



2017年马来西亚生命线协会会刊

Life Line Association Malaysia Newsletter 2017



帮助别人 成长自己

Helping Others & Achieve Self-Development





马来西亚生命线协会

服务理念

帮助别人 成长自己

生命线宣言 Declaration of Life Line

我们相信：

天地间存有仁爱与公义，万物有开始与结束。
冥冥之中有一种力量维持宇宙秩序，并赋予人生意义。

We believe

The world is home to righteousness and goodness.
Everything has its own beginning and its own ending.
There is a power that gives meaning to life and moves for peace in the world.

我们相信：

四海之内皆兄弟，各人有彼此照顾的责任。
人人皆有与生俱来的价值权力，以实现自尊与真善美的人生。

We believe

Everyone is our friend, and all people have a responsibility to take care each other.
Everyone has an inborn validity and power to achieve a life filled with self respect and true goodness.

我们相信：

助人为快乐之本，并不计较报酬。
服务社会，必须群策群力。
仁爱是我们服务的出发点。
公义是我们服务的最终目标。

We believe

Happiness is found in helping people with no expectation of help in return.
Service to society mandates action by people together.
We serve from our abundance.
The highest goal of services is righteousness.

因此我们诚心愿意：

奉献我们的时间与才能，服务社会，造福人群。
恪守生命线的精神与守则。
主动负责，鞠躬尽瘁。

So we will donate our time and the ability in service to society
for the good of human beings.
Act by the spirit and according to the rule of lifeline.
Do all that we can because without being ordered to.



苏万安
马来西亚生命线协会会长

三年变革 迎向多元平台

时光飞逝，我担任第十一届马来西亚生命线协会会长即将届满三年。

回顾刚就任会长一职时所提出的三大目标：出版会刊及辅导书籍、迈向24小时电话辅导服务及成立分会，以期带领生命线协会朝向更明确的发展方向。

制订目标不难，但要落实还需谨慎规划，尤其在最基层的部分作出改革。在此，我想就这三年所推行的管理及发展策略做个小总结。

第一年为变革之年。千里之行始于足下，要让生命线协会走得更远，我们得回到自己的脚下，把基础打好。而所谓变革，指的是组织文化、组织架构、职权分配等组织层面的改革；另一个层面则是组织里的每一位成员思维上的成长与突破。

生命线协会就像个大家庭，其经营模式亦如家庭般有着浓浓的人情味，唯效率不足。我们把原有的家庭式改革成企业式经营，既保留互助友爱的精神，同时提升处事文化，如：开会方式、讨论形式、各组交流等等。由理事拟定组织大方向；行政加以执行并为义工们打造平台；义工们则站上舞台呈现本身的专业与经验，启发群众、贡献社会。

“帮助别人，成长自己”在为社会大众付出的同

时，我们亦鼓励及协助每一位成员达至自我提升。从自我探索开始，了解本身的优点专长，加以发挥；拓展视野，走出各小组的舒适圈，开始与理事、行政及其他小组的义工并肩合作，结合力量以不同的形式传播心理辅导及社会关怀；转化思维，在不断变化、充满挑战的大环境中寻求突破，并积极宣导“倾听生命的力量”之精神，改变人们看待问题的视角，进而激发每个人心中的正能量。

第二年为巩固之年，当革新取得成效后，还得将之巩固以确保稳健成长。

我们为生命线协会的管理事务、日常行政、活动方案等拟定标准运作程序，将之系统化、制度化；将构想化为行动，从行动中收获成果，再从成果中找出可提升的方案，希望做得一次比一次好；专业分工，更明确地订下理事、行政及六个小组的岗位、职责及任务，持续交流，相互了解，让前进的步伐一致。

我深信大家能聚集在同个屋檐下，必然拥有一些共同的理念及想法，若能扩大交流、认识彼此、相互合作、发挥所长，定能达到四两拨千斤的成效。

第三年为自立之年，经过两年的悉心栽培，也到了该放手让“孩子们”去闯一闯的时候。在第11届理



生命线协会与妇女、家庭及社会发展部（LPPKN）签署合作备忘录，携手提供服务，为促进家庭和谐及爱心社会献一份力。

事仍在位的环境下，让行政与各小组沿用前两年所学习的模式及经验，尝试更多突破性的可能，以更具新意、与时并进的形式及管道将心理健康的讯息传播给广大的社群，让即使居住在偏远地区的民众，亦能轻松接触到辅导，学习帮助自己、陪伴亲友。

三年光阴，生命线协会从较为低调、默默耕耘到主动出击，与学校、社团、企业及媒体紧密合作，应用科技及网络媒体，通过多元管道向人们灌输心理健康知识。

我们也很荣幸有机会与妇女援助组织（WAO）及妇女、家庭与社会发展部（LPPKN）签署合作备忘录，开始走入友族社群，为推广个人心理健康、和谐家庭及温馨社会献一份力。

我相信站在多元文化平台上的生命线协会，将能进一步拓展视野，并从其他组织、社群的合作

中学习宝贵的经验，为将来实现更远大的目标做好准备。

而我所着重的三大目标，也取得不同程度的成长。我们出版了三本会刊及两本生活心理书籍，皆获好评；我们也针对延长辅导服务时间进行深入研究及探讨，可从开办日间辅导义工培训开始，然后逐步迈向24小时电话辅导的目标。

最具挑战的当属开设分会，需要许多资源包括人脉、人力、硬体设备等等，先在外州设立活动中心是比较可行的方案。我们已在半岛各个州属举办巡回讲座、工作坊及生活营，先与不同的团体、单位及组织配合或联办活动，从中接触对心理辅导有热忱的志愿人士，寻找在外州设立活动中心的契机。这个目标还需要一段时间酝酿，相信假以时日终将水到渠成。🌻



【领航手札】

02 苏万安

三年变革，迎向多元平台

【人物专访】

06 苏意琴

摇篮之手，唤醒生命自觉

【生命自觉】

10 95生命自觉运动

14 “我听见了你”运动

17 全马辅导巡礼

20 生命线TV



【团队力量】

- 24 辅导组**
千里一线牵，帮助在耳边
- 26 辅导组接案统计**
- 30 游戏治疗组**
爱的延伸，从孩子到家庭
- 32 关怀组**
陪伴青少年美丽蜕变
- 34 爱心特工组**
多一份爱心，多一道彩虹
- 36 社会教育组**
传播种子，发现生命的美好

【传播爱心】

- 08 独家商品**
为繁忙的生活注入一缕温馨
- 22 媒体管道**
追踪生命线
- 38 第11届马来西亚华社辅导研讨会**
- 40 回顾2016年**
- 42 感恩您的支持**
- 44 赞助表格**

顾问 苏万安
执行主编 郭柳嘉
美术编辑 陈慧矜
翻译 赖翠玲、林志汉、温镕碧
印刷 Advanco Percetakan Sdn Bhd
出版人 马来西亚生命线协会
地址 No. 1-3, 3rd Floor,
 Jalan Jelatek 1,
 Pusat Perniagaan Jelatek,
 Setiawangsa,
 54200 Kuala Lumpur,
 MALAYSIA.
行政电话 +603-4266 6195
辅导热线 +603-4265 7995
行政电邮 admin@lifeline.org.my
电邮辅导 counselling@lifeline.org.my
网站 www.lifeline.org.my
Facebook Life Line Association Malaysia

苏意琴 会务顾问

摇篮之手 唤醒生命自觉

文 / 郭柳嘉

与会务顾问苏意琴进行访谈，时光好似回到十三年前，马来西亚生命线协会推出“95运动”的那一年。当时，她提出95（救吾）运动的概念，希望唤起大众，尤其年轻人“珍惜生命，爱人爱己”的精神。

2006年，她接下生命线协会第七届会长的棒子，进一步以生活营的方式宣导“95运动”的精神。“第一届95生命自觉营”获得各界人士的热烈回响，吸引近150人报名参加并延续至今。

而苏意琴在卸下会长担子后，仍以会务顾问的身份继续陪伴生命线协会成长。

她说：“办活动不求大张旗鼓，最重要的是利益众生。”一语道出非营利组织的职责所在。

这段访谈是一次温故知新，从生命线协会过往的点滴中学习，为组织的未来成长再铺上一层经验的土壤。

早在加入理事会之前，苏意琴已通过永久名誉会长高桂莲认识生命线协会，并常会赞助一些活动。2004年成为理事会一员后，对这个组织有了更深一层的了解。

她发现生命线协会所提供的服务，尤其辅导，对生活充裕但心灵空虚的现代人极为重要，但却不像一般的慈善活动，如：老人院、孤儿院、环保回收等，比较具体、容易被“看见”。

“心理辅导是抽象的，义工们借出一双耳朵，倾听别人的心事，虽然能帮助许多人寻得勇气面对生命中的瓶颈，却很难被看见、被衡量，因此在推广组织、招收义工及征求赞助方面也比较困难。”

另一方面，她也观察到生命线协会的义工们大多默默付出，所举办的活动也比较零散，少了一个主题，于是希望以她在品牌经营方面的经验，为生命线

协会带来一些改变。

“我首先想到的是，如何让人们很容易就记得生命线。刚好那时我也赞助‘饥饿30’，它是一项很容易让人留下印象的活动，秘诀在于它采用数字作为活动名称。”

“同个时期，也发生了好几宗学生放弃生命的悲剧，令人非常痛心。而我一直相信若人们懂得珍惜生命，了解生命的宝贵和意义，就不会发生这样的事了。”

几经思考，苏意琴提出“95运动”，取95的谐音“救吾”，以藉此发扬及提倡“珍惜生命”及“救吾”即自救、求救的精神。在这项“爱惜生命醒觉运动”的大主题之下，再来策划系列活动。也让“95运动”成为品牌，想到95就想到生命线协会。

敞开大门 欢迎回家

“95运动”的意义还不只这些，苏意琴也希望它成为凝聚义工，甚至招收新义工的年度活动。

“义务团体常会出现一种状况，许多义工加入了又离开。年轻人需要为事业打拼，成家后得把重心放在家庭，这是人之常情。但我认为只要提供机会，让生命线协会的大门永远敞开，待有一天他忙完了，或在某个适当的时候，义工们还是会回来的。”

“有些义工或许无法长年来值班或服务，我们可通过‘95运动’这样的年度活动，鼓励义工们再回来帮忙筹备活动，见见伙伴，大家都很开心。”她微笑说道。

另一方面，在资讯科技尚未发达的年代，要宣传生命线协会及招收义工并不容易。

“我们希望‘95生命自觉营’能创造一个机会，让公众亲身体验生命线协会的活动，与义工伙伴们接触及互动，感受到生命线协会的温馨、凝聚力，以及服务他人的快乐后，自愿加入这个大家庭。”

若干年后，在一次常务理事会议中，现任爱心特工组组长张思维分享道，他本身就是因为参加了“95生命自觉营”认识生命线协会并成为义工，从“菜鸟”义工一直服务到现在成为组长。他的一席话，让在场的理事及义工们动容。

当初播下的种子，已长成大树，并延续着播种的使命。

传播种子 利益众生

“办活动不求大张旗鼓，最重要的是利益众生。”

“不是轰轰烈烈办了一场活动就叫成功，之后还能如何给人们带来正面影响。后续效应，也是我们得思考的。”

与苏意琴交谈，总会被她的朴实所感染。她也相信助人的事业，必将受到庇佑，得以永续经营，无需过于担心生存的问题。

“这24年来，我们都在做着传播种子的工作。只要不断种下善的种子，就会有人受益。打个比方，把种子种在父母心中，他们就懂得家庭对孩子的影响，进而给孩子一个完整的家。”

对于生命线协会的未来发展方向，她认为可着重在义工的培训，招募更多义工，同时提升义工的专业素质。拥有专业的团队，方能引领组织走得更远。

“很高兴看到生命线协会这些年来成就了不少人才，许多义工已为带领员、讲师、注册辅导员等等。”

在她眼中，生命线协会就是很单纯的平台，提供非宗教、非政治的服务，传播善的种子到许多人心，也让义工们有福田可以耕。🌻





独家商品

为繁忙的生活注入一缕温馨

网上订购

倾听生命的力量
书签

配合2016年9月10日至11日，由生命线协会承办“第11届马来西亚华社辅导研讨会”所出版。内含6张不同款式的书签，记载着6位研讨会讲师所提供的启发语句，引领大家倾听生命的力量。

全套含9款精美设计，共54张纸卡，结合了义工们在助人路上及自身经历所得到的启发。期待这些承载着义工们成长的能量语句，能在大家迷茫时提供一缕能量，再次以生命影响生命！

生命线协会
首次出版
能量卡

周金亮1000
首歌系列之
九个女声

马来西亚资深音乐人周金亮特邀9位女歌手献声演绎其创作的作品；是他在不丹许下写1000首歌的心愿后，所推出的首张专辑。专辑共收录9首独唱曲以及2首赠献生命线协会的活动之歌：《最大的天空》及《我们的世界需要爱》，以音乐传播爱与关怀。

