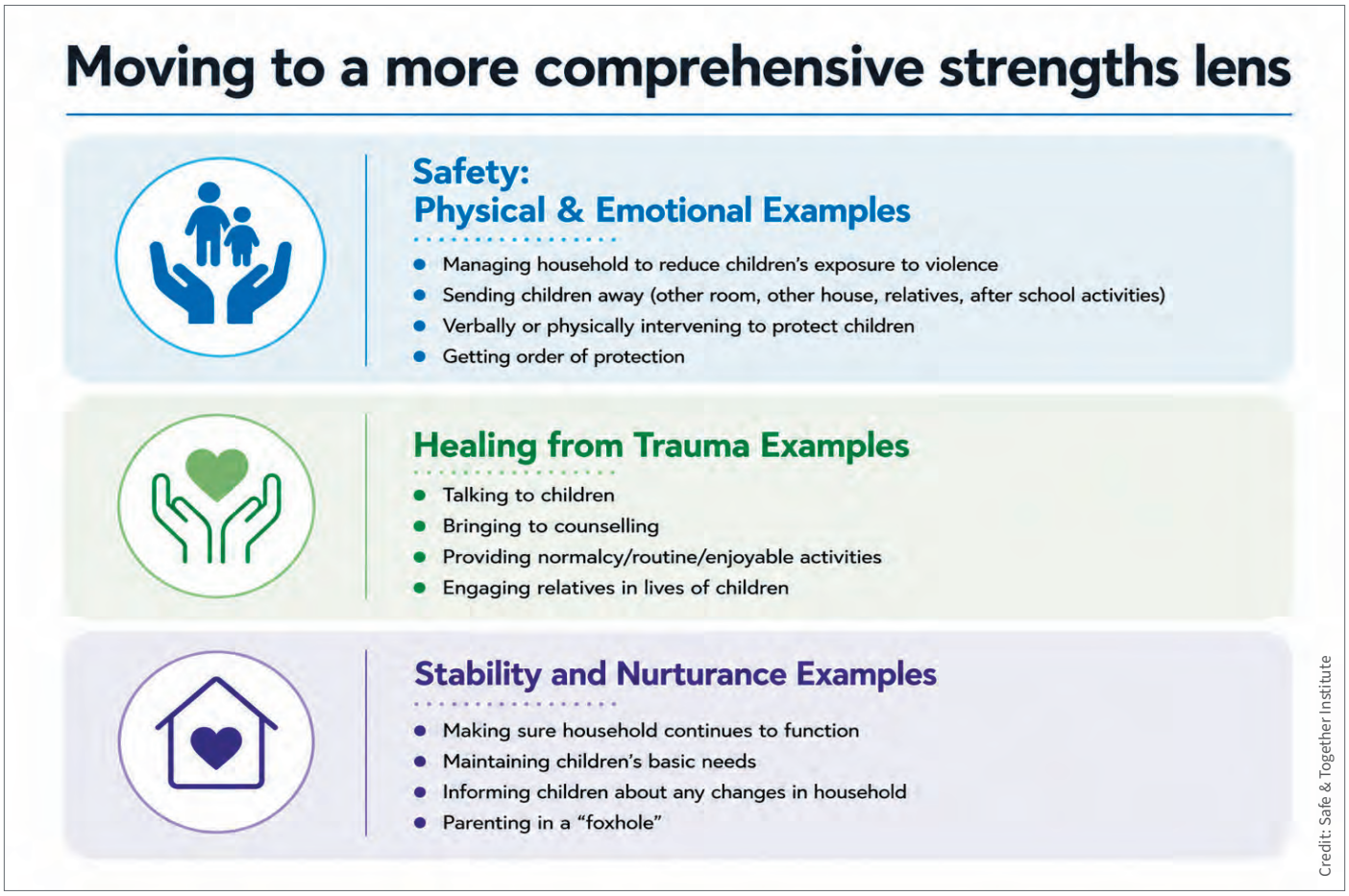
Through the S&T lens, supporting Aishah was key to strengthening her children's safety and well-being.

Counselling helped Aishah process the trauma and grief after violence, recognise her resilience, and advocate for herself.

Over time, Aishah grew calmer and more grounded. As she healed, Aishah became more present




Multiple Pathways to Harm
How a perpetrator's behaviour can impact children in multiple ways
PERPETRATOR'S PATTERN
• Coercive control towards adult survivor
• Actions taken to harm children
EFFECT ON PARTNER'S PARENTING
• Depression, PTSD, anxiety, substance abuse
• Loss of authority
• Energy goes to addressing perpetrator instead of children
• Interference with day to day routine and basic care
CHILDREN'S TRAUMA & SAFETY
• Victim of physical abuse
• Seeing, hearing or learning about the violence
EFFECTS ON FAMILY ECOLOGY
• Loss of income
• Housing instability
• Loss of contact with extended family
• Educational and social disruptions
HARM TO CHILD
Behavioural
Emotional
Social
Educational
Physical Injury
Developmental
Credit: Safe & Together Institute


Moving to a more comprehensive strengths lens
Safety:
Physical & Emotional Examples
• Managing household to reduce children's exposure to violence
• Sending children away (other room, other house, relatives, after school activities)
• Verbally or physically intervening to protect children
• Getting order of protection
Healing from Trauma Examples
• Talking to children
• Bringing to counselling
• Providing normalcy/routine/enjoyable activities
• Engaging relatives in lives of children
Stability and Nurturance Examples
• Making sure household continues to function
• Maintaining children's basic needs
• Informing children about any changes in household
• Parenting in a "foxhole"
Credit: Safe & Together Institute

for her children – playing with them, guiding them in their schoolwork, and taking time to help them understand the family changes. In doing so, she provided reassurance and a sense of stability during a difficult transition.

With safety plans in place and Aishah learning to set firmer boundaries with her then-husband, incidents of physical violence decreased, and the children's exposure to psychological harm was reduced.



Physical punishment can leave children feeling emotionally unsafe with their parent

Practical help proved just as vital. The FSC helped reduce the children's exposure to violence and conflicts by enrolling them in subsidised after-school care, while supporting the family's basic needs during a period of financial strain. During and after the divorce, Ariel also supported Aishah in pursuing maintenance to ensure the family's needs were met.

WHEN DISCIPLINE CROSSES THE LINE

In some families, violence against children is framed as discipline. Yet, research in child psychology shows that physical punishment, including caning, can breed fear or resentment and model aggression as a way of resolving conflict. Over time, it can also erode trust and safety in the parent-child relationship.

Lina* witnessed this firsthand. Her husband would frequently cane their children whenever they misbehaved. "Sometimes, he would also say very hurtful things, like telling them they would grow up to be useless," said Lina, who is in her 30s.

The impact on her children became evident after years of repeated punishment, from persistent bedwetting to increased aggression and social withdrawal.

PRIORITISING HER CHILDREN'S SAFETY

Lina was later referred to MWS TFSC, where a social worker advised her to apply for a PPO for her children. Although the PPO was not granted, Lina felt that applying for one was an important step in protecting her children.

She hopes more parents will move away from caning, and instead use conversation and consistent, non-physical consequences – such as a loss of privileges – to set firm boundaries.

While the road ahead remains uncertain amidst her acrimonious separation from her husband, Lina is focused on rebuilding a sense of safety and stability for her children – one small step at a time. "I want them to grow up knowing they are loved," she said.

HELPING HER CHILDREN BE CHILDREN AGAIN

For Aishah, the goal is similar: helping her children heal, and simply be children again.

Following the finalisation of their divorce, Aishah's co-parenting relationship with her ex-husband has improved. As a result, their children have begun to heal from the trauma. "They are more relaxed during sessions – playing, joking, and sharing their hopes and dreams," Ariel observed.