网上订购：<https://goo.gl/forms/tZsDeE7LuL2bRaYQ2>

也可在生命线讲座及活动现场购得

生命自觉

生活

可以一成不变、琐碎繁杂

亦可以处处惊喜

一花一世界，放眼皆是美

你看到了吗？

2017年

生命线协会的系列活动

邀您一起

觉察生活 · 贴近心灵 · 倾听力量

体会生命的丰盛





95 生命自觉运动

当人在最低潮、最无助的时候，心中会发出求救的呐喊。

一念之间，有的人会选择自暴自弃，甚至产生自我毁灭的念头或行为；也有一些人，在一霎那发出“救我”的讯号，就此改变结局。

马来西亚生命线协会于2004年发起了一项“爱惜生命醒觉运动”简称“95运动”，藉此发扬及提倡“珍惜生命”及“95（救吾）之精神”。

95取其谐音是“救吾”，即“救我”的意思。而“救我”包括“自救”及“求救”。“自救”意味着装备自己以面对生活的挑战，拥有处理情绪与困扰的能力；“求救”是在自己无能为力时，向他人呼救，寻求外来支援帮助自己。

在“自救”与“求救”的过程中，人们将发现内心蕴含着一股自我爱惜的力量，推动及鼓励自己跨越困境，并从挫折中觉察与学习，成为一位坚韧勇敢，更有能力爱自己及他人的人。

“成长”之精神

大众通过各种管道，加强心理建设，以提高应变压力及危机时自我调适的能力。

“求助”之精神

大众在面对危机及情绪失控时，应该学习向外寻求支援及协助，“求助”乃是爱自己及爱他人之高尚表现。

“助人”之精神

大众随时准备对身边面对精神压力及心理失衡的人提供适当的协助。鼓励大众参与提升心理健康及心理卫生的社会服务，以让更多需要协助的人得到帮助，全力推动“帮助别人，成长自己”的助人精神。

“爱惜生命”之精神

生命难能可贵，无论生命面对多大的挑战或挫折，我们皆应该持着爱惜生命之高尚情操，给自己及他人的生命一个机会。





历年运动



营员回馈

2004年

“95运动”推展礼

爱惜生命醒觉运动

2005年

2006年

第一届95生命自觉营
珍惜生命、爱人爱己

第二届95生命自觉营
体验·自觉，创造清新生命

2007年

2008年

第三届95生命自觉营
生命“U”转，从心出发

第四届95生命自觉营
一切从关系开始

2009年

2010年

第五届95生命自觉营
从心找个家

95自觉青少年系列
艺术与心灵生活营

2012年

2014年

第六届95生命自觉营
启动生命正能量

我从95生命自觉营中体会……

- ♥ 我们不能掌握生命的长短，但能掌握生命的深度。珍惜生命、爱己爱人，心灵的成长是很重要的。
- ♥ 体验到生命的意义，生命是享受每一刻而不是增加悲伤、浪费时间。
- ♥ 领悟生命的可贵，要懂得珍惜现在拥有的一切。感动，寻回迷失的自己。
- ♥ 要珍惜身边每一个你爱或爱你的人，要懂得感恩父母。
- ♥ 学习把握现在，知道解决事情的方法很多。
- ♥ 了解及觉察过去到现在的自己，提升自信面对任何事。
- ♥ 更认识自己，感觉到心中的悲伤被释放了，也体会到什么是别人扶持的力量。
- ♥ 原来爱与关怀不只是爱别人，也包括爱自己。
- ♥ 认识自己改变自己，人与人之间的关系会改善。
- ♥ 看到自己需要克服的问题，小组的力量让我更有勇气去面对。
- ♥ 明白“家”的重要，更加努力用心经营“家”。
- ♥ 每个人都有自己的故事，突然觉得自己很幸福，所以会珍惜现在及活在当下。
- ♥ “不放弃的原因是因为放弃了就什么都没有。”这句话很震撼、很贴切。🌻

精彩花絮 一幕幕 动人的画面



给自己一个掌声，“我真的很不错”。



“太阳传送温暖，你可以是大太阳。”



只需牵着他的手，看着他的眼睛，给予他人关怀与温暖其实一点都不难。



人生不会平坦顺遂，有时得跨越障碍。



累了、无力了，你可以躺下。会有人愿意撑起你的重量，让你安心休息。

敬
期
待

除了95生命自觉营，生命线协会也正在筹备以展览、造势活动、巡回分享等等，推广生命自觉。
请留意我们的面子书Life Line Association Malaysia 及网站 www.lifeline.org.my

被丈夫、伴侣、或家人侵犯？

索取来自WAO免费及机密援助

辅导

若你遭受精神创伤、长期有负面情绪

案例分析/处理

若你不肯定该怎么索取帮助

庇护所

若你居住住所不安



SMS/WhatsApp
+ 6018 988 8058

24小时



WAO服务热线
+ 603 7956 3488

星期一至星期日 9am - 5pm

以及 星期二、三、五 7pm - 10pm
(延长工时)

至少30年援助家暴受害者的NGO

P.O. Box 493, Jalan Sultan, 46760 Petaling Jaya
womensaidorg@gmail.com | www.wao.org.my



WOMEN'S AID ORGANISATION
PERTUBUHAN PERTOLONGAN WANITA



“我听见了你”运动

我听见了你 最内心的声音

让倾诉融化了距离

让安慰抚平伤痛 擦干泪滴



2015年出版的生活心理书籍《我听见了你》已售出2,276本。义工们将20年累计的倾听经验，以简明的文字、生活化的例子编写，让学习倾听变得好容易，人人都可成为好听众。

马来西亚生命线协会提供各种助人服务，其中以辅导服务历史最悠久。

从1993年至2016年，这24年来，我们所提供的免费辅导服务，已经协助超过18,000位个案，包括面对家庭困扰、夫妻关系、男女感情、精神心理、生活人生以及就职与升学等问题的各年龄层人士。

“千里一线牵，帮助在耳边”，我们以电话、面谈及电邮辅导，给予有素质的倾听与陪伴。我们做的其实不多，就只是在人们需要倾诉时，扮演着聆听者的角色，让他安心、舒服地把心中的苦，娓娓道出。

压抑埋藏在心中许久的情绪终于有了出口，而且被温柔的接纳与支持着。个案渐渐相信事情还没有到最糟的地步，他其实有能力帮助自己走出困境。这就是倾听的力量！

有鉴于此，生命线协会立志把20多年所累积“倾听”经验分享出去。

2015年生命线协会推出“我听见了你”运动鼓励全民一齐学习基本的倾听理念与技巧，随时随地倾听身边的家人、亲友，以及自己内心的声音，寻获力量面对生命的挑战。

宗旨

1. 宣扬“倾听”的重要性与精神，鼓励全民学习倾听技巧，陪伴与倾听身边的亲友。
2. 建立“会听、愿听”的幸福家庭与关怀校园，进而达到减压、抗忧郁、防自杀的健康社会。
3. 唤醒全民正视蕴涵于问题底下的生命力量，一同学习突破思维瓶颈、发掘生命的深层力量与亮点。🌻

“我听见了你” 运动系列

巡回讲座
96场

工作坊
18场

心理学周末班
10场

迷你讲座
7场

生活心理书籍
发行6,000本

我听见了你 MV
点击率10,658

义工讲师到校园去宣扬倾听，让孩子们从活动中学习倾听自己、发掘亮点，长大后成为积极自信的国家栋梁。



歌曲朗朗上口，更能打动人心，让我们记得倾听的力量。“我听见了你” MV点击率10,658。

工作坊让学员们通过亲身体验学习心理辅导。带上面具，感受一下在生活中扮演的不同角色，也更能了解自己、体谅他人。



“我听见了你”系列讲座及工作坊

工作坊	
1. 寻找放牛班的春天（适合老师）	7. 天生我才在哪里？——听见自己的亮点
2. 因为游戏，看见自己，听懂小孩（适合家长）	8. 因为游戏，我们更亲密——认识游戏治疗
3. 压力，让我更勇敢（适合学生）	9. 听见校园内不同的声音——听见孩子不同的性 展现与性取向
讲座	
1. 倾听生命的力量，而不是问题！	10. 看见情绪底下的彩虹
2. 预防自杀，从听见开始！	11. 性教育讲座：男女有别
3. 化压力为助力，从听见自己开始！	12. 发现天赋，发挥能力
4. 快乐教师（父母），从听见自己开始！	13. 瑕疵更需要疼惜——如何陪伴自己走过创伤低潮
5. 快乐学生，从听见自己开始！	14. 我需要被照顾吗？——谈照顾者的自我照顾
6. 最后一名也能赢到最后！——如何听见孩子问题，更听见问题之下的亮点？	15. 倾听自己的谎言——谈认知失调

欢迎全国华小、独中、中学、会馆、华团、企业机构等承办及赞助，共同推动“我听见了你”运动。
有意者请联系行政部03-4266 6195 或电邮至 event@lifeline.org.my

邮购生活心理书籍

<https://goo.gl/forms/tZsDeE7LuL2bRaYQ2>

收听“我听见了你”主题曲

<https://www.youtube.com/watch?v=HAI3maOIzIE>



全马 辅导巡礼

2016年9月10至11日，马来西亚生命线协会承办“第11届马来西亚华社辅导研讨会”以“我听见了你——倾听生命的力量”为主题，强调透过倾听与陪伴，协助处于困境中的人们找到希望与力量。

为了能将“倾听生命的力量”这一讯息传播得更广、更远，早在2016年3月，就开始了“全马辅导巡礼”，特邀三位海外讲师，郭洪国雄博士、黄龙杰临床心理师及梁翠梅博士以工作坊和讲座的形式，将心理辅导知识也带给南马、北马及东海岸的公众。

“全马辅导巡礼”系列活动共吸引了2,300位公

众前来学习，加上报名参与研讨会的476位学员，如果大家都把所学与身边的家人、朋友分享，估计这两项活动将对近10,000位马来西亚人的生活带来正面的影响。

2017年，生命线协会再接再厉，将巡礼路线延伸至东马砂拉越。

宗旨

1. 有效引进并扩散辅导资源
2. 唤醒全国各地对心灵健康的重视

2017巡礼地图



讲师阵容

王荣义

硕士

- 波士顿学院教育硕士
- 台南神学院道学硕士
- 爱丁堡大学神学硕士
- 长老教会总会大专干事
- 台湾基督长老教海总会干事
- 从事心理谘询工作超过25年，具实际谘商解梦经验



林香君

博士

- 国立台湾师大教育心理与辅导学博士
- 佛光大学生命学研究中心主任
- 角落互助关怀协会理事长
- 台湾宜兰县家庭教育中心谘询顾问
- 救国团东部地区谘商辅导工作张老师谘询委员
- 着重以贴近在地人们生命经验的方式，达至听见、认识、陪伴与并肩协同

梁翠梅

博士

- 台湾国立彰化师范大学谘商与辅导研究所博士
- 弘光科技大学老人福利与事业系专任助理教授
- 国家高考合格谘商心理师
- 台湾艺术治疗学会专业会员
- 台湾艺术治疗学会认证艺术治疗师
- 台湾东海大学推广部艺术治疗硕士学分班物理教授



黄龙杰

临床心理师

- 远东新世纪集团合作讲师
- 台北市立疗养院临床心理师
- 台湾公务人力发展中心合作讲师
- 中华航空、长荣航空、台北捷运、台电、中油特约心理师
- 台北市社区心理卫生中心卫教推广组长

余莹樱

老师

- 马来西亚生命线协会游戏治疗组组长
- 马来西亚生命线协会辅导组督导
- 教总《父母效能系统课程》资深指导员兼培训师
- 亲子与家庭教育讲师
- 退休华小辅导老师



巡礼路线

东海岸 3月7日~12日

主题: 寻找放牛班的春天

讲师: 马来西亚余莹樱老师

专题内容: 重拾当老师的初衷, 学习面对教学职涯所面对的压力

参与对象: 学校教师与行政人员、补习中心教师、学前教育工作者、教育科系学生

巡礼地区: 吉兰丹、登嘉楼、关丹及吉隆坡

南马 7月7日~16日

主题: 挥洒心中的那片色彩

讲师: 台湾梁翠梅博士

专题内容: 学习初阶艺术治疗, 从艺术创作中自我觉察与成长

参与对象: 大众、正在面对生活挑战和期待自我成长的大众、辅导工作者

巡礼地区: 麻坡、峇株巴辖、新山及吉隆坡

北马 8月5日~13日

主题: 看见故事里的生命力

讲师: 台湾林香君博士

专题内容: 学习叙事治疗, 强调求助者与助人者的平等性, 凸显问题的文化社会脉络

参与对象: 重视生命教育的大众、辅导工作者与社工等助人者

巡礼地区: 吉隆坡及檳城

南马 9月16日~24日

主题: 危机处理与心理急救

讲师: 台湾黄龙杰临床心理师

专题内容: 学习危机处理、自杀防治、创伤后压力处理

参与对象: 重视生命关怀的大众、辅导工作者与社工等助人者

巡礼地区: 吉隆坡、马六甲及森美兰

东马 4月26日~5月2日

主题: 梦境中遇见真实的自己

讲师: 台湾王荣义硕士

专题内容: 通过梦境更了解自我内在需求, 自我觉察与成长

参与对象: 大众、正在面对生活挑战和期待自我成长的大众、辅导工作者

巡礼地区: 诗巫、古晋及吉隆坡

总学员人数: 3,740人

总影响人数: 37,600人

预计: 2017年全马辅导巡礼将给约4万人带来正面影响

欢迎各地会馆、华团、企业机构等赞助“全马辅导巡礼”协助生命线协会将心理辅导带到全国各地, 促进全民心理健康。

有意者请联系行政部03-4266 6195 或电邮至 admin@lifeline.org.my



Life Line Association Malaysia



生命线TV是马来西亚生命线协会于2017年1月17日推出的全新媒体计划，希望通过社交媒体及网络平台更广泛地传播心理辅导讯息，尤其吸引年轻的一群齐来关注心理健康课题。

在此计划下，生命线协会将打造一个专属的网络电视台，邀请资深讲师及义工针对特定课题进行分享，再制作成短片发布到社交媒体上。

我们期待生命线TV的诞生，能为我们记录下讲师们的宝贵经验，同时传播适用于每个人日常生活的心灵保健讯息，唤起人们对心理健康的重视。

人的一生中难免会面对一些挑战及困境。当我们在挣扎犹豫时，很可能一支温馨的短片或只是某人的一句话，就能给我们启发，找到出路。

宗旨

1. 配合网络技术推广心理健康，达到社会教育的目的
2. 强化生命线协会的品牌形象
3. 提升生命线协会于年轻人群体的知名度，让有需要的人可以及早找到帮助 🌻

生命线TV播出频道：

Youtube : <https://goo.gl/TnpRtl> Facebook : Life Line Association Malaysia



节目内容

A 主题单元

日期	主题 & 内容	嘉宾
1月中~2月初	开学咯！一起寻找放牛班的春天 • 校园里的温馨小故事	余莹樱
3月初~4月中	再不陪我玩，我就长大了！ • 游戏式家庭教养	王莲明、陈汉梅
5月中~6月底	爱情恰恰，你掌握了吗？ • 谈爱情心理学	陈云娟、王舒娴
7月初~8月中	在梦境里，遇见最真实的自己 • 谈梦与潜意识	王荣义
9月中~10月中	待定	梁翠梅 / 林香君



B 特别单元

配合国际所定一些唤醒醒觉意识的纪念日而播出的单元

January

25/01 年二八，大扫除，去邋遢

谈如何面对亲友问到自己不舒服的问题

February

14/02 情人节

谈爱的表达

28/02 SPM即将放榜

谈如何面对不理想的成绩？

March

08/03 国际妇女节（配合国际主题）

21/03 世界睡眠日（配合国际主题）

April

05/04 清明节

谈如何缓解哀伤

May

01/05 劳动节

谈上司给的压力

14/05 母亲节&教师节 (16/5)

谈教师压力

30/05 端午节

谈如何及时观察有需求的朋友

June

05/06 LGBT自豪月

谈如何陪伴LGBT朋友

18/06 父亲节

谈男人有泪不轻弹？

23/06 开斋节

谈如何保持心灵的平静

July

30/07 世界友谊日

谈怎么做到同欢共喜

August

12/08 国际青年日

谈如何和叛逆少年相处？

31/08 国庆日

谈团结与人际沟通

September

10/09 世界预防自杀日（配合国际主题）

21/09 国际失智症日（配合国际主题）

October

01/10 国际老年人日、中秋节 (4/10)

谈与老人家相处

10/10 国际精神健康日（配合国际主题）

18/10 屠妖节

谈如何找到心中的那盏灯

28/10 儿童节

谈儿时故事

November

11/11 光棍节

谈如何珍惜独处的时光

December

25/12 圣诞节 谈家庭团聚

媒体管道

追踪生命线

Facebook : Life Line Association Malaysia 网站: www.lifeline.org.my



【Step 1】

将我们的手机号码011-1095 9595
储存入手机内。

【Step 2】

传送Whatsapp讯息给我们“我是
XXX，我希望可以收到马来西亚生命
线协会的活动讯息”



Youtube : Life Line Association Malaysia

团队力量

我们
跟许多人一样为生活奔波
得照顾家人、应付日常琐事……

所幸的是
在有限的岁月里
能有机会接触到生命线

让我们有一个平台
将生命与热忱投入于助人工作
为社会带来一丝温暖与希望
亦给自己 一种充实、有意义的人生

感恩生命线
未来的日子 还要并肩前行



团队力量



郑志伟
辅导组组长

辅导组 千里一线牵 帮助在耳边

马来西亚生命线协会辅导组成立至今已经有24年历史。1993年，辅导组从一开始只有一条热线的电话辅导服务，扩展至今以多元化的方式提供辅导，包括面谈、电话和电邮辅导。

辅导组由一群受过专业培训的辅导义工组成，秉持着“千里一线牵，帮助在耳边”的精神，倾听与陪伴面对心灵困扰的人们。我们深信，有效的聆听及适当的回应，能让无助的人们觉得被听见、被了解及被接纳，进而鼓励他勇于面对困境，积极寻求解决方案，最终走出问题，迈向美好的将来。

义工在职培训

辅导义工站在助人工作的前线，倾听来自不同年龄、身份、背景的人们诉说心事，其中不乏错综复杂的人生难题。因此，辅导义工得不断提升自己，包括敏感度、应变能力、辅导理论、技巧应用等专业上的学习，以及个人在面对生活难题的心态、价值观、如何处理自己的人际关系、与自己的内在关系等个人方面的成长，方能有效协助个案。

除了每年3至4次的辅导组充电站，针对某个辅导相关主题进行学习，补充专业知识，2016年我们也诚

邀海外讲师林香君博士和王荣义硕士给义工们授课。让义工们在助人的同时，也能自我提升“帮助别人，成长自己”。

2017年，生命线协会已规划了一系列的在职培训，包括储备督导培训，以培育督导团队的新生力军。

延长服务时间

“在我很难过，快透不过气的时候，多么希望能马上打电话给你们，不需要等到晚上7点。”个案曾如此向我们表达过。

可见，每日三个小时的辅导服务对社会大众而言是不够的。

2014年迁入新会所后，新增设的星期六晚间辅导时段，仍未能应付公众的需求，尤其面谈辅导预约，更是供不应求。

近两年，生命线协会也针对延长服务时间做了深入的研究，探讨过值大夜班、日间培训等方案。希望不久的将来可以多增加一班周日或日间的服务时段，帮助更多有需要的人们，也希望能一步一步朝向24小时服务的远景。



主动追踪个案

生命线协会的辅导特色在于“跟进式的辅导”。个案第一次拨电进来后，义工会告知对方，下次也要在同一个服务时段拨电过来，跟同一位辅导义工交谈。如此一来，义工可跟进个案的后续发展，并建立一段比较长的辅导关系，见证他一路走来的改变与成长。

但这项措施仍有不足的地方，如果个案不主动打电话回来，就没办法跟进了。

于是，我们也开始探讨“对个案进行主动追踪”的方案，会以三种状况的个案为优先，包括有金钱问题，从外坡打电话来的个案；高风险个案，如：有自杀倾向或家暴等；及特殊状况的个案。