With tensions reduced, the children are able to spend more time with their father and receive support from both parents.

FROM HEARTBREAK TO HEALING

After nearly five years of counselling, Aishah has also undergone a significant transformation.

"I used to feel powerless and overwhelmed," she said. "But I've come to a place of acceptance and I'm able to look ahead, knowing that I have what it takes to face the future." UV

**Not their real names*

If you or someone you know may be experiencing family violence or abuse, call the 24-hour National Anti-Violence and Sexual Harassment Helpline on 1800-777-0000.



Credit: National Children's Alliance



Koh Ker Sin receiving the Nurses' Merit Award from Minister for Health Ong Ye Kung at the award ceremony on 6 July 2026

MWS NURSE KOH KER SIN RECEIVES NURSES' MERIT AWARD

At 88 and living with heart disease, Ong Ah Kim had one final wish: to spend her last days on a cruise. Cruising held special meaning for the mother of three, whose late husband had longed to go on one but never had the opportunity. For Ah Kim, these trips became a way of honouring his memory.

"She said that she loved cruising so much that if she were to pass away while on a cruise one day, she would be happy," recalled Koh Ker Sin, Assistant Nurse Manager with MWS Home Care & Home Hospice, who had journeyed with Ah Kim for nearly two years.

To fulfil Ah Kim's final wish, Ker Sin prepared the necessary medical documents and medications, and equipped her caregivers to recognise deterioration and administer medication safely. On Ah Kim's final cruise, days before her passing, Ker Sin remained by her side, ensuring her comfort and dignity throughout the journey.

"As a palliative care nurse, I have always felt that our work is less about finding a cure and more about making sure our patients are comfortable, heard, and treated with dignity," said Ker Sin. "There are many moments in palliative care that may not be visible to others – sitting quietly with a patient, holding a hand, listening to a family member's worries, or simply being present when there are no more words to say. These moments may seem small, but they can mean a lot to a patient and their loved ones."

"There are many moments in palliative care that may not be visible to others – sitting quietly with a patient, holding a hand, listening to a family member's worries, or simply being present when there are no more words to say."



Ker Sin with Ah Kim, a beneficiary of MWS Home Care & Home Hospice

For her outstanding service, along with clinical leadership and contributions to community and palliative care, Ker Sin received the Nurses' Merit Award 2026. Presented by the Ministry of Health, the award recognises nurses who have displayed exceptional performance, participated in professional development, and contributed to raising the nursing profession.

Ker Sin's work extends beyond direct patient care. She mentors junior nurses and plays an active role in service improvement initiatives, including F.E.E.L (Fundamentals and Essentials of End-of-Life Caregiver Education), which aims to improve caregivers' knowledge and understanding of home hospice patients approaching the end of life.

"The award has affirmed my belief that being a nurse is not just about our clinical skills, but also about the human connection we build with our patients," said Ker Sin. "Sometimes, our role is to advocate for their wishes; sometimes, it is to relieve their discomfort; and sometimes, it is simply to sit beside them and let them know they are not alone." UV



STANDING TOGETHER, SHINING BRIGHTER

From couples navigating marital strain and seniors searching for a sense of belonging to families weighed down by the pressures of daily life, many in our community face challenges that can feel overwhelming. Yet, by showing up for one another, we can make a difference, reminding others that hope is always within reach.

Scan to watch MWS' latest video, *Shining Brighter Together as One Community*, and discover how a caring community can empower individuals and families to have life to the full.

WALKING ALONGSIDE COUPLES IN MARITAL CONFLICT? THIS TOOLKIT CAN HELP

MWS has a new Befriender's Toolkit on Engaging Couples in Marital Conflict. The practical resource is designed to equip volunteers in supporting couples who are navigating marital challenges, and to offer help early.

Drawing on the expertise of MWS social workers and counsellors from the Strengthening Families Programme (FAM), the Toolkit helps volunteers understand sources of marital tension, recognise common interaction and stress-response patterns, and steer conversations towards healthier ways of resolving conflict.

Volunteers can also attend specialised workshops led by MWS' FAM team to build practical relational skills.



The *MWS Befriender's Toolkit: Engaging Couples in Marital Conflict* can be downloaded from **www.mws.sg/volunteer**. Interested in making a difference as an MWS volunteer? Learn more at **www.mws.sg/volunteer**, or email **volunteer@mws.sg**. UV

MWS ATTAINS ENABLING MARK (SILVER)



ENABLING MARK SILVER

Methodist Welfare Services (MWS) has been awarded the Enabling Mark (Silver), a national accreditation by SG Enable that recognises organisations for their commitment to inclusive employment.

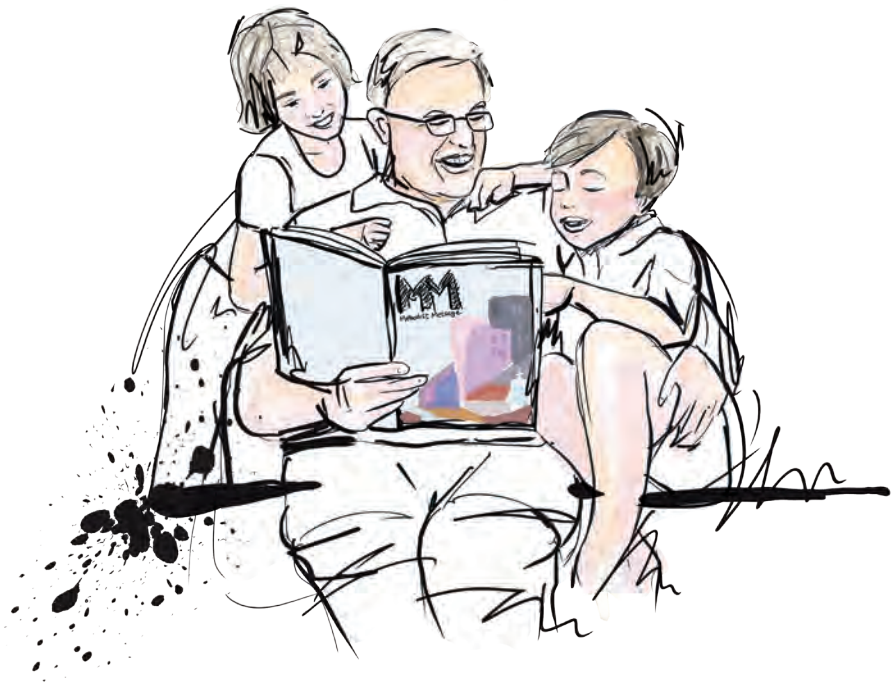
This achievement reflects MWS' ongoing commitment to building a workplace where everyone is treated with dignity and respect, and where persons of all abilities are empowered to thrive, contribute meaningfully, and reach their fullest potential.

Know anyone who's keen to join our growing organisation? Find out more about careers at MWS at **www.mws.sg/join-us**. UV

Your Monthly Slice of Methodist Life

Methodist Message

Featuring inspiring stories, theological reflections, and more, *Methodist Message* (MM) takes you on a journey of truth, faith and thoughtful living in an everchanging world.



Real Us • Real Stories • Real Faith

SCAN HERE

Subscribe Today

For more details, write to us at **subscriptions@methodist.org.sg** / visit us **methodist.org.sg/message**



Serving More, Serving Better

In conversation with MWS CEO Albert Ching on faith, servant leadership, and rallying the Methodist community as a force for good.

I saw sacrificial, servant leadership modelled by the volunteer officers who were others- and people-centred, committed to caring for us, and role-modelling for us to grow. It drew me to Christ.

COULD YOU SHARE A LITTLE ABOUT YOUR GROWING-UP YEARS?