目前，此方案仍处于探讨阶段，还有许多待考量的细节。希望能从追踪有金钱问题及外坡个案开始，同时为义工们提供协助高风险个案的进阶培训，逐渐将整个系统建立起来。🌻



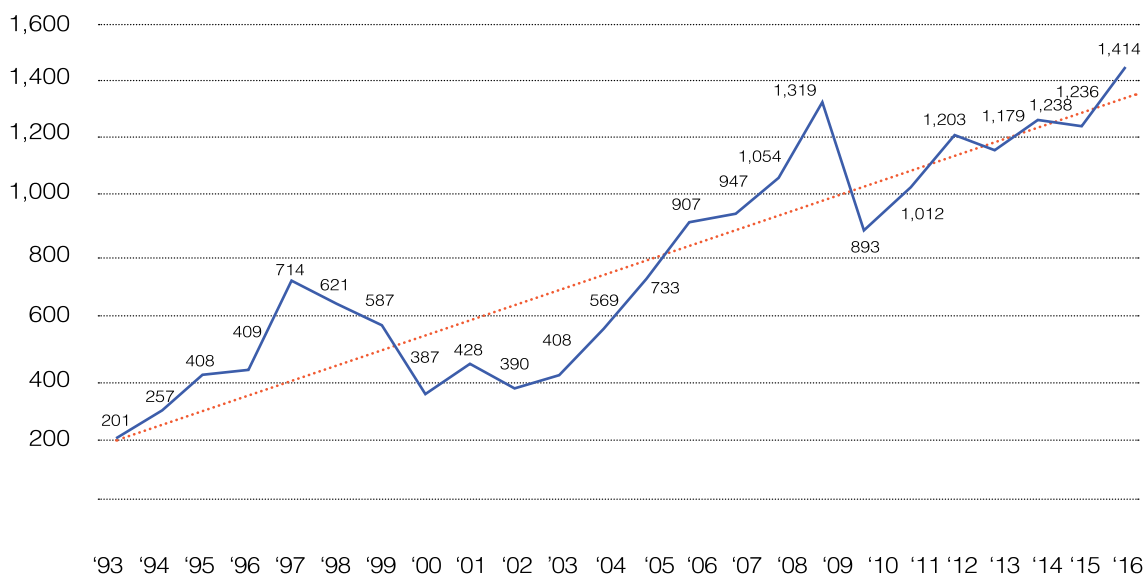
2016年生命线协会诚邀台湾林香君博士（二排右四）向义工们传授叙事治疗。

辅导组义工接案统计

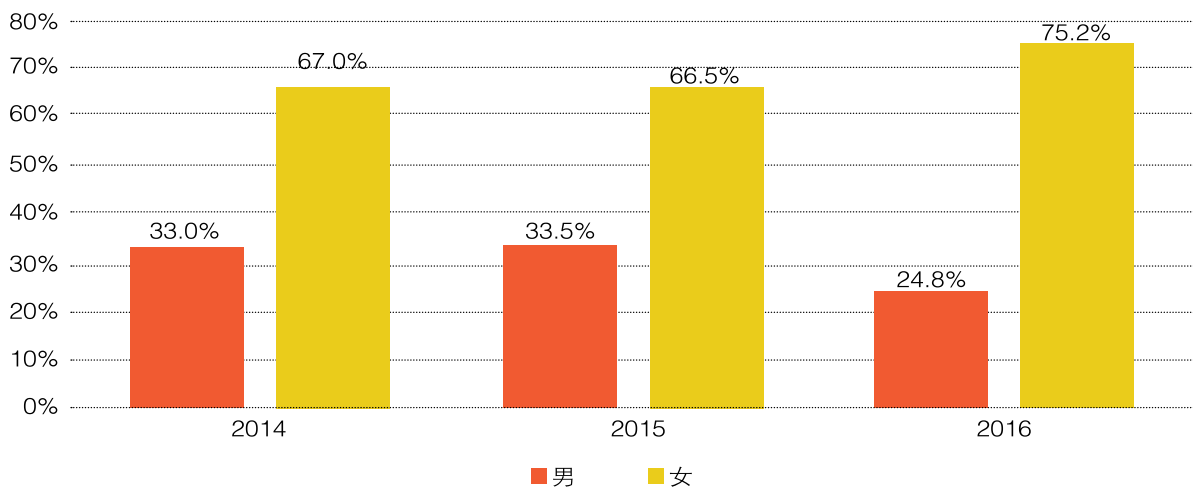
24年里 我们倾听了18,514人



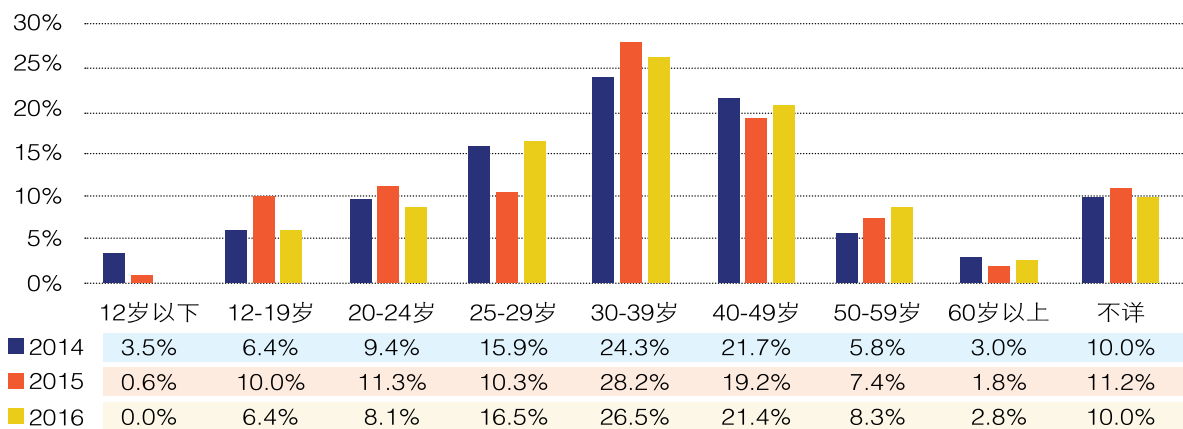
1993年至2016年年度总接案人数



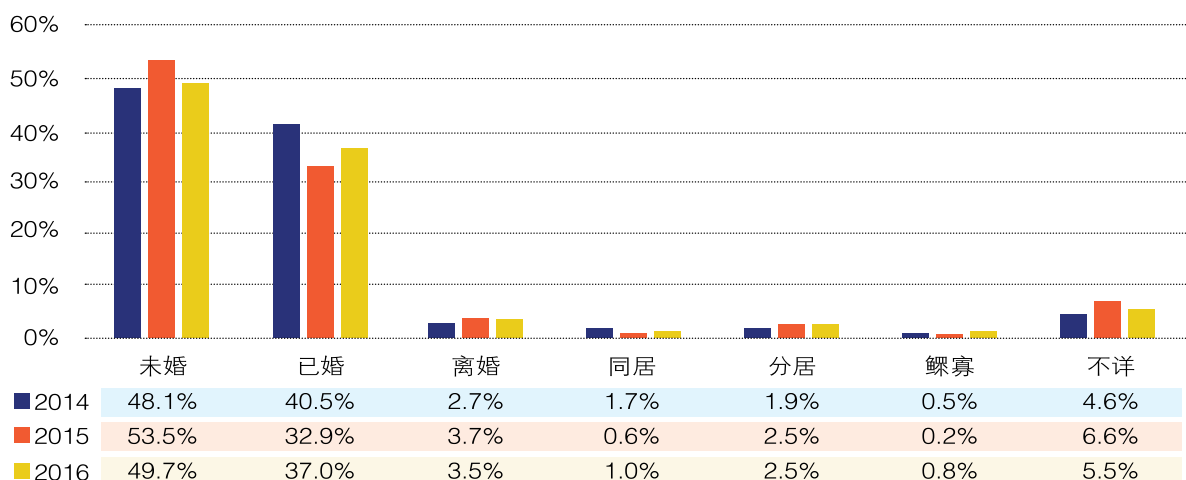
2014年至2016年个案性别对比



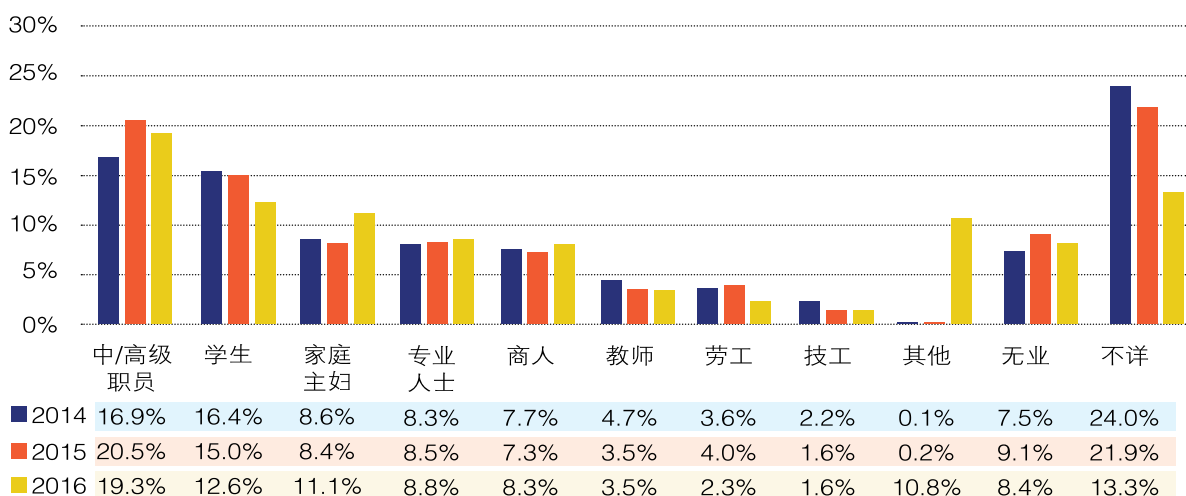
2014年至2016年个案年龄对比



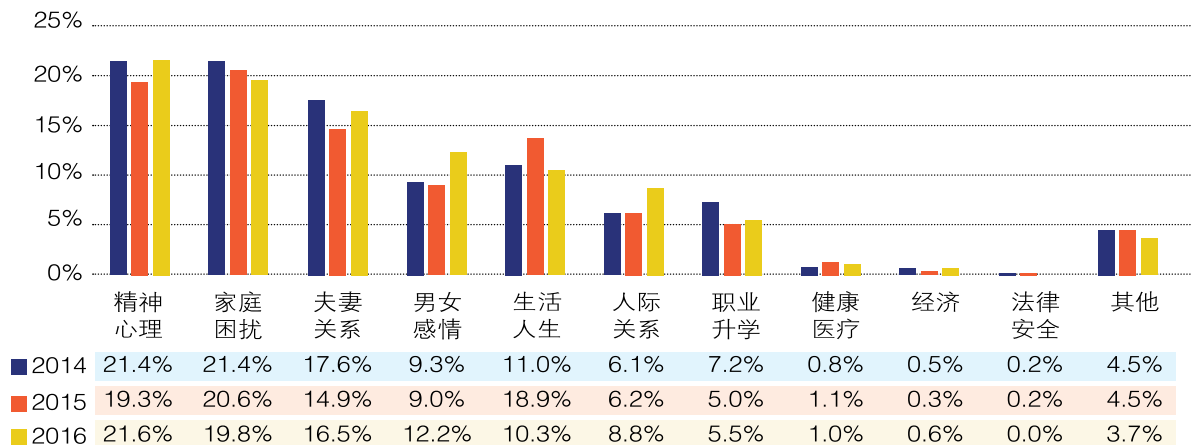
2014年至2016年个案婚姻状况对比



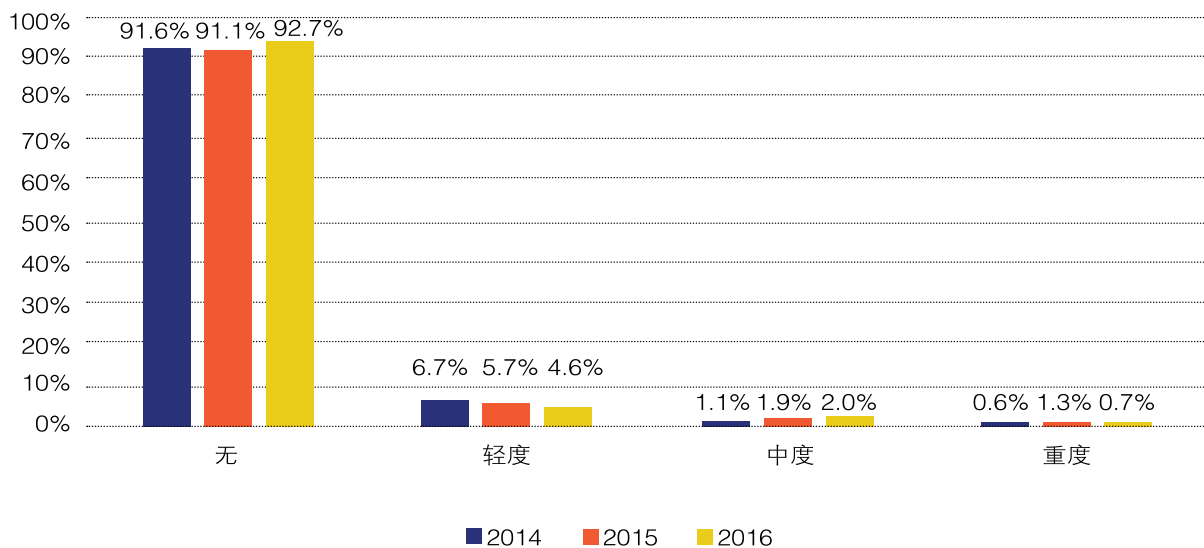
2014年至2016年个案职业对比



2014年至2016年个案问题类别对比



2014年至2016年个案自杀意念对比



团队力量



余莹樱
游戏治疗组组长

游戏治疗组 爱的延伸 从孩子到家庭

游戏治疗组成立于2014年。第一批义工在完成五个阶段的结构式游戏治疗培训后，深深感受到，父母亲能给孩子最珍贵的礼物，就是在他小的时候陪他玩游戏，因此决心推广游戏治疗。

义工们凭着一股热忱，从零开始，在生命线会所为孩子们打造了一个舒适的游戏空间，并开始提供游戏治疗服务。

两年间，义工们一边做游戏治疗，一边累积实务经验；同时也从游戏中倾听孩子、家庭乃至现代社会所面对的亲子问题，并思索着如何给予协助。

除了游戏治疗服务，生命线协会还开办工作坊、讲座会、分享会、出版书籍《陪伴·倾听·了解》等等，不断调整步伐希望以不同的方式将游戏治疗的精神与技巧带给更多的家庭。

2017年，我们希望将游戏治疗更专业化，并让游戏治疗的正向影响从孩子延伸到父母及家庭。

招收游疗义工

游戏治疗组目前共有46位义工。与妇女援助组织

（WAO）及妇女，家庭与社会发展部（LPPKN）签署合作备忘录后，也会在这两个单位提供游戏治疗，意味着需要更多义工投入服务。

我们计划在2017年再开办义工培训课程。除了学习游戏治疗的理论、技巧与精神，也会加入自我成长会心团体，让义工们先从了解自己开始，探索个人情绪、思想、行为、成长历程等等，有助于在投入服务后，更能了解、陪伴及同理来自不同家庭背景的孩子。

建立督导制度

即便是义务服务，也要不断提升，朝向更专业化的发展进程。

为确保服务品质，义工们在进行游戏治疗时会全程录影（征得家长同意），作为内部培训用途。义工们在指导老师的带领下定期进行小组督导及大团体督导，讨论接案时面对的挑战、个案概念化、可采用的技巧等等。

一次次的实务接案、同侪讨论及督导，大大提升义工们的专业成长，亦是为不久的将来，建立一套完



善的督导制度做准备。

待一切准备就绪，第一批见习督导将会诞生，完成见习后再擢升为督导；再由这些督导制定课程纲要，培训及督导新进义工。拥有完善的督导制度不仅让游戏治疗素质持续提升，亦让游戏治疗得以传承、拓展及发扬光大。

家长会心团体

游戏治疗并不只是协助孩子，也能惠及整个家庭。

2016年11月13日，生命线协会举办了第一场“因为游戏，看见自己，听懂孩子”工作坊，旨在提供一个空间让家长们交流，抒发教养孩子及照顾家庭所面对的压力，同时学习如何以游戏陪伴孩子。

我们正在策划一系列的家长工作坊，希望以会心团体的形式，带领父母看见自己内心的需求与期待，了解自己的原生家庭及人生历程如何影响现在的家庭，学习让自己静下心来观察孩子行为及语言背后的需求等等。

我们期待陪伴您愉快地扮演父母的角色，给孩子一个和谐温暖的家。

欲知家长工作坊活动详情，请留意生命线协会

Facebook : Life Line Association Malaysia。🌻



在“游戏治疗亲子工作坊”中，义工们学习如何在陪伴孩子的当儿，也给予家长心理上的支援。

团队力量



连子欣
关怀组组长

关怀组 陪伴青少年美丽蜕变

马来西亚生命线协会关怀组自2001年成立以来，一直秉持着“献出关怀、把爱传下去”的理念为社会服务。

每一年，关怀组的义工们都会到得胜儿童之家（Rumah Victory Children And Youth Home）进行7次活动，以及举办2至3次小学生生活营。关怀义工们透过建立关系、关怀和活动，协助孩子们建立积极、健康的人生。

得胜儿童之家服务

关怀组每一年都会为得胜儿童中心4岁至18岁的孩子们设计一连串延续性的主题活动。去年，义工们以“不一Young的自己♥品格塑造”为主题，策划了7次与品格相关的活动。这7次活动所带出的品格分别是：仁爱、负责、积极、信任与守信、勇敢、感恩与赞美和尊重。

每一次的活动，我们除了让孩子们认识及了解当天所要带出的品格之外，也让孩子们重温上一次活动中所强调的品格。通过游戏、活动、讲座、团体分享及发问的方式让孩子从中了解该品格的正确意义，同时也协助孩子们塑造积极和正向的人格。

72变♥力量生活营

2016年，我们也举办了《72变♥力量》生活营，吸引近100位青少年报名参加。

此次生活营延续了前年《72变♥成长》的宗旨，同时也着重于寻找内在的力量，去发现另一个新自己。

通过体验式活动，我们陪伴孩子一起探讨面对青春期改变所需要的能力和力量，协助孩子们在陌生的环境中，学习融入不同的人、事、物及觉察自己的情绪，从中了解自己在面对改变时的想法与价值观。此外，我们也引导孩子找寻身边的资源和助力来协助自己完成计划和任务。

这一次，我们也添加了亲子活动环节，不仅让孩子们与父母一起完成挑战，也创造一个机会让孩子与父母亲密互动。希望生活营过后，可以让彼此带着爱的力量回家，并让此力量继续延伸。

经过两年的用心经营，“72变生活营”已赢得好口碑，还接获古晋博爱协会的邀约，希望关怀组能到东马办生活营。



在《72变力量》生活营的亲子活动环节中，孩子与父母一起完成挑战，留下许多动人的温馨时刻。


太阳花关怀行动

2017年，除了依旧会进行7次儿童之家活动和1至3次生活营，我们也推出“太阳花关怀行动”将服务领域扩展至另一个新的方向。

“太阳花关怀行动”将由生命线协会资深辅导义工、关怀义工与见习义工等所组成的团队，共同参与策划和带领的角色，旨在把关爱带到郊外的学校和微型华小，以倾听小小生命的力量为目标，从活动中启发孩子们的内在潜能。同时，让孩子从游

戏中学习团队精神。

我们希望秉着关怀的精神，走入社区，主动提供资源和援助给弱势群体，让城市以外的孩子一样可以获得同等的关注与陪伴。我们期待郊外的孩子也能有机会学习探索内在情绪，发掘自己的亮点，提升自我价值和自我肯定的能力。

若您有意赞助太阳花关怀行动，可致电03-4266 6195 或电邮 admin@lifeline.org.my 



团队力量



张思维
爱心特工组组长

爱心特工组 多一份爱心 多一道彩虹

爱心特工组，如其名由一班富有爱心的义工组成，执行一些关爱及服务社会的特别任务。

从2000年举办第一场捐血活动开始，爱心特工组秉持“走入社会，结合社会资源，推动社会福利工作”的理念，逐步扩大服务范围，在捐血运动中增添器官捐赠，也到老人院服务及推动环保工作。

转眼间，爱心特工组已投入服务第17年，义工们逐渐在活动中累积经验，从中发现服务群众更深一层的意义。

一场捐血活动，看似简单的流程：为捐血者登记、量体重、带领他躺在椅子上、陪他聊天等，若能给予一个阳光的笑容、一句温馨的问候，就能给对方留下深刻的好印象，亦为日渐繁忙冷漠的都市增添一股“爱心的力量”，也定义了爱心特工组的存在意义。

爱心特工组以比较主动的方式接触大众，以活动走入社区。义工们在不同的场合宣传生命线协会，让有需要寻求辅导的公众知道我们的热线服

环保活动

任务成功！来张大合照！

最让义工们开心的，是在辛苦劳动后，看到大自然恢复她的干净美丽。



务，同时鼓励更多热心人士加入义工团队。

而探访老人院，则是由义工们带领公众亲身体验，为老人院进行打扫工作、布置环境及探望老人家，从中培养关怀年长者的精神。环境保护活动最受一家大小欢迎，许多父母带着子女一起参加。一方面动动身体、亲近大自然；另一方面，从小灌输孩子们保护自然环境的概念。

参与爱心特工组的这些日子，义工们体现了生命线协会的服务精神“帮助别人，成长自己”。我们学会如何与人融洽相处、团队的力量及不求回报的服务精神，还有分享自己的想法及倾听他人。

2017年，我们会有更多朋友参与爱心特工组的活动从中成长自己，同时也会积极招收及培训新义工，准备在未来开展更多不同类型的社会服务。

我们相信：“多一位义工，多一个笑容，多一份爱心，多一道彩虹。” 🌻



环保活动

爸爸带着小男孩来参加环保活动，从小灌输孩子们保护自然环境的观念。



捐血运动

生命线协会捐血活动的最大特色在于，义工们会陪着捐血者聊天。以阳光的笑容及温馨的问候，让捐血者带着愉快的心情完成这项救人善举。



探访老人院

义工们到老人院进行打扫工作、布置环境及探望老人家，从中培养关怀年长者的精神。

团队力量



黄玉燕
社会教育组组长

社会教育组 传播种子 发现生命的美好

有一种教育跟生命有关，教你如何勇敢面对生活中的低潮与瓶颈，从中发掘再站起来的力量。

从早期的“95生命自觉”到“我听见了你”、“倾听生命的力量”，社会教育组都在积极宣导一种对生命的积极、正向态度。

社会教育组每年不定期举办各类型讲座会、成长团体、工作坊、生活营、研讨会、读书会等活动，探讨现代人主要的生活课题，并将心理辅导及生命教育的种子传播到社会的各个角落。

自2010年成立以来，社会教育组举办的活动包括：95生命自觉营、艺术与心灵生活营、Smart Start婚前教育课程、“我听见了你”运动等等。

讲师培训班

生命线协会于2015年推出“我听见了你”运动，让资深辅导义工走出辅导室，走入全国各地校园与社区，以巡回讲座的方式宣导“倾听”，获得很大回响，也让我们更加确信“生命可以影响生命”。

个人力量很小，但若站上社会的舞台，以讲座会、工作坊、报章或电台等方式进行分享，就可以像

播种子般，把关怀、正能量传播到广阔的区域，甚至形成一股集体学习生命关怀的社会力量。

于是，社会教育组在2015和2016年分别开办两届讲师培训班，鼓励义工们站上讲师的舞台，将本身从助人工作及生活经历中所得到的启发和学习分享出去，也让义工们有个自我提升的新平台。

两届讲师培训班，共培育出20多位新讲师，已准备好全国跑透透，到校园、社区、企业等提供讲座。

艺术与心灵生活营

艺术与心灵生活营是社会教育组与达尔尚艺术学院携手合作的生活营，专为年龄介于14至20岁的青少年量身定做。

我们将心理辅导与艺术元素结合，办一场概念特别与新颖，又适合时下年轻人的生活营，同时让年轻的朋友们从参与活动中，更了解自己的特质、发挥个人潜能、发现生命的亮点与人生目标。

艺术与心灵生活营自2012年举办第一届以来，每年吸引80至100位营员报名，成了青少年非常向往的年度活动。许多营员每年都报名参加，而一些已经

成年毕业了营员，还会回来担任工作人员，为更年轻的朋友们筹备生活营。

2017年6月份的学校年中假期，社会教育组将与达尔尚艺术学院再次携手合作，联办第五届艺术与心灵生活营，为来自全国各地80名青少年，带来一场好玩、刺激，兼具自我探索、学习成长的艺术心灵飨宴。

艺术治疗及电影分享会

除此之外，社会教育组也将推出全新的系列活动——艺术治疗与亲子沟通活动创意班。

这一系列的活动将在周末进行，主要目的是以艺术形式让家长听见及了解孩子内在的声音，同时带领成人自我探索并发现内心的正能量。

为了让各个年龄层的大众受惠，我们也在周末主办电影分享会。为大家精心挑选好电影，一边观赏、一边交流，从中发现新的体悟。🌻



年轻的朋友们在参与“艺术与心灵”生活营的过程中，更了解自己的个人特质、学会发挥个人潜能、发现生命的亮点与人生目标。

回顾 2016年

第11届

马来西亚华社辅导研讨会
2016



大会开幕暨辅导大使丹斯里拿督邱财加（左五）为第11届马来西亚华社辅导研讨会主持开幕仪式。

筹备近两年的第11届马来西亚华社辅导研讨会，于2016年9月11日圆满落幕。

生命线协会竭尽所能，全体动员，只为给来自全国各地及海外的来宾们带来一场丰盛的辅导飨宴。

两天一夜，12位国内外讲师及近500位辅导及教育工作者齐聚一堂，一同探讨何谓“倾听生命的力量”，并将之落实在日常的生活、工作、家庭与互动中，协助处于困境中的人们找到希望与力量。

生命线协会向讲师、联办单位、媒体、赞助商、理事、筹委、义工、学员们以及马来西亚华人社区辅导机构的伙伴们，致以最诚挚的感谢。谢谢大家为本土助人种子的扎根与深耕献一份力；让这以生命影响生命的事业得以茁壮成长。 🌻



马来西亚华人社区辅导机构代表在交流会环节中，分享各机构的现状、资源及挑战，通过彼此间的交流及现场观众的提问，一同探讨如何“整合力量，扩大力量！”



在研讨课题环节中，来自台湾的林香君博士（左起）、冯以量硕士及陈云娟讲师分享主题“看见生命力量之美”，精彩的演说吸引全场的目光，也让学员们对生命的美有了另一番领悟。



日期 | 2016年9月10日至11日（星期六至日）

地点 | 八打灵再也晶冠酒店

人数 | 464名来自全马各地、台湾和汶莱的辅导员、辅导老师、学前教育工作者、社区辅导工作者、学校老师与行政人员、社会与企业领袖



感谢六位工作坊讲师郑如安博士（左上起）、林香君博士（右上）、黄秋媚硕士、张春源硕士、王荣义硕士及冯以量硕士，分别带领结构式游戏治疗、叙事治疗、正念疗法、曼陀罗、梦的解析及善终·善生·善别工作坊，从多元角度发掘生命的力量，让学员们满载而归。



9月10日亦是世界预防自杀日。全场观众亮起一盏小白灯，进行一分钟的悼念，对自杀防治议题表示支持，并纪念因自杀离去的挚爱与幸存者。



第11届马来西亚华社辅导研讨会圆满落幕。生命线协会会长苏万安（右二）、新纪元学院辅导中心主任郭富美（右一）及讲师们，呼吁大家2018年在新纪元学院承办的第12届马来西亚华社辅导研讨会再见。

您可到生命线协会网站www.lifeline.org.my观看完整活动报告

回顾2016年



一月

周金亮赠献生命线协会活动之歌暨周金亮1000首歌首张专辑《九个女声》新闻发布会



二月

【猴爷献瑞迎新春】联谊会



三月

“我听见了你”半日培训工作坊



七月

【一人一故事表达性治疗】
四日工作坊



八月

NTV7《活力加油站》访谈节目



九月

第11届马来西亚华社辅导研讨会



充实而精彩的日子



四月

2016年义工感恩宴暨
“我听见了你”运动慰劳宴



五月

【倾听生命的力量
——从心理学到文学】讲座



六月

结构式游戏治疗五阶工作坊



十月

婚前教育课程



十一月

生命线协会与LPPKN签署
合作备忘录



十二月

捐血运动

您可到生命线协会网站www.lifeline.org.my观看完整活动报告



感恩您

共创“以生命影响

Perfect Food Link Frozen Sdn Bhd • Choice Y T Machinery Sdn Bhd
Choice Y T Trading Sdn Bhd • High Access Sdn Bhd
Chua Lei Ying • Tan Lee Kuan • Ong Gim Heng
Ong Gim Wei • Ong Toh Siang • Yew Ah Chai
陈巧娇 • 罗雪梅 • 赖庆荣 • 潘友聪

的支持

生命”的事业

凡支持本会之善款捐赠，
皆可获扣税
All Donation Is Tax Exempted

Rujukan: LHDN. 01/35/42/51/179-6.5851

马来西亚生命线协会 赞助表格

请在适当的地方打勾(✓)

我/本单位承诺

每月赞助本会行政开销

☐ RM _____ 每月，从 _____ 年到 _____ 年。

赞助“我听见了你”运动讲座

☐ RM _____, _____ 场讲座 (RM1000/一场讲座)

赞助书籍给清寒学生/微型学校

☐ _____ 一套《我听见了你》(每套10本，共RM250)

☐ _____ 一套《陪伴·倾听·了解》(每套10本，共RM350)

兹附上 支票/银行汇票 _____ 总和 RM _____ 予 “Persatuan Life Line Malaysia” (Hong Leong Bank Current Account No. 24001000342)。

赞助者资讯

姓名/公司名称			
地址			
联系人		职称	
公司注册号码		身份证号码	
联络号码	(住家)	(传真)	(手机)
签名	公司印章		
日期			

请把填妥的表格和付款凭证(汇款通知)电邮给行政人员 谢成 stanleyc.lifeline@gmail.com;
或传真到 (603) 42666195.

疑问/建议?

请拨打(603)42666195 或 电邮到 stanleyc.lifeline@gmail.com.

欲知详情, 请预览我们的官方网站www.lifeline.org.my 或 面子书 “Life Line Association Malaysia” .

Life Line Association Malaysia

No. 1-3, 3rd Floor, Jalan Jelatek 1,

Pusat Perniagaan Jelatek, Setiawangsa 54200, Kuala Lumpur.

Admin Tel/Fax: 03-4266 6195 Counseling Hotline: 03-4265 7995

www.lifeline.org.my



The Story of Life Line Association Malaysia

The journey of life is an endless succession of discovery and learning, whereas the interaction of human beings is the nutrition for each other to grow.

Life Line Association Malaysia (LLAM) was established in year 1989, and officially registered as a non-religious, non-political and non-profit organisation in year 1993. The number of volunteers keeps on increasing, while the organisation developing steadily along the year.

All volunteers have undergone professional training. From individual as a starting point, and then influencing others' life. "Helping others, at the same time achieve self-development" is the motto of LLAM. This is also the supporting point where unlimited strength derives.

"Help is as close as the telephone" – this is the ultimate objective of LLAM's services. During the early stages, the volunteers provide counselling services via phone and face-to-face, bring care and courage to people in need.