Coming from a dysfunctional family, I learned early that navigating life and finding purpose would require faith, perseverance, hard work, and a willingness to trust God's leading. Along the way, God blessed me with many 'angels' whom He placed in my life – mentors, friends, and guides who encouraged me and helped shape my character and journey. Through their guidance and God's grace, I came to understand that true success is not merely about achievement, but about living faithfully, serving others, and fulfilling the purpose God has entrusted to me.

I was an introverted, quiet, and private boy. During the Secondary 1 CCA (co-curricular activities) Open House, I signed up to join The Boys' Brigade (BB) under pressure from my classmates but later refused to attend the meetings. After several weeks of absence, I received a letter from the BB Volunteer-Leader asking why I had not been attending, whether I was facing any challenges, and if I needed any help. That simple gesture touched me deeply. For the first time, I experienced a sense of love, belonging, and family warmth.

That was what eventually led me to join BB – and it became a turning point in my life. Through BB, I gained much more than friendships and life skills. Most importantly, I encountered Christ and received the gift of eternal life. BB became like a second family to me, and the people God placed in my life there played a significant part in shaping who I am today.

Looking back, I believe that what I initially saw as an invitation to join a uniformed group was, in God's providence, His invitation into a community where I would be loved, mentored, and ultimately come to know Him.

HOW DID THOSE EXPERIENCES SHAPE YOUR LEADERSHIP?

In BB, I saw sacrificial, servant leadership modelled by the volunteer officers who were others- and people-centred, committed to caring for us, and role-modelling for us to grow. It drew me to Christ. Later, when I was asked to lead BB as Executive Director in my twenties, I felt inadequate. But mentors came alongside me, generously guiding and helping me think through ideas and plans. Those experiences taught me that leadership is not about position, but about walking with people, serving them, and helping them grow.

My National Service (NS) journey also humbled me. I worked hard, achieved recognition, but did not receive the postings I had hoped for. At some point, I was disappointed and even angry with God. Looking back, I see how God placed me exactly where I needed to be. During my NS days, I stayed connected to church and volunteered actively with the BB. Before I completed NS, I was offered the opportunity to work for the BB full-time. It reminded me that God's plans often become clear only in hindsight.

HOW HAS THIS INFLUENCED YOUR SERVICE IN THE SOCIAL SERVICE SECTOR?

I see myself as a beneficiary of social services. Through mentors and volunteers, I experienced



Albert engaging with a beneficiary at MWS Senior Care Centre – Eunos

To serve more is to reach as many people as possible with God's love. To serve better is to pursue excellence, because we represent Christ in the way we care.

God's love in practical ways. That shaped my giving back by being part of the social service sector. Much of my life has been dedicated to serving, because I have been blessed by people who chose to show up for me.

WHAT LED YOU TO ACCEPT THE ROLE OF CEO AT MWS?

I have often preferred managing programmes over leading organisations. But through different encounters, conversations, and timing, I sensed God's hand at work. I was especially stirred by MWS' White Paper response to ForwardSG – the vision of mobilising the Methodist community as a force for good. MWS exists as the social concerns arm of The Methodist Church in Singapore, serving people at different points of struggle and seeking to empower them to have life to the full. That vision resonates deeply with me.



Albert joining fellow MWS colleagues to connect with seniors in Kampong Glam and introduce them to the programmes and activities at MWS Wesley Active Ageing Centre

AFTER YOUR FIRST THREE MONTHS AT MWS, WHAT HAS STOOD OUT MOST?

I sense a strong desire within MWS and the Methodist Church to serve God by serving people. That is why I speak about the need to "Serve More, Serve Better". To serve more is to reach as many people as possible with God's love. To serve better is to pursue excellence, because we represent Christ in the way we care.

WHAT ARE YOUR KEY PRIORITIES FOR MWS?

First, I hope to strengthen leadership and unite colleagues around our mission and purpose: to serve God and serve people. Second, I hope MWS can be used by God to rally the Methodist community – churches, schools, volunteers, and partners – to be a greater force for good. Third, we will continue to build a culture of excellence and innovation. Technology can help, but more importantly, we need to foster an innovation mindset, a collaborative spirit, and shared values such as respect, openness, and transparency to bring out the best in us and support one another.

WHAT GUIDES YOUR LEADERSHIP?

Luke 2:52 has shaped me: "And Jesus grew in wisdom and stature, and in favour with God and man." It reminds me that growth must be holistic – mental, physical, spiritual, and relational. Ultimately, we are called to emulate Christ. Jesus' humility also models servant leadership for me, and this has guided me to lead by serving others.

WHAT HAS ENCOURAGED YOU AT MWS SO FAR?

A visit to MWS' Senior Care Centre at Eunos stayed with me. One senior kept asking me to visit again, sharing how much she looked forward to coming to the Centre. I also met an elderly couple in their 80s who come regularly and enjoy their time there. These encounters encourage and remind me that many more people can experience life more fully through our work.

AMIDST ALL THAT'S GOING ON, HOW DO YOU STAY GROUNDED?

I start early with quiet time, reading the news, and getting out to exercise. Running or cycling helps a lot to clear my mind and be ready for the day. At MWS, I find it helpful that we make it a practice to start meetings with prayers and devotions. My regular one-to-one prayer with the chaplain also reminds me of why we do what we do, and who we do it for. Because I have benefitted so much and been blessed by so many, my only response is to serve and give back. UV



Albert enjoying a ride with fellow cycling enthusiasts



HELPING CHILDREN FEEL SAFE

MWS Family Service Centre – Tampines' *Keeping My Body Safe* programme is teaching children body safety skills and to seek help from trusted adults when feeling unsafe.

Muhammad Suffian Bin Bahrin, MWS Senior Programme Executive, teaching children to recognise bodily sensations linked to different emotions during the *Keeping My Body Safe* programme

In response to the rising incidence of family violence involving children, MWS Family Service Centre – Tampines has been running an ongoing Protective Behaviours groupwork programme to equip children with skills to recognise unsafe situations and seek help.

Designed for children aged seven to ten, the *Keeping My Body Safe* (KMBS) programme is anchored on two key principles: that every child has the right to feel safe at all times, and that they should be able to talk to a trusted adult about anything, no matter what it is.

"The groupwork's main aim is to provide upstream intervention in addressing family violence and child sexual abuse," said Muhammad Suffian Bin Bahrin, a senior programme executive who was part of the team that developed and implemented the programme. "Children are taught to recognise and understand their feelings and bodily sensations, helping them identify what these signals may mean, such as feeling scared, anxious, or excited."

"They also learn safe and appropriate ways to respond to these feelings and sensations, including practising regulation techniques and identifying trusted adults whom they can approach for support or confide in."

Empowering children to speak up

Participants include children who have witnessed or experienced family violence or harsh physical punishment, and those who come from families where sexual abuse has occurred.

One participant is nine-year-old Jayden*, who has been exposed to spousal violence and experienced harsh physical punishment. Through the programme, he learnt to recognise how his body reacts during distressing situations and how to manage those emotions. He has also become more willing to seek help from trusted adults, like his social worker, Antonia Lee, who is part of the team facilitating the KMBS programme.

"The groupwork's main aim is to provide upstream intervention in addressing family violence and child sexual abuse."

Recalling a conflict between his parents, Jayden shared, "When my father and mother were fighting, it was very, very scary. I went into my room, breathed in and out, and squeezed my pillow. After that, I felt calmer and not so scared anymore."

He later shared the incident with Antonia, who followed up with his mother. "We teach children that they should not intervene or carry the responsibility of managing adult conflicts themselves," Antonia explained. Since then, Jayden's mother has become more intentional about shielding her children from conflict at home. "If I'm having a disagreement with my husband, we will close the door or lower our voices," she said.

Reinforcing safety at home

Recognising that children need consistent reinforcement about protective behaviours, the team introduced a family session where parents join their children.