Today the scope of services has expanded into three main areas i.e. counselling, social education and social care. LLAM organise various activities, bringing care and warmth to community in need. 🌼

The Leaders



Soh Ban Aun
President of Life Line Association Malaysia

Changes in Three Years Welcome the Multi-platform

Times flies, I have served as the 11th President of Life Line Association Malaysia (LLAM) for 3 years.

Reviewing the three main objectives I set when I first become the President in order to direct LLAM towards a clearer direction, i.e. publishing our own newsletter and counselling books, towards 24 hours counselling hotline services and establishing branches.

It isn't hard to set goals, but we need thorough planning to implement it, particularly in transforming the grassroots. Here, I would like to make a brief conclusion about the strategies of managing and developing the organisation during the past 3 years.

In the first year, it was a Year of Change. A thousand miles begin with a single step. In order for LLAM to be able to go far, we have to base on our own "foot" and build a strong foundation. While the change refers to transformation in terms of reforming the organisation from various levels such as the culture within the organisation, the structure of the organisation, distribution of responsibilities and power etc., on the other level, it is for everyone in the organisation to grow and breakthrough in thoughts.

LLAM is like a big family. The style of the management is also same like a family, full with human touch but lack of efficiency. We reformed

it from the family-like style to a corporation style, not only we maintained the spirit of mutual aid and friendship but at the same time, brought up the culture of working, for example the way of conducting meetings, the manner of discussion, interactions among groups etc. The Council Committee set the main direction, the administrative department implemented it and create platform for the volunteers to enable the volunteers exhibit their expertise and experiences on the platform, together we enlighten the public and contribute to the society.

"Help others at the same time achieve self-development", while contributing to the society, we also encourage and help each member to achieve self-improvement. It starts from exploring oneself, discovering one's strength and expertise, and then develops it. At the same time expanding one's vision by walking out from the comfort zone of respective groups and start working together with the Council Committee, the administrative department and others small groups, with this we gather different powers to spread the psychological counselling and social care. On the other hand reforming one's thinking by seeking for breakthrough in the changing and challenging environment while actively promoting the spirit of "Listening to the

strength of life". This will change others perspective when facing problems and therefore stimulate the positive energy from their inner self.

The second year is a Year of Consolidation. When we obtained results from transformation, we need to consolidate the reformation to ensure steady growth.

We have set down the standard operating procedures for the daily management, daily administrative matters and activities plans etc of LLAM to make it systematic and institutionalised. We put idea into action, get result from the action, and then we seek to improve based on the result, so that we can do better next time. We have distributed the work professionally. There is clearer distribution of the duties and responsibilities among the Council Committee, the administrative department and the 6 small groups so that there will be continuous interaction and mutual understanding to ensure consistency in terms of the pace of progress.

I believe that for everyone of us to gather under one roof, there must be some same philosophy and ideology that we upheld. If we can expand the interaction to get to know one another, work together and unleash one's strength, certainly we would get a big payoff for a small effort.

The third year is the Year of Self-reliance. After two years of nurturing, it is time for us to let go and for the "kids" to continue independently. During the time when the 11th Council Committee are still on board, we let the administrative department and the respective small groups to try on more possibilities to breakthrough, use a newer and the latest way and channel to spread the message of mental health to the public while basing themselves on the module learnt and experiences earned during the past two years. This will allow the public from remote area to reach counselling easily and learn about self-help and accompanying their relative and friends.

During this three years' time period, LLAM has transformed from a low profile organisation who work only at the background to an organisation that take active role, establish close cooperation with

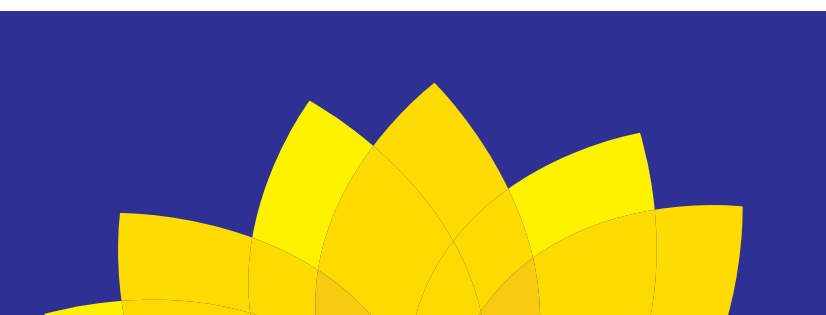
schools, society, corporations and media, utilise the technology and social media, and instill the knowledge of mental health to the general public through various channels.

We are very glad that we have the opportunity to sign the memorandum of understanding with the Women Aid Organisation (WAO) and National Population and Family Development Board of Ministry of Women, Family and Community Development (LPPKN). We are now approaching other races to contribute in promoting personal mental health, harmonious family and caring of the society.

I believe that by standing on the multicultural platform, LLAM will be able to expand our vision and learn precious experiences from other organisations and society group. With this, we are preparing ourselves for a bigger objective.

With regard to the three main objectives that I have been emphasising, we have achieved different improvement. We have published three newsletter and two counselling books, both have received good comment. We also have conducted in depth research and exploration aiming to extend the counselling services hours. We are looking to organise day time volunteer training program and gradually moving towards achieving our aim of providing 24 hours counselling hotline services.

The most challenging part is to set up branches. To do this we will need a lot of resources inclusive of network, man power, facilities and etc. Therefore, we see that setting up activities centre in other state is the best strategy. We have organised various talk, workshop and camp in almost every state in West Malaysia. Currently we are collaborating with various groups, units and organisations in organising activities. From this, we can connect with volunteers who are dedicated to psychology counselling and create an opportunity to set up activities centre in other state. We will still need time to prepare for this objective. I believe that some day in future we will be able to accomplish this. 🌻



Content

【 The Leaders 】

- 46 Soh Ban Aun**
Changes in Three Years,
Welcome the Multi-platform

【 Featured 】

- 50 Soh Yok Kim**
Hand of Cradle,
Awakening Self Awareness in Life

【 Awareness 】

- 54 Campaign 95**
58 “LISTEN” Campaign
61 Counselling Tour Around Malaysia
64 Life Line TV



【 The Team 】

- 68 Counselling Group**
Helping is as close as the telephone
- 70 Counselling Statistic**
- 74 Play Therapy Group**
Expand the love, from children to family
- 76 Social Care Group**
Accompany the teenagers for beautiful changing
- 78 Community Service Group**
Share the love, draw the rainbow
- 80 Public Awareness Group**
Spreading the seeds of learning

【 Love Delivery 】

- 52 Life Line's Exclusive Products**
- 66 Follow Our Channels**
- 82 11th Malaysian Chinese Counselling Conference**
- 84 Highlights of 2016**
- 86 Our Highly Appreciation**
- 88 Sponsorship Form**

Advisor Soh Ban Aun
Editor Joy Kerk
Art Editor Tan Hoay Khim
Translator Joycelyn Lai, Lim Zhi Han, Jane Woon
Printer Advanco Percetakan Sdn Bhd
Publisher Life Line Association Malaysia
 No. 1-3, 3rd Floor,
 Jalan Jelatek 1,
 Pusat Perniagaan Jelatek,
 Setiawangsa,
 54200 Kuala Lumpur,
 MALAYSIA
Admin Tel +603-4266 6195
Counselling Hotline +603-4265 7995
Admin Email admin@lifeline.org.my
Email Counselling counselling@lifeline.org.my
Website www.lifeline.org.my
Facebook Life Line Association Malaysia

Counselling Hotline

Admin Email

Email Counselling

Website

Facebook



Advisor of Society Affair, Ms. Soh Yok Kim **Hand of Cradle, Awakening Self Awareness in Life**

By——Joy Kerk

While interviewing the Advisor, Ms Soh Yok Kim, the clock seems to have been turned back to 13 years ago. That was the year when Life Line Association Malaysia (LLAM) launched the “Campaign 95”.

At that time, she shared about the concept of the “Campaign 95” (the number 95 is the homophone of “Help Me” in Mandarin), hoping that it could instill the spirit of “appreciating life, loving oneself and another” among the public, particularly the youngster.

In year 2006, she was appointed as the President of the 7th Council Committees, intensifying her effort in spreading the spirit of the “Campaign 95” through camps. The “1st 95 Self-awareness Camp” received overwhelming response from the public with closed to 150 participants and goes on till date.

After she stepped down as the president, she holds the position as advisor and continues to grow with LLAM.

According to Ms. Soh, we don't need to over publicising our activities, what important most is the activities benefiting the public. She has pointed out the responsibility of a non-profit organisation precisely.

Through this interview, we are not only able to review the past but would have a better insight for the future. Learning from the past of LLAM, we are indeed covering the future growth of LLAM with a layer of soil called “experience”.

Before joining the Council Committees, Ms. Soh has get to know about LLAM through the Permanent Honorary President, Ms. Lilian Goh Kui Lian and has been sponsoring few activities. In year 2004, upon becoming part of the Council Committees, she get to know LLAM better.

Ms. Soh found that the services provided by LLAM, particularly counselling, are very important to modern people who live a rich life in terms of material but lack of spirituality. Yet, LLAM were unlike other charitable channels such as old folks home, orphanage home, recycling, environment protection that are more concrete and more “visible”.

“Counselling is something abstract. The volunteers lend their ears, listening to others’ problems. Although these helped a lot of people in finding courage to overcome the bottle neck in life, yet they are hard to be seen and measured.

Therefore, it becomes harder to promote the organisation, recruit volunteers and get sponsors.”

On the other hand, she observed that most of the volunteers are contributing quietly behind the scenes while the activities are scattering without a main theme. With her experience in branding, she hopes to bring some changes in LLAM.

“What I first thought of was how to make public remembering LLAM easily. Coincidentally I was sponsoring ‘30 Hours Famine’. This is an activity that managed to caught attention and the secret is using number as the name of the activity.”

“At the same time, there were a few sad cases of students giving up their life. That was sorrowful. I always believe that if people learnt how to appreciate life, understand the preciousness and meaning of life, this kind of incident will not happened.”

After some thoughts, Ms. Soh came up with the idea of “Campaign 95”, basing the number 95 as the homophone of “help me” in Mandarin, to promote and propagate the spirit of “appreciating life” and “help me” means self-help and seeking for help. Subsequently more activities are drawn out under this main theme of “Cherish Life Awareness Campaign”. This also successfully made “Campaign 95” a brand name for LLAM. When 95 is mentioned, people will think of LLAM.

Welcome Home, the Door is Always Open

Not only are the above the meaning of the “Campaign 95”. Ms. Soh also hope that it can unite the volunteers and recruit new volunteers annually.

“It is a common issue faces by volunteer organisation that their volunteers come and go. The youngsters need to spend more time at work and later on they will divert their focus to their family, this is human nature. But I believe that if there is opportunity granted by keeping the LLAM’s door always open, the volunteers will come back after they have achieved what they want or at the right time”.

“Some volunteers may not be able to be with us throughout the year. With our annual activity such as ‘Campaign 95’, we can encourage the volunteers to come back and get together. The volunteers are always happy to have an opportunity to help out in organising the activity and meeting up with their mates.” said Ms Soh while smiling.

On the other hand, in the era which information technology was less advancement of, it is always difficult to promote LLAM and recruit new volunteers.

“95 Self-awareness Camp” creates an opportunity for the public to experience activities organised by LLAM and interact with our volunteers. Through this activity, they would feel the warmth, cohesion and the happiness of servicing the public. With that they will willingly join in the big family.

After several years, in one of the Council Committees’ meeting, the current Head of Community Service Group, Mr. Calvin Chong shared that he gets to know about LLAM through participating the “95 Self-awareness Camp” and become volunteer thereafter. From a newbie, he is now a group leader. The committee members are touched by his sharing.

The seed that was sowed previously has now growth into a big tree and is now continuing its mission to sow.

Spreading the Seeds, Benefiting the Public

“We don’t need to over publicising our activities, what important most is the activities benefiting the public.”


“Success is not about organising a great event. We would need to consider the after effect, how it could continue to influence people positively.”

One will always be touched by Ms. Soh’s sincerity while talking to her. She believes that the cause of helping other will always be blessed and will be sustainable. It is no need to worry too much about sustaining the cause.

“Over the past 24 years, we are actively sowing the seeds. So long as we continue to sow good seeds, someone will be benefiting from that. For example, if you sow the seed in the parents’ hearts, they will know how a family would impact their kids and therefore providing a complete family for their kids.”

In terms of the future direction of LLAM, she pressed on the importance in training the volunteers and recruiting more volunteers, at the same time, uplifting the professional qualities among the volunteers. It is important to have a professional team in order for the organisation to be able to go far.

“I’m glad that LLAM has brought up a number of great talents, a lot of our volunteers are now trainer, speaker, registered counsellors etc.”

Ms. Soh sees LLAM as a pure platform that provide non-religious and non-political service which spreads good seeds in many people hearts and also allows the volunteers to have a platform contribute to society. 

**Order Online
Today**



Life Line's Exclusive Products

Infusing a Ray of Warmth into our Busy Lives

Listening to the
Strength of Life

Bookmark

These beautifully designed bookmarks were published in conjunction with the 11th Malaysian Chinese Counselling Conference organised by LLAM from 10th to 11th of September 2016. Each set contains 6 bookmarks with various colors and inspirational quotes by the conference's workshop speakers. Hopefully, these quotes can guide us in "Listening to the Strength of Life."

Life Line
Association's
First Time Publication

Vitality Card

Vitality cards consist of 54 finely designed cards with 9 variations. Each card contains a phrase of motivation quote which is inspired by the insights gained by our volunteers when they serve the general public. Hopefully, these cards can revitalize you when life gets hard.

Mr. Chow Kam Leong's
1000 Song Series

Nine Female Vocalists

Malaysia's musician—Mr. Chow Kam Leong invited 9 female artists to perform the songs written by him; this is the first album released by Mr. Chow after he made a wish to produce 1,000 songs in Bhutan. This album contains 9 solo songs and 2 songs dedicated to LLAM. Mr. Chow hopes love and care can be spread via the songs he created.



Order Online : <https://goo.gl/forms/tZsDeE7LuL2bRaYQ2>



Exclusive products can be purchased during LLAM's seminar and event.

Awareness about Life

Life

Can be mundane, routine and complicated
Or it can be filled with pleasant surprises
The world is beautiful if you widen your horizon
Have you seen the beauty around you?

In year 2017

LLAM's activity series

Proudly inviting you to join us

Observing life, touch your heart and listening to the strength of life
Together, let's experience the richness of life





Campaign 95

When people are in the lowest point of life and feel helpless, there is always a cry for help coming from the deep inside of heart.

In face of despair, some of them decide to give up the precious lives; on the other hand, there are a few who reached out for help amidst the hardship they faced and changed their life.

In 2004, Life Line Association Malaysia (LLAM) launched the “Cherish Life Awareness Campaign” also known as “Campaign 95” with the aim to promote the spirit of “appreciating life” and “help me”.

“Campaign 95” basing the number 95 as the homophone of “help me” in Mandarin, which literally means helping me. The phrase “help me” can also

be linked to words or phrases such as “self-help” or “cry for help”. “Self-help” is defined as the ability of an individual to utilise the resources available to them in facing challenges of life or the ability to cope with their emotions and difficulties they faced. While, “cry for help” is defined as the effort of an individual in reaching out for help when they failed to cope.

In the process of “self-help” or “cry for help”, we often notice that there is a force, a kind of love to ownself that drive us to face the challenges in life, aid us in learning from the setbacks, and then become a braver person that able to love ourselves and others more.

Spirit of “Growth”

Public can assess to various channels to learning and enhancing their psychological resiliency and the ability to adapt stress.

Spirit of “Seeking-help”

In face of crisis and emotional turbulence, public should learn to seek-help and support from others; the act of “seeking-help” is seen as the noblest action taken by those who really love themselves and others.

Spirit of



Spirit of “Helping”

Public should be ever ready to lend a hand and provide appropriate assistance to those who are stressed out or experiencing mental instability. Public are also advised to take part in social services which aimed to enhance mental health for those in need, so that more people can benefit from this act of kindness.

Spirit of “Cherish Life”

Life is precious; no matter how much challenges and setbacks we faced in life, we shall uphold the noble code of cherishing all lives and give ourselves and others a chance to live a better life.





Campaign 95 over the Years



Feedbacks of Campaign 95's Participants

The insights I gained from the camp.....

- ♥ We can't control how long we alive; but we can determine how meaningful our life should be. Cherish life; love yourself and others, spiritual growth is the most important in life.
- ♥ Experience the meaning of life, enjoy every moment in life, and do not ruminate over the past/sadness nor wasting time.
- ♥ Able to comprehend that life is precious, appreciate and be thankful with what we possess now plus rediscovering ourselves.
- ♥ Appreciate those we love and those who love us; be grateful to our parents.
- ♥ Focus in the here and now; understand that there is various options in solving a problem.
- ♥ Helped us to make sense and be aware of how much we have developed (from past till the present); increase our self-confidence in facing daily challenges.
- ♥ Enabled us to understand ourselves better; experienced catharsis (releasing ourselves from sorrows); experienced what it means to receive support from others
- ♥ Understand that loving and caring are not limited to others only; but it also important to love ourselves.
- ♥ Get to know ourselves better and enable us to improve; believe that each relationship we have in life can be further improved.
- ♥ Become aware of challenges that need to be tackled; being in the group given me more courage to face the challenges in life.
- ♥ Understand the importance of "home" and learn the ways to nurture this "home".
- ♥ Everyone has their own stories; I suddenly realise that I am very blessed; I have learnt to appreciate what I have and focus in the here and now.
- ♥ "Do not give up, you will lose everything if you do so." This sentence is inspiring. 🌻

Highlights of 95 Camp **The Wonderful Moments**



Give yourself a big round of applause! "I did great!"



"The sun gave us warmth, and you can become the sun too."



Expressing care and warmth is very easy; all you need is hold their hands and look them in the eyes.



Life will not go smooth; sometimes you need to go through some obstacles.



When you are tired, you can lay down. There are people who are willing to support you and let you to have a nice rest.

Stay Tuned

Besides 95 Self Awareness Camp, LLAM is planning to organise exhibition, promotional activity , tour talks etc to promote self-awareness about life.

Please visit us on Facebook : *Life Line Association Malaysia* or visit our official website : www.lifeline.org.my

NEW!



Play Therapy

For children age 3 to 12 years old



**Facing challenges with children, difficult behaviors, aggression, withdraw regression or other maladaptive coping skills?
Kindly meet our Counsellor's at LPPKN for any further details.**



For Children :

Toys are their words and play is their medium of communication.



For Parents :

Always using words and words only.

The Fact :

Play Therapy is fun, relaxing and helps children to gain personal growth, self-expression and self-regulation.



Contact us

National Population and Family Development Board, Malaysia
(Ministry of Women, Family and Community Development, Malaysia)

Bangunan LPPKN, 12B, Jalan Raja Laut, Peti Surat 10416, 50712 Kuala Lumpur
Tel : 03 2693 4555 (Counselling Unit) Email : penduduk@lppkn.gov.my



“LISTEN” Campaign

**I LISTEN you, the voice in you
Let it closer the distance between us
Let it heal your pain and stop your tears**



〈LISTEN〉Book is published in year 2015. This masterpiece encompassed our volunteer's 20 years of experience in counselling profession; content was also presented in an easy to understand manner; this enable learning to be fun and easy where everyone can become a good listener.

Life Line Association Malaysia (LLAM) has provided various social services for the general public, of which the oldest service provided since establishment is none other than—Counselling.

Over the past 24 years (1993-2016), we have provided free counselling services to over 18,000 clients in crisis with diverse backgrounds, that faced various crisis such as mental, family, marital, relationship, employment, further study, day-to-day issues etc.

“Help is as Close as the Telephone”. In LLAM, we provide quality listening and support to clients via means of phone, e-mail and face-to-face counselling. We did not do much actually, what we did was merely becoming a good listener for those in need and let them to express their thoughts and feelings in a safe and comfortable environment.

Once the clients are able to express what have been suppressed all this time while feeling being accepted and experienced the warmth from another person, they will feel relieved and realised that things are not that bad after all! And they have strengths and resources needed to solve their problems. This is the power of listening!

Thus, LLAM are dedicated to share our

experience in “listening” gained over the past 20 years.

In 2015, LLAM launched the “LISTEN” Campaign to encourage public to learn the theory and skills behind listening, in order to become a good listener that can provide support to family and friends in need, at the same time listen to own inner voice.

Mission:

1. Promote the importance of “Listening” by encouraging the public to pick up this skill. With this, they can become a better listener and support the people around them.
2. Build a supportive community that “know listen and is willing to listen” in order to create harmonious homes and caring schools; where stress reduction, depression and suicide prevention are achievable.
3. Increase public's awareness regarding the underlying “strength of life” behind each problem they will face in life, learn the ways to gain a breakthrough from problems, uncover the positivity and potentials in life.



“LISTEN” Campaign Series

Talk Tour
96 talks delivered

Workshops
8 workshops conducted

Weekend's Psychology Classes
10 Classes delivered

Mini Talks
7 Talks delivered

Living Psychology Books
6000 copies printed

“LISTEN” MV
10, 658 CTR

LLAM organised tour talks at schools to promote listening skills among the students, so that students can learn to become a better listener for themselves and others plus, uncover their potentials which will help them to become passionate and confident.



The theme song “LISTEN” was able to reach out and influence more people, it remind us the power of listening.



Hand on experiences were gained by those who participated our workshops. By wearing masks, each participants roleplayed with different roles in life, this facilitate them to better understand themselves and empathize others.

List of “LISTEN” Talks and Workshops

Workshop	
1. Finding “Les Choristes” — the passion of teachers (For teacher)	6. You can become a winner even though you are last in the class!—How to listen to children’s problem and identify their potentials?
2. From Play Therapy, I understand myself and children better (For Parents)	7. What is my talent? — Identify your potentials through listening
3. Friend of Stress (For Students)	8. We are closer because of play — Introduction of Playing Therapy
	9. Listen to the children with different gender identities and sexual orientations.
	10. Looking at the rainbow underneath the emotions.
Talks	
1. Listening to the strength of life and not to the problems!	11. Sex education : The difference between male and female
2. Suicide prevention starts from listening!	12. Identify your talent and unleash your potentials
3. Converting stress to motivation begins from listening!	13. More care is needed for the wounded — Ways to cope with trauma
4. Becoming a happy teacher (parent), starts from listening to yourself!	14. Should I be cared by others? — Self-care for the caregivers
5. Becoming a happy student, begins from listening to yourself!	15. Listening to my own lies — Understanding cognitive dissonance

In promoting LISTEN Campaign, We welcome any form of collaboration or sponsor from primary schools, secondary schools and private sectors. For those who are interested, please feel free to contact our admin department at 03-4266 6195 or give us an e-mail at event@lifeline.org.my

Online purchase Living Psychology Books, please click the link below for more details

<https://goo.gl/forms/tZsDeE7LuL2bRaYQ2>

Listen to our “LISTEN” theme song by clicking the link below

<https://www.youtube.com/watch?v=HAI3maOIZfE> 🌻



During the Play Therapy Mini Talk, our volunteer speakers share their experience on how to accompany children through playing, and enhance parent-child bonding.

Counselling Tour Around Malaysia

Life Line Association Malaysia (LLAM) organised the 11th Malaysian Chinese Counselling Conference on 10 to 11 September 2016 with the theme of: "LISTEN—Listening to the Strength of Life" which focus on helping those in need in finding hope by accompanying and listening to them.

In order for the message of "Listening to the Strength of Life" to reach out to more people, we had launched our "Counselling Tour Around Malaysia" in early of year 2016. We were honoured for being able to invite three speakers from abroad to conduct workshops and deliver talks in this tour, namely: Dr. Kuo Hung Kuo-Hsiung, Clinical Psychologist Mr. Tony Huang and Dr. Liang Tsuey-Mei. We hoped that through the workshops and talks, general public from the east coast, northern and southern region of Malaysia can have a better understanding about counselling.

Series of activities under "Counselling Tour Around Malaysia" had successfully attracted 2,300 participants, not yet including the 476 participants who registered for the conference. If our participants share what they had learnt with their friends and family; we estimated that about 10,000 Malaysian's living will be positively influenced.

In year 2017, LLAM will strive to expand the coverage of "Counselling Tour Around Malaysia" to East Malaysia.

Mission

1. Introduce and distribute the counselling resources effectively.
2. Increase Malaysian's awareness regarding the importance of being mentally healthy. 🌻

2017 Tour's Roadmap



2017 Tour's Speakers

Mr. Wang Jung-Yi

- Master of Education, Boston College
- Master of Divinity, Tainan Theological College and Seminary
- Master of Theology, University of Edinburgh
- Student Minister, Presbyterian Student Center in Taipei & Tai-Chung
- Committee member of the Presbyterian Church Taiwan
- More than 25 years of experiences in conducting psychological counselling and having practical experiences in interpreting dreams.



Dr. Lin Hsiang Chun

- Ph.D. in Educational Physiology and Counselling, National Taiwan Normal University
- Head of Centre of Holistic Life Study, Fo Guang University
- Chairman of Nook's Caring Association
- Consultant of Taiwan Yilan Family Education Centre
- Emphasised in getting close with people's experiences in life and achieve listening, understanding, accompany and standing side by side.