Jasmine*, who attended the family session with her children, shared that the programme created a safe and open environment for conversations about body safety. "The more informed my children are about how to keep their bodies safe, the more comfortable they will feel speaking up instead of hiding things out of fear or embarrassment," she said. UV

**Not their real names*

"THERE'S A LOT OF FIRE-FIGHTING."

Journeying with family violence survivors through trauma and recovery can be emotionally intense work – yet also deeply fulfilling, says MWS Senior Social Worker Ng Yu Qing.



Through her work at MWS, Ng Yu Qing helps survivors of family violence find safety, support, and strength to move forward

A mother repeatedly hospitalised from years of domestic abuse, including assaults involving weapons. One child so affected by violence at home that she once threatened a parent with a weapon in a moment of distress. A young woman so scarred by violence perpetrated by her brother that even leaving the house was a struggle.

These are just some of the many family violence cases that pass through the doors of MWS' Family Service Centres (FSCs) which social worker Ng Yu Qing has encountered in her work.

Power of peer support

The prevalence of such cases prompted Yu Qing and her team at MWS FSC – Tampines to run a groupwork for female survivors. Called *Captains of the Sea*, the seven-week programme helps participants understand trauma, learn coping tools, and rebuild their sense of agency.

Unlike one-on-one counselling, groupwork offers something uniquely powerful: shared understanding and experience. "Many survivors carry their experiences in silence due to shame, fear of judgment, or a lack of support," said Yu Qing. "Hearing from fellow survivors helps them realise they are not alone."

Battling crises on the frontline

Crisis management is part and parcel of the job, especially with family violence being the FSC's top presenting issue. "It can be stressful because some clients come to us when situations are highly volatile, such as after a major conflict or recurrence of violence," Yu Qing said. "At times, there's a lot of fire-fighting, trying to manage one crisis after another."

"The work can get very overwhelming and emotionally draining. But it's also very fulfilling to be able to journey with clients when they are at their most vulnerable."

"The work can get very overwhelming and emotionally draining. But it's also very fulfilling to be able to journey with clients when they are at their most vulnerable."

Supporting survivors goes beyond addressing the violence itself. Yu Qing once worked with a mother of two who had endured years of severe abuse by her husband. Besides facilitating the client's move to stay with her family of origin, Yu Qing also supported the client to access mental health services and work towards employment to reduce her financial reliance on her husband. Over time, the client's mental health improved, enabling her to secure a job, regain stability, and focus on herself and her children.

More than meets the eye

Yu Qing added that many survivors' decision to remain in abusive relationships are often far more complex than they appear. Factors such as financial dependence, limited support networks, trauma bonding, and coercive control can all make leaving incredibly difficult.

"We pace with the client and provide psychoeducation on their rights including laws that can protect them, and community resources such as shelters and Personal Protection Orders, so they can be empowered to choose alternative pathways," she said.

Yu Qing hopes the community will also play a greater role in recognising and responding to family violence. "Many only seek professional help after a crisis," she said. "If the community can spot the signs and alert someone earlier, we may be able to prevent more serious harm, especially in cases involving children, who often do not have a voice." UV

MWS SERVICE POINTS

MWS CORPORATE SERVICES
Methodist Welfare Services
70 Barker Road #05-01
Singapore 309936
Tel: 6478 4700 Fax: 6478 4701
Email: admin@mws.sg
Website: www.mws.sg

FAMILY SERVICES

MWS CHRISTALITE STUDENT CARE CENTRE
Blk 122 Geylang East Central
#01-74 Singapore 380122
Tel: 6744 4927
Email: MWScscc@mws.sg

MWS GIRLS' RESIDENCE
600 Upper Thomson Road
Blk A #01-01 Singapore 574421
Tel: 6391 0567
Email: MWSgr@mws.sg

MWS COVENANT FAMILY SERVICE CENTRE – HOUGANG
Blk 613 Hougang Ave 8
#01-432 Singapore 530613
Tel: 6282 8558
Email: MWScfsc@mws.sg

MWS COVENANT FAMILY SERVICE CENTRE – BUANGKOK
Blk 997B Buangkok Crescent
#01-853 Singapore 532997
Tel: 6282 8558
Email: MWScfsc@mws.sg

MWS FAMILY SERVICE CENTRE – SENGKANG WEST
Tel: 6485 5500
Email: MWSfscsk@mws.sg

MWS FAMILY SERVICE CENTRE – TAMPINES
Blk 470 Tampines St 44
#01-194 Singapore 520470
Tel: 6787 2001
Email: MWSfsct@mws.sg

MWS FAMILY SERVICE CENTRE – YISHUN
Blk 855 Yishun Ring Road
#01-3539 Singapore 760855
Tel: 6756 4995
Email: MWSfscy@mws.sg

MWS FAMILY DEVELOPMENT PROGRAMME
70 Barker Road #05-01
Singapore 309936
Tel: 6478 4700 Fax: 6478 4701
Email: MWSfdp@mws.sg

FAMILIES FOR LIFE @COMMUNITY – MWS
Blk 619 Hougang Ave 8
#01-316 Singapore 530619
Tel: 6843 9580
Email: MWSfflc@mws.sg

STRENGTHENING FAMILIES PROGRAMME (METHODIST WELFARE SERVICES)
Blk 615 Hougang Ave 8
#01-402 Singapore 530615
Tel: 6330 1080
Email: fam@mws.sg

MWS CHRISTALITE METHODIST HOME
51 Marsiling Drive
Singapore 739297
Tel: 6368 5179 Fax: 6368 7127
Email: MWScmh@mws.sg

HEALTHCARE SERVICES

MWS BETHANY NURSING HOME – CHOA CHU KANG
9 Choa Chu Kang Ave 4
Singapore 689815
Tel: 6314 1580 Fax: 6314 1576
Email: MWSbnh@mws.sg

MWS NURSING HOME – EUNOS
1A Chin Cheng Avenue
Singapore 429493
Tel: 6843 9688
Email: MWSnhe@mws.sg

MWS NURSING HOME – YEW TEE
51 Choa Chu Kang North 6
Singapore 689581
Tel: 6568 9200
Email: MWSnhyt@mws.sg

MWS HOME CARE & HOME HOSPICE
2 Kallang Avenue
CT Hub #08-14
Singapore 339407
Tel: 6435 0270 Fax: 6435 0274
Email: MWShh@mws.sg

MWS SENIOR CARE CENTRE – EUNOS
1 Chin Cheng Avenue
#01-02 Singapore 429400
Tel: 6530 3635
Email: MWSscc@mws.sg

MWS CHARIS ACE ACTIVE AGEING CENTRE – GEYLANG EAST
Blk 125 Geylang East Ave 1
#01-05 Singapore 381125
Tel: 6842 0497
Email: MWScaceaac@mws.sg

MWS WESLEY ACTIVE AGEING CENTRE – JALAN BERSEH
Blk 25 Jalan Berseh
#01-142 Singapore 200025
Tel: 6298 0194 / 6298 0195
Email: MWSwaac@mws.sg

MWS ACTIVE AGEING CENTRE – FERNVALE RIVERGROVE
Blk 473A Fernvale Street
#01-17 Singapore 791473
Tel: 6481 7395
Email: MWSaacfr@mws.sg

MWS ACTIVE AGEING CENTRE – GOLDEN LILY@PASIR RIS
Blk 212A Pasir Ris St 21
#01-616 Singapore 511212
Tel: 6214 0119 / 6214 0189
Email: MWSaacgl@mws.sg

MWS ACTIVE AGEING CENTRE – GREENTOPS@SIMS PLACE
Blk 63 Sims Place
#01-227 Singapore 380063
Tel: 6747 1786 / 6747 1796
Email: MWSaacsp@mws.sg

MWS ACTIVE AGEING CENTRE – KEBUN BARU
Blk 180 Ang Mo Kio Ave 5
#01-2980 Singapore 560180
Tel: 6238 4136 / 6238 4137
Email: MWSaackb@mws.sg

MWS ACTIVE AGEING CENTRE – TECK GHEE VISTA
Blk 307D Ang Mo Kio Ave 1
#01-01 Singapore 564307
Tel: 6684 0341 / 6684 0361
Email: MWSaactg@mws.sg

METHODIST WELFARE SERVICES

MWS is a registered charity and an Institution of a Public Character.

MWS is a member of the National Council of Social Service.
IPC Registration No: IPC000360
Charity Registration No: 00166
UEN: S81SS0088H
MDDI (P) 041/07/2026

Printed by Yung Shung Printrade Pte Ltd
Copyright ©2026 MWS. All rights reserved.

Editor-in-Chief: **Albert Ching** Editor: **Michelle Aw Yong** Writers: **Michelle Aw Yong, Cheryl Ong**

Contributions, advertising enquiries, and postal and email address updates may be addressed to comms@mws.sg.
UNCOMMON VOICES is the publication of Methodist Welfare Services, a registered charity that is the social concerns arm of The Methodist Church in Singapore. It is circulated free of charge to donors, volunteers, community partners, friends, as well as Methodist churches, schools and agencies.

METHODIST WELFARE SERVICES

With just $1 a day, you can help someone get out of the poverty cycle*.



Hwee Choo (left) is a monthly donor and volunteer at MWS Senior Care Centre - Eunos

Scan to Create Change Today!

give.mws.sg/creating-change

*The poverty cycle encompasses different forms of poverty, from financial distress, poor social support, health, relationships, to lack of opportunities and choices.



With just $1 a day, you can:

- $1 Help with basic living costs for a financially distressed family for a week
- $1 Sponsor one counselling and therapy session for a youth at risk or a family in distress
- $1 Provide medical supplies for the frail residents in our nursing homes
- $1 Provide programmes to address health and social needs faced by socially isolated seniors
- $1 Help a low-income family clear their debt or build assets

FAITH METHODIST CHURCH

JOIN US ON SUNDAYS!

CONTEMPORARY SERVICE
- 9.00AM & 11.15AM
- WORSHIP HALL (LEVEL 4)

TRADITIONAL SERVICE
- 8.00AM
- SANCTUARY (LEVEL 1)

PRAISE @ AC CONTEMPORARY SERVICE
- 10.30AM
- ACJC FAITH CENTRE FOR PERFORMING ARTS

THE TACKLEBOX (TTB) TTB MEETS
- 9.00AM
- 3RD, 4TH & 5TH SUNDAYS
- ACJC, LECTURE THEATRE 4

BELONG BELOVED BEYOND

FIND OUT MORE!

faithmc.sg



UV
不同凡响
第二期/2026

METHODIST WELFARE SERVICES
45 YEARS



重建家园，让家再次成为安全的地方

编者的话

对许多人来说，家是最让人感到安心的地方，是一个可以放松身心、与所爱的人相伴的避风港。

然而，对一些家庭而言，家却可能是一个令人恐惧、充满不安的地方。

本期，我们将走近家暴幸存者，看他们如何重新站稳脚步，也看看孩子如何认识复杂的情绪，学习勇敢说出来。我们也将看见社工如何陪伴面对危机的家庭，一起走过难关。这些故事提醒我们，暴力留下的伤痕不一定看得见。恐惧、焦虑和行为上的改变，都可能是家暴带来的影响。如果我们没有用心观察、耐心聆听，这些警讯很容易被忽略。

身为家人、朋友或邻居，让我们学习辨识相关迹象，并做好准备，主动关心可能正面对困难的人。

欲知更多故事，了解我们的工作，请扫描:

欧阳明怡
编辑

- **家暴问题持续增加，而且往往隐藏在家庭中，许多个案都是在家庭服务中心深入了解家庭情况后才逐渐浮现。**
- **即使没有直接遭受虐待，孩子也会因为家暴而受到深远影响。**
- **支持身为家暴幸存者的父母，是保护孩子的重要关键。赋权与协助看护者疗愈创伤、有助于恢复家庭的稳定与安全。**
- **从情绪疗愈、住屋安排、经济援助到亲职支持，全方位的协助能带来关键改变。**

Aishah Abdullah的前夫曾用力将她推倒，巨大的冲击力把她整个人甩到房间另一头。现年42岁的Aishah回忆说：“我的头重重地撞到地板，导致脑震荡，之后一直不停呕吐。”

当时，三岁的儿子亲眼目睹这一幕，哭着跑出房间；另外两名分别五岁和两岁的儿子，则赶紧跑过来扶起妈妈。

看不见的伤痕

Aishah的社工余亦婷形容，在家庭长期充满冲突与动荡的岁月里，Aishah的大儿子Haziq*一直处于“时刻保持警戒”的状态。每当亦婷到家中探访时，Haziq总会默默待在附近，安静地听着大人之间的谈话。

Haziq的担心并非毫无缘由。他亲眼看到长期虐待对母亲造成的影响，而这些虐待包括身体和性方面的暴力，以及丈夫不忠所带来的心理伤害。当Aishah发现当时的丈夫再次外遇时，巨大的痛苦几乎将她击垮，她甚至一度尝试结束自己的生命。

Aishah说：“丈夫第一次外遇时，曾经离开我和大儿子好几个月。我选择原谅他，因为我不希望孩子在破碎的家庭中

MDDI (P) 041/07/2026

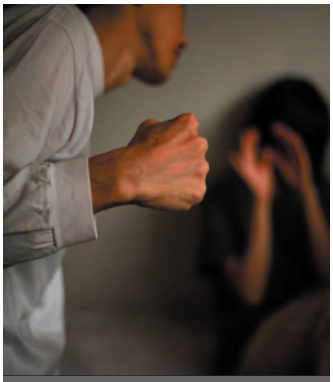
长大。当事情再次发生时，我真的崩溃了，也觉得自己非常孤单。”

隐藏在家庭中的危机

Aishah的经历，正反映了新加坡一个令人忧心的趋势。

新加坡通报的配偶暴力个案，已从2021年的1,632起，上升至2024年的2,136起。

根据社会及家庭发展部发布的《2025年家庭暴力趋势报告》（Domestic Violence Trends Report 2025），有些服务对象最初向家庭服务中心求助时，是因为经济压力或亲子教养等问题；然而，随着社工持续深入了解家庭情况后，才发现背后隐藏着家暴问题。这也反映出，家暴往往比表面所见更加复杂，也更容易被忽略。



在新加坡，被通报的配偶暴力个案在三年间增加了31%

打破沉默

多年默默承受痛苦后，Aishah终于向MWS家庭服务中心 – 淡滨尼寻求援助。

在陪伴她办理离婚期间，亦婷首先协助Aishah为自己和孩子建立安全保障。由于申请个人保护令未获批准，她们便采取其他实际措施，例如更换门锁，并预先规划如果丈夫再次上门时，应如何应对。



社工余亦婷与家暴幸存者Aishah Abdullah在MWS家庭服务中心 – 淡滨尼进行辅导

家暴带来的层层伤害

在协助像Aishah一样的家暴幸存者时，亦婷采用了 Safe & Together（S&T）模式（见下图）所倡导的优势视角（strengths-based approach）。这套模式肯定家暴幸存者保护和照顾家人的能力，同时也强调，应由施暴者为自己的行为负责。

S&T模式也帮助人们重新理解家暴所造成的伤害。亦婷解释：“家暴带来的伤害，并不仅仅是看得见的身体伤害。施暴者的行为同样会影响孩子的成长、他们的安全感，以及整个家庭的运作。”

Aishah的经历正是一个例子。多年来，配偶暴力给她带来了沉重的心理创伤，而孩子们也长期承受着家庭动荡所带来的影响。

亦婷分享说：“Aishah在情绪极度崩溃时会在家中痛哭，而孩子们有时会主动安慰她，甚至替她擦眼泪。”这种角色颠倒，容易影响孩子的成长，也会模糊亲子之间应有的界限，进一步影响他们的情绪和心理健康。

疗愈父母，就是保护孩子

从S&T模式的角度来看，支持 Aishah正是守护孩子安全与福祉的重要一步。

透过辅导，Aishah逐渐走出家暴带来的创伤与失落，重新看见自己的韧性，也学会勇敢为自己发声。



图片来源：Safe & Together Institute　翻译：卫理福利服务



图片来源：Safe & Together Institute　翻译：卫理福利服务



图片来源：Safe & Together Institute　翻译：卫理福利服务

随着时间过去，她的情绪渐渐稳定下来，内心也变得更加踏实。在疗愈自己的过程中，Aishah也更能陪伴孩子成长，例如陪他们玩耍、辅导功课，并花时间帮助他们理解家庭所经历的改变。这些陪伴，让孩子在艰难的过渡时期重新感受到安心，也为他们带来一份稳定与踏实。

随着安全计划逐步落实，加上Aishah学会与当时的丈夫建立更明确的界限，肢体暴力事件逐渐减少，孩子受到心理伤害的机会也随之降低。

除了情绪上的支持，实际援助同样不可或缺。家庭服务中心安排孩子到获得补助的学生托管中心，减少他们接触家庭冲突和暴力的机会；在家庭面对经济困难期间，也提供基本生活援助。在Aishah离婚期间及离婚后，亦婷也协助她申请赡养费，确保一家人的基本生活需要能够获得保障。

当管教越了界

在一些家庭里，对孩子使用暴力被视为一种管教方式。然而，儿童心理学研究显示，体罚（包括鞭打）容易让孩子产生恐惧或怨恨，也会让他们误以为暴力是解决冲突的方法。长久下来，更会削弱亲子之间的信任与安全感。



体罚可能让孩子在情感上失去对父母的安全感

Lina*对此深有体会。孩子行为不当时，她的丈夫经常会用藤条鞭打他们。现年三十多岁的Lina说：“有时候，他还会说一些非常伤人的话，例如骂孩子长大后一定一事无成。”

多年来反复的体罚，对孩子造成的影响逐渐显现，包括持续尿床、攻击性增强，以及不愿与人来往。

以孩子的安全为先

后来，Lina被转介MWS家庭服务中心 – 淡滨尼，社工建议她为孩子申请个人保护令。虽然申请最终未获批准，但Lina认为，这是保护孩子的重要一步。

她也希望更多父母能够放下体罚，改以沟通和坚定而非暴力的管教方式，例如暂时取消某些权利或福利，让孩子明白不良行为需要承担后果。

尽管与丈夫的离婚过程充满波折，未来仍有许多未知，Lina仍专注于一步一步地为孩子重建安全感和稳定的生活。她说：“我希望他们在成长过程中，知道自己是被爱着的。”

帮助孩子重新做回孩子

对Aishah来说，她最大的心愿也一样——帮助孩子走出创伤，重新做回无忧无虑的孩子。

离婚手续完成后，Aishah与前夫的共同育儿关系逐渐改善，孩子们也开始慢慢走出创伤。亦婷观察到：“现在，他们在辅导过程中变得轻松多了，会一起玩、一起开玩笑，也愿意分享自己的梦想和对未来的期待。”

随着家庭关系逐渐缓和，孩子们不仅能与父亲有更多相处的时间，也能得到父母双方的关爱与支持。

从伤痛走向疗愈

经过将近五年的辅导，Aishah也经历了很大的改变。

Aishah说：“以前的我，总觉得自己很无助，也被生活压得喘不过气。现在，我已经学会接受过去发生的一切，也相信自己有能力面对未来。” UV

*文中姓名均为化名



图片来源：National Children's Alliance　翻译：卫理福利服务

如果您或身边的人正经历家暴或虐待，请拨打24小时全国防暴及性骚扰热线：1800-777-0000，寻求协助。

MWS护士许可欣荣获护士优异奖

88岁的王亚金患有心脏病。她最后的心愿，是在生命最后的日子里，来一趟邮轮之旅。邮轮之旅对这位育有三名孩子的母亲有着特殊意义。她已故的丈夫生前一直希望能乘坐邮轮，却始终没有机会实现这个愿望。对亚金来说，一次次的邮轮之旅，也成为她缅怀丈夫的一种方式。

MWS居家护理与慈怀疗护助理护士经理许可欣陪伴亚金走过近两年的疗护旅程。她回忆说："亚金曾告诉我，她非常喜欢坐邮轮。如果有一天能在邮轮旅途中离世，她也会觉得很幸福。"

为了帮助亚金实现最后的心愿，可欣准备好所需的医疗文件和药物，也教导亚金的看护者如何辨识病情恶化的迹象，以及如何安全地为她用药。在亚金人生最后一次邮轮之旅中，距离她离世仅剩数日，可欣始终陪伴在她身边，让她一路上都能舒适、有尊严地度过。

可欣说："身为慈怀疗护护士，我一直认为，我们的工作重点并不是治愈疾病，而是确保病人感到舒适、有人倾听，并获得有尊严的照顾。慈怀疗护中有许多时刻，外人未必看得见。可能只是静静坐在病人身旁、握着他们的手、聆听家属的忧虑，或是在彼此已经无话可说时，依然陪伴左右。这些看似微不足道的时刻，对病人和他们所爱的人来说，却可能意义深远。"

凭着出色的服务表现，以及在临床领导、社区护理和慈怀疗护方面的贡献，可欣荣获2026年护士优异奖。该奖项由卫生部颁发，旨在表扬表现卓越、积极提升专业能力，并为推动护理专业发展作出贡献的护士。



2026年7月6日，许可欣在颁奖典礼上从保健卫生部长王乙康手中接过护士优异奖

可欣的贡献并不限于直接照顾病人。她也指导资历较浅的护士，并参与改善服务的项目，包括看护者专项能力提升 – 临终关怀须知（Fundamentals and Essentials of End-of-Life Caregiver Education）计划，帮助看护者增进相关知识，更了解如何照顾生命即将走到尽头的居家护理与慈怀疗护病人。

可欣说："这个奖项更加坚定了我的信念：护理工作不只是关乎临床技能，也在于我们与病人之间建立的连结。有时候，我们需要为病人的意愿发声；有时候，是减轻他们的不适；有时候，我们能做的，就只是静静坐在他们身旁，让他们知道自己并不孤单。" UV

社区同心，携手闪耀



社区中有许多人正面对着种种令人难以招架的挑战。有的夫妻面对婚姻关系紧张，有的年长者渴望找到归属感，也有家庭被日常生活的压力压得喘不过气。然而，只要我们愿意彼此陪伴、互相扶持，就能带来改变，让身处困境的人知道，希望从未遥不可及。

扫描二维码，观看MWS最新短片《社区同心，携手闪耀》，看看一个充满关爱的社区，如何赋能个人与家庭活出圆满人生。

MWS荣获包容残障就业银色标志

卫理福利服务荣获由新加坡协助残障者自立局颁发的包容残障就业银色标志。这项全国认证旨在肯定致力推动共融就业的机构。

这项肯定体现了卫理福利服务持续打造共融职场的承诺，让每个人都能获得尊重与尊严，也让不同能力的人都能充分发挥所长和潜能，作出有意义的贡献。

身边有人有兴趣加入卫理福利服务这个不断壮大的团队吗？欢迎浏览卫理福利服务招聘网页**www.mws.sg/join-us**，了解更多就业机会。 UV

陪伴面对婚姻冲突的夫妻？这套工具包能帮上忙

MWS推出《亲善之友工具包：如何引导面临婚姻冲突的夫妇》，为志愿者提供实用资源，帮助他们陪伴面对婚姻问题的夫妻，并及时伸出援手。

这套工具包汇集巩固家庭计划（卫理福利服务）（Strengthening Families Programme (Methodist Welfare Services)）社工与辅导员的专业经验，帮助志愿者了解婚姻关系紧张的原因、辨识常见的互动模式及面对压力时的反应，并引导夫妻以更健康的方式沟通和化解冲突。

志愿者也可参加由巩固家庭计划（卫理福利服务）团队带领的专题工作坊，学习实用的人际关系技巧。



《亲善之友工具包：如何引导面临婚姻冲突的夫妇》可从**www.mws.sg/volunteer**下载。有兴趣成为MWS志愿者，为他人的生命带来改变吗？欢迎浏览**www.mws.sg/volunteer**了解更多，或电邮至 **volunteer@mws.sg** 与我们联系。 UV



广行服侍，精益求精

专访卫理福利服务集团执行总监钟良兴，畅谈信仰、仆人式领导，以及如何凝聚卫理公会群体的力量，一同为社会带来正向改变。

可以分享一些您的成长经历吗？

我来自一个关系不和睦的家庭，因此很早就明白，要在人生中找到方向和意义，需要信仰、坚持、努力，也要愿意相信上帝的带领。一路走来，上帝也赐给我许多“天使”。祂把导师、朋友和引路人带到我的生命中。他们不断鼓励我，也塑造了我的品格和人生道路。在他们的引导和上帝的恩典下，我渐渐明白，真正的成功不只是取得多少成就，而是忠于信仰、服侍他人，并完成上帝托付给我的使命。

小时候的我性格内向、安静，也不太愿意与别人分享自己的事。中一那年，学校举行课外活动开放日，我经不起同学们的游说，报名参加了男少年旅，但后来却一直不肯去参加活动。缺席了几个星期后，我收到一封来自男少年旅志愿领袖的信。他在信中问我为什么一直没有参加活动，是不是遇到了什么困难，又问我是否需要帮助。这个看似简单的举动深深触动了我。那是我第一次感受到被关爱、被接纳，以及如家一般的温暖。

因此，我最终加入了男少年旅，而这个决定成为我人生的转折点。在男少年旅，我的收获不只是友谊和生活技能。更重要的是，我在那里认识了基督，领受了永生的恩典。男少年旅就像我的第二个家，上帝在那里安排许多人走进我的生命，他们对今天的我有着深远的影响。

回想起来，当初我以为那只是一份加入制服团体的邀请，但在上帝的安排中，那其实是祂邀请我进入一个群体。在那里，我得到关爱和引导，最终认识了祂。

这些经历如何塑造您的领导方式？

在男少年旅，我从志愿领袖身上看见了舍己的仆人式领导。他们以他人为先、以人为本，用心关怀我们，也以身作则，帮助我们成长。这也吸引我走向基督。后来，我二十多岁时受邀担任男少年旅执行董事，带领整个机构。当时的我觉得自己能力不足，难以胜任。幸好有导师一路陪伴，毫无保留地指导我，也和我一起思考各种构想与计划。这些经历让我明白，领导不在于职位高低，而是与人同行、服侍他们，帮助他们成长。

服国民服役的经历也让我学会谦卑。当时我非常努力，也获得了肯定，却没有得到自己期望的岗位。有一段时间，我感到失望，甚至生上帝的气。如今再回头看，我才明白，上帝把我放在了最适合我的位置。服役期间，我继续与教会保持联系，也积极参与男少年旅的志愿服务。还没完成国民服役，我就获得全职加入男少年旅工作的机会。这段经历再次提醒我，上帝的计划往往要在事后回望时，才看得清楚。

这些经历如何影响您在社会服务领域的服侍？

我把自己看作社会服务的受益者。透过一路上遇到的导师和志愿者，我亲身感受到上帝如何借着他们的实际行动来爱我。也正因为如此，我选择投身社会服务领域，回馈自己曾经得到的关爱。我人生中大部分时间都投入在服侍上，因

我从志愿领袖身上看见了舍己的仆人式领导。他们以他人为先、以人为本，用心关怀我们，也以身作则，帮助我们成长。这也吸引我走向基督。



良兴在MWS结合乐龄护理中心 – 友诺士与一名服务对象交流

“广行服侍”，就是让上帝的爱触及更多人；“精益求精”，就是在服务上不断追求卓越，因为我们关怀他人的方式，也代表着基督。

为我曾经得到许多人的祝福。他们愿意在我需要的时候出现、陪伴我。

是什么促使您接受卫理福利服务集团执行总监一职？

一直以来，比起带领整个机构，我更喜欢管理服务计划。但一路上发生的一些事、与人的交谈，以及种种事情发生的时机，都让我渐渐感受到上帝的带领。尤其触动我的是卫理福利服务针对“新加坡携手前进”发表的白皮书回应，其中提出凝聚卫理公会群体的力量，一同为社会带来正向改变的愿景。卫理福利服务是新加坡卫理公会的关怀与外展机构，在人们面对人生不同困境时伸出援手，赋能他们活出圆满人生。这个愿景与我的信念深深契合。



良兴与卫理福利服务同事一同走访甘榜格南，与年长者交流，并向他们介绍MWS卫斯理活跃乐龄中心 – 惹兰白锡的服务计划与活动

加入卫理福利服务三个月以来，什么给您留下最深刻的印象？

我感受到卫理福利服务和卫理公会群体都有一份强烈的心志，希望透过服侍人来服侍上帝。这也是为什么我一直强调“广行服侍，精益求精”（Serve More, Serve Better）。“广行服侍”，就是让上帝的爱触及更多人；“精益求精”，就是在服务上不断追求卓越，因为我们关怀他人的方式，也代表着基督。

您对卫理福利服务有哪些首要目标？

首先，我希望加强领导团队，凝聚同事，让大家围绕共同的使命与目标前进：服侍上帝，服务人群。第二，我希望上帝能够使用卫理福利服务凝聚整个卫理公会群体，包括教会、学校、志愿者和合作伙伴，让我们汇聚更大的力量，为社会带来更多正向的改变。第三，我们将继续建立追求卓越和勇于创新的文化。科技固然能够助我们一臂之力，但更重要的是培养创新思维和协作精神，建立彼此尊重、开放和透明等共同价值观，让每个人都能发挥所长，也彼此扶持。

您的领导理念是什么？

《路加福音》2章52节一直深深影响着我：“耶稣的智慧和身量，以及　神和人对他的喜爱，都不断增长。”这节经文提醒我，人的成长应该是全面的，包括心智、身体、灵性和人际关系。最终，我们蒙召效法基督。耶稣的谦卑也让我看见仆人式领导的榜样，提醒着我以服侍他人的方式来带领团队。

加入卫理福利服务至今，有什么经历特别鼓励您？

一次到访MWS结合乐龄护理中心 – 友诺士的经历让我印象深刻。一位年长者不断邀请我再去探望她，还告诉我，她很期待到中心来。我也遇到一对八十多岁的年长夫妇，他们经常到中心，也很享受在那里度过的时光。这些相遇给了我很大的鼓励，也让我看见，我们的工作能够帮助更多人活出圆满人生。

面对繁忙的工作与生活，您如何让自己保持平稳、专注？

我每天很早起床，先花时间亲近上帝，然后看看新闻，再出去运动。跑步或骑脚踏车很能帮助我理清思绪，为新的一天做好准备。在卫理福利服务，我觉得我们养成以祷告和灵修开始会议的习惯很有帮助。我也定期与教牧一对一祷告，这不断提醒我，我们为什么做这一切，而且是为了谁而做。一路走来，我得到过太多人的帮助，也领受了许多祝福。因此，对我而言，最自然的回应就是服侍，把自己所领受的回馈他人。UV



良兴与一群热爱骑行的伙伴一起享受骑行的乐趣



帮助孩子建立安全感

MWS家庭服务中心 – 淡滨尼推出的《保护我的身体》(*Keeping My Body Safe*)课程，帮助孩子学习保护自己的身体，并在感到不安全时勇敢向信任的大人求助。

MWS高级项目执行员Muhammad Suffian Bin Bahrin在《保护我的身体》课程中，引导孩子认识不同情绪所带来的身体反应

由于涉及儿童的家暴个案日益增加，MWS家庭服务中心 – 淡滨尼持续开展自我保护行为（Protective Behaviours）小组课程，帮助孩子辨识危险情况，并学习如何寻求帮助。

《保护我的身体》（*Keeping My Body Safe*）专为七至十岁的儿童设计，围绕两个核心理念展开：每个孩子都有权时刻感到安全；无论遇到什么事情，都可以向自己信任的大人倾诉。

参与开发及推行课程的MWS高级项目执行员Muhammad Suffian Bin Bahrin表示："这项课程主要希望透过预防性的介入，减少家暴及儿童性侵所带来的伤害。课程会教导孩子认识自己的情绪，以及身体在不同情绪下出现的反应，例如害怕、焦虑或兴奋时身体会有什么感觉，帮助他们理解这些讯号所代表的意义。"

"孩子也会学习如何以安全、适当的方式回应这些情绪和身体反应，例如练习调节情绪的方法，并找出值得信任的大人，在需要时向他们求助或倾诉。"

赋能孩子勇敢发声

参与课程的孩子包括曾目睹或经历家暴、遭受严厉体罚，以及来自发生过性侵事件家庭的儿童。

九岁的Jayden*便是其中一名参与者。他曾目睹父母之间的暴力冲突，也经历过严厉的体罚。透过课程，Jayden学会了辨识自己在压力情境下的身体反应，并懂得调节情绪。他也更愿意主动向值得信任的大人求助，例如参与带领课程的社工李映萱。

"这项课程主要希望透过预防性的介入，减少家暴及儿童性侵所带来的伤害。"

回忆一次父母争吵时，Jayden说："爸爸和妈妈吵架的时候，我真的非常、非常害怕。我走进房间，慢慢吸气、呼气，再抱紧枕头。后来，我就慢慢平静下来，没有那么害怕了。"

之后，Jayden主动把这件事告诉了映萱。映萱随后与他的母亲跟进情况。映萱说："我们会教导孩子，他们不应该介入大人之间的冲突，也不应承担处理这些冲突的责任。"自那以后，Jayden的母亲也更留意避免让孩子卷入家里的冲突。她说："如果我和丈夫意见不合，我们会把房门关上，或尽量压低说话的音量。"

在家中持续实践自我保护行为

团队明白，孩子需要在家庭中持续学习和实践自我保护行为，因此课程特别加入了亲子环节，邀请家长与孩子一起参与。

曾与孩子一同参加课程的Jasmine*表示，这项课程为亲子之间创造了一个安全、开放的沟通空间，让大家能够自然地谈论如何保护自己的身体。她说："孩子越了解如何保护自己的身体，就越愿意在遇到事情时勇敢说出来，而不是因为害怕或不好意思，把事情藏在心里。" UV

**文中姓名均为化名*

“常常像在救火”

陪伴家暴幸存者走过创伤、迈向康复的旅程，是一份需要高度情感投入的工作，但也带来深刻的满足感。MWS高级社工黄毓晴如此形容自己的工作。



在MWS，黄毓晴陪伴家暴幸存者寻找安全、获得支持，并重新建立力量，勇敢迈向新生活

一位母亲长期遭受家暴，多年来反复住院，甚至曾遭受持械袭击。一名孩子长期生活在暴力环境中，身心深受影响，曾在极度痛苦和无助下，一度拿起武器威胁父亲。一名年轻女子长期遭受哥哥施暴，身心留下深刻创伤，甚至连踏出家门都成为一件困难的事。

这些只是黄毓晴在MWS家庭服务中心工作期间接触到的众多家暴个案中的一部分。

同路人的支持力量

由于类似个案日益增加，毓晴与MWS家庭服务中心 – 淡滨尼的团队开办了一个专为女性家暴幸存者而设的小组课程，《乘风破浪》（*Captains of the Sea*）。这项为期七周的课程，帮助参与者认识创伤、学习应对技巧，并重新找回掌控权。

与一对一辅导相比，小组活动最大的优势在于参与者拥有相似的人生经历所带来的理解与共鸣。毓晴说：“许多幸存者因为羞耻感、害怕被评断，或缺乏支持，而长期把经历埋藏在心里。听到其他幸存者的分享，让她们意识到自己并不孤单。”

前线“救火”，化解危机

危机处理是社工工作中不可或缺的一部分，尤其家暴已成为家庭服务中心最常见的求助问题之一。“压力会比较大，因为有些服务对象在情况已经非常紧急的时候才来求助，例如发生严重冲突之后，或暴力事件再次发生的时候，”毓晴说。“有时候，我们像在‘救火’一样，不断处理接踵而来的危机。”

“这份工作有时令人应接不暇，也非常耗费情绪。但能够在服务对象最脆弱的时候陪伴他们，一起走过人生最低谷，对我来说也是非常有意义、很有满足感的事。”

“这份工作有时令人应接不暇，也非常耗费情绪。但能够在服务对象最脆弱的时候陪伴他们，一起走过人生最低谷，对我来说也是非常有意义、很有满足感的事。”

帮助家暴幸存者，并不仅仅是制止暴力行为。毓晴曾协助一位育有两名孩子的母亲。她长期遭受丈夫严重虐待。除了协助她搬回原生家庭居住，毓晴也协助她获得所需的心理健康服务，并鼓励她寻找工作，减少经济上对丈夫的依赖。随着时间过去，这位母亲的心理健康逐渐改善，她不但顺利找到工作，也重新建立稳定的生活，把重心放在自己和孩子身上。

表面背后，另有隐情

毓晴表示，家暴幸存者继续留在施暴关系中的原因，往往比外界想象的复杂得多。经济依赖、缺乏支持网络、创伤依附（trauma bonding），以及施暴者长期的控制与操纵，都可能令离开变得异常困难。

她说：“我们会按照服务对象的步伐陪伴她们，同时帮助她们了解自己的权益，包括相关法律保障，以及可运用的社区资源，例如庇护所和个人保护令，让她们有能力、有信心，为自己选择不同的人生道路。”

毓晴也希望社会大众能够共同发挥更积极的作用，及早辨识家暴，并适时伸出援手。“很多人都是等到危机爆发之后，才寻求专业协助，”她说。“如果社区能够及早发现警讯，向有关单位反映情况，就有机会避免更严重的伤害，尤其是涉及儿童的个案，因为他们往往没有能力为自己发声。” UV

METHODIST WELFARE SERVICES

每天捐献 $1，帮扶家庭摆脱贫困的缠扰 *



慧珠（左）是个MWS的志愿者与定期捐赠者

扫描此处
改变他人生活，
从今天开始！

give.mws.sg/creating-change

*贫困是一个复杂的社会现象。许多贫困家庭不仅仅面临收入不足的问题，还面临其他复杂的挑战，如社会支持不足、人际关系、健康、机会和选择方面的问题。

每天捐献 $1 你可以：

- $1 帮助经济困难的家庭支付一周的基本生活费用
- $1 为边缘少年或陷入困境的家庭提供一次的心理辅导和治疗
- $1 为疗养院的体虚居民提供医疗用品
- $1 为社交孤立长者提供健康与社交支援服务
- $1 帮助低收入家庭清偿债务或积累资产