Dr. Liang Tsuey-Mei

- Ph.D. in Counseling, National Changhua University of Education
- Licensed Counselling Psychologist
- Certified Therapist of Taiwan Art Therapy Association
- Assistant Professor of Department of Senior Citizen Welfare and Affair, Hungkuang University
- Lecturer of Taiwan Tung Hai University
- Member of Taiwan Counselling Psychologists Union



Mr. Tony Huang, Clinical Psychologist

- Co-Lectuer for Far Eastern New Century Corporation
- Clinical Psychologist in Taipei Government Hospital
- Co-Lecturer for Taiwan Civil Service Development Institute
- Consulting Psychologist for China Airlines, EVA Air, Taipei Metro, Taiwan Power Company and CPC Corporation.
- Head of Health Promotion Team in Taipei's Community Mental Health Center



Teacher Yee Yeng Yeng

- Head of Life Line Association Malaysia's Play Therapy Group
- Counselling Supervisor of Life Line Association Malaysia
- Senior Instructor and Trainer of Parenting Course for United Chinese School Teachers' Association of Malaysia (UCSTAM)
- Speaker for Parenting and Family Education
- Retired Counselling Teacher of Primary School



2017 Tour's Schedule

East Coast 7 ~ 12 March

Title : "Les Choristes" — the Passion of Teachers

Speaker : Teacher Yee Yeng Yeng (Malaysia)

Content Summary : Rediscovering the motive of becoming a teacher, learning ways to cope with stress in teaching profession.

Target Audience : School teachers and administrators, tutors, pre-schools educators, students from education related courses

Location : Kelantan, Terengganu, Kuantan and Kuala Lumpur

East Malaysia 26 April ~ 2 May

Speaker : Mr. Wang Jung-Yi (Taiwan)

Title : Forgather True Self through Dream Interpretation

Content Summary : Understand people unconscious needs through dream interpretation; enhance self-awareness and development

Target Audience : General public, those who are facing challenges in life or interested in self-development, and counselling service providers

Location : Sibul, Kuching and Kuala Lumpur

Southern Region 7 ~ 16 July

Title : Swaying the Colour in Your Heart

Speaker : Dr. Liang Tsuey-Mei (Taiwan)

Content Summary : Learning the basics of art therapy; increase your awareness and develop through art therapy

Target Audience : General public, those who are facing challenges in life or interested in self-development, and counselling service providers

Location : Muar, Batu Pahat, Johor Bahru and Kuala Lumpur

Northern Region 5 ~ 13 August

Title : Discovery the Vitality from Life Stories

Speaker : Dr. Lin Hsiang Chun (Taiwan)

Content Summary : Narrative Therapy emphasise the equality between helpers and clients; it also explore and discuss personal problems from culture and social context.

Target Audience : General public who are interested in Life Education, counselling service providers and social workers

Location : Kuala Lumpur and Penang

Southern Region

16 ~ 24 September

Title : Crisis Management and Psychology First Aid

Speaker : Mr. Tony Huang, Clinical Psychologist

Content Summary : Topics such as crisis management, suicide prevention, Post-Traumatic Stress Disorder (PTSD) management etc.

Target Audience : General public who is concern of life care, counselling service providers, and social workers

Location : Kuala Lumpur, Melaka and Negeri Sembilan

In order for "Counselling Tour / around Malaysia" to reach out and benefit more people, we welcome association and private sector to sponsor this project.

For those who are interested, please feel free to contact our Admin Department at 03-4266 6195 or send us an e-mail at admin@lifeline.org.my

Total number of participants : 3,740

Total number of people benefited : 37,600

Prediction : The upcoming 2017's Counselling Tour Around Malaysia will positively impact 40,000 people.



Life Line TV is our brand new media project that is scheduled to launch in 17 January 2017. Life Line Association Malaysia (LLAM) sincerely hoped that counselling related information can be spread to more people, especially to younger generations and those who stay in outskirt area through the internet and social media platforms.

Under this new project, LLAM is dedicated to create an exclusive online TV channel where our senior speakers and volunteers will share their thoughts and experiences on certain psychological counselling related topics, and then produce a video to share in social media platforms.

Life Line TV not only able to record down our speakers' invaluable experiences and sharing, but can also spread some information, knowledge and technique about mental health that can be applicable in our daily livings. Hopefully this can help to raise the awareness and attention of general public toward the importance of mental health.

Last but not least, facing challenges and setbacks are part and parcel of being a human. When we are in doubt or struggling in life, a heart-warming video or a meaningful sentence from someone might light up our day, and inspired us to find the ways solving the problems we faced.

Mission:

1. Educate and promote the importance of mental health among the public using internet technology.
2. Strengthening Life Line Association Malaysia's brand image.
3. Increase Life Line Association Malaysia's popularity among the younger generations; so that those in need can reach us easily. 🌻

Life Line TV Channel:

Youtube : <https://goo.gl/TnpRtl>

Facebook : *Life Line Association Malaysia*



Life Line TV Programme Content

A) Main Themes

Date	Topic and Contents	Guest of Honor
January – February	It's school opening! – Heart-warming short stories in schools	Yee Yeng Yeng
March – April	Accompany me to play, before I grown up! – Raising child with Play Therapy method	Ong Lian Bing & Chin Hon Mui
May – June	Love Cha-Cha, have you mastered it? – Discussion about psychology in love	Tan Hoon Kian & Wong Su Zane
July – August	Forgather the true self in dreams – Discussion about dreams and subconscious	Wang Jung-Yi
September – October	To be determined	Dr. Liang Tsuey Mei / Dr. Lin Hsiang Chun

B) Special Programme

Special programme are broadcasted in conjunction with international observance, festivals, anniversaries, special events, etc.

January

25/01 Pre Chinese New Year cleanup, wash away the dirt

Discussion about ways to handle uncomfortable questions asked by relatives during festive seasons

February

14/02 Valentine Day

Discussion about ways to express love

28/02 SPM results are releasing soon!!!

Discussion about ways to cope with poor results

March

08/03 International Women's Day

(In conjunction with international observance theme)

21/03 World Sleep Day

(In conjunction with international observance theme)

April

05/04 Ching Ming Festival

Discussion about ways to cope with grief and lost

May

01/05 International Workers' Day

Discussion about stress caused by superiors

14/05 Mother's Day and Teacher's Day

Discussion about the stress faced by teachers

30/05 Dragon Boat Festival

Discussion about ways to observe and detect those who need help

June

05/06 LGBT Pride Month

Discussion about : Ways to support LGBT friends

18/06 Father's Day

Discussion about : Why men can't cry?

23/06 Hari Raya Aidilfitri

Discussion about ways to keep our mind peace

July

30/07 International Day of Friendship

Discussion about ways to reach mutual happiness

August

12/08 International Youth Day

Discussion about: What are the ways to communicate and interact with rebellious youths?

31/08 Malaysia's National Day

Discussion unity and interpersonal communication

September

10/09 World Suicide Prevention Day

(In conjunction with international observance theme)

21/09 World Alzheimer's Day

(In conjunction with international observance theme)

October

01/10 International Day of Older Persons and Mid-Autumn Festival

Discussion about ways to get along with older people

10/10 World Mental Health Day

(In conjunction with international observance theme)

18/10 Deepavali

Discussion about ways to discover the light in your heart

28/10 Children's Day

Discussion about stories during childhood

November

11/11 Bachelor's Day

Discussion about ways to cherish the time for being alone

December

25/12 Christmas

Discussion about family gatherings



For Latest Update

Follow Our Channels

Facebook : Life Line Association Malaysia Website : www.lifeline.org.my



【 Step 1 】

Save your mobile number 011-1095 9595 in your contact list.

【 Step 2 】

Send us a Whatsapp message "I am XX, I would like to receive Life Line latest event update"



Youtube : Life Line Association Malaysia



马来西亚生命线协会

The Team

WE

Just like every other human being, constantly fighting for better livings
We need to take care of family, and run the errands

Luckily

In the limited period of time we have in this world
We come into Life Line

Life Line gives us a platform

To dedicate our life and passionate in the career of helping others
Bring a sense of warmth and hope to the society
In return, we gained a meaningful and fulfilling life

We feel grateful to Life Line.

In the coming days

We shall moving forward hand-in-hand, to fulfill our mission.



The **Team**



Teay Chee Wai
Head of Counselling Group

Counselling Group **Help is as Close as the Telephone**

The Counselling Group of Life Line Association Malaysia (LLAM) has been established for 24 years. In the year of 1993, there is only one hotline to provide counselling service. And now, we have expanded the counselling service not only via phone but also by face-to-face and email.

Counselling Group is formed by a team of passionate volunteers who have undergone professional training. We held "Help is as close as the telephone" as our ultimate objective, dedicate to being a listener who give companion to people who faced mental or emotional problems.

We believe that, by providing active listening and appropriate response, we will be able to let the client feel that they are being listened, and there is someone who understands them, and willing to accept them as who they are. From that, they will be encouraged to face the problems, being more positive and put in effort to look for solution. Eventually, they will be able to pass through the difficulty and moving toward a better future.

On-the-job Training for Volunteer

The counselling volunteers stand at the front line of helping service. They will need to listen to various problems from people with different ages and

background; the problem faced sometimes can be quite complicated. Therefore, to ensure volunteers to be able to help clients effectively, we have to keep on learning and improving, including sensitivity, resilience, counselling theories and technique application, and also our personal mindset, value, how to manage relationship with others and inner self etc.

We organise 3 to 4 times of small group training every year, which volunteers will gather round and learn certain topics related to counselling, to equip our professional knowledge. In the year 2016, we have also invited the overseas speakers Dr. Lin Hsiang Chun and Mr. Wang Jung Yi to train volunteers. This is to meet LLAM motto "Helping others, at the same time achieve self-development".

In this coming year 2017, LLAM has programmed a series of on-the-job training, including Supervisor Training, to train a new batch of counselling supervisors.

Extend the Service Hours

"When I was feeling so bad and can't even breathe, I wished that I could call you guys immediately, but I have no choice, have to wait until 7 at night", one of the client's voice out to us.



The Team

This feedback showed us that counselling service of 3 hours per day is not enough for people in need. Thus, when we moved into the new premise in year 2014, we have expanded our service hour at Saturday afternoon; but still the supply is less than demand. Especially the number of people who request for face-to-face counselling, is much more than we could handle.

In the two years, LLAM has studied for the possibility of extending service hours of counselling hotline. We thought about midnight shift, daytime training, and some other plans. We hope that in the near future, we could expand our service day to Sunday, or increase the existing service hours from 3 hours to longer hours; in order to help more people in need. Step-by-step, we are heading to our vision of providing 24 hours hotline service.

Case Tracking System

The unique feature of the LLAM's counselling service is "case follow-up system". When the clients call in for the first time, the volunteer will inform them that, if they need help again, they will have to call

in at the same service day and look for the same person (counselling volunteer) to talk to. With this system, our volunteers will be able to follow the progress of each client; maintain a longer-term of client-counsellor relationship; and to witness the changes and growth of client along the way.

However, there is still a limitation of this practice, what if the client does not call back? Then we are unable to follow.

Thus, we have also started to discuss about the possibility of "tracking the cases". Perhaps we can prioritise for clients who have financial problem, clients calling from outstation, high-risk cases like suicidal tendency or domestic violence; and some special cases.

This suggestion is still in the discussion stage, we have a lot more details to be studied. We hope that we can begin with the cases that involve financial problem and from outstation; at the same time provide specific training to our volunteer about the skill of handling high-risk cases, and gradually build up the system. 🌻

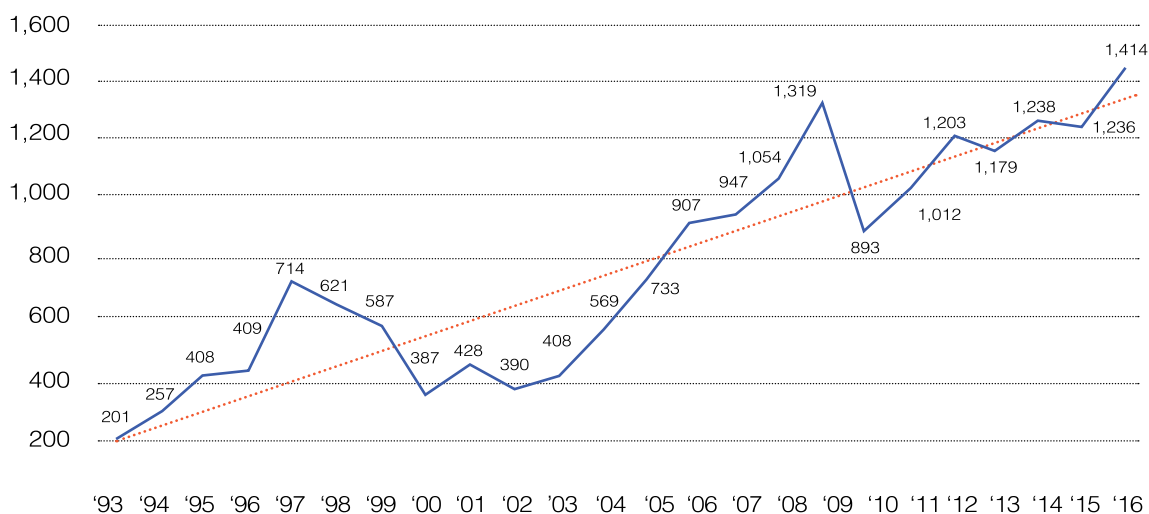


In year 2016, LLAM invited Dr. Lin Hsiang Chun (4th from right, 2nd row) to train volunteers on narrative therapy.

Counselling Statistic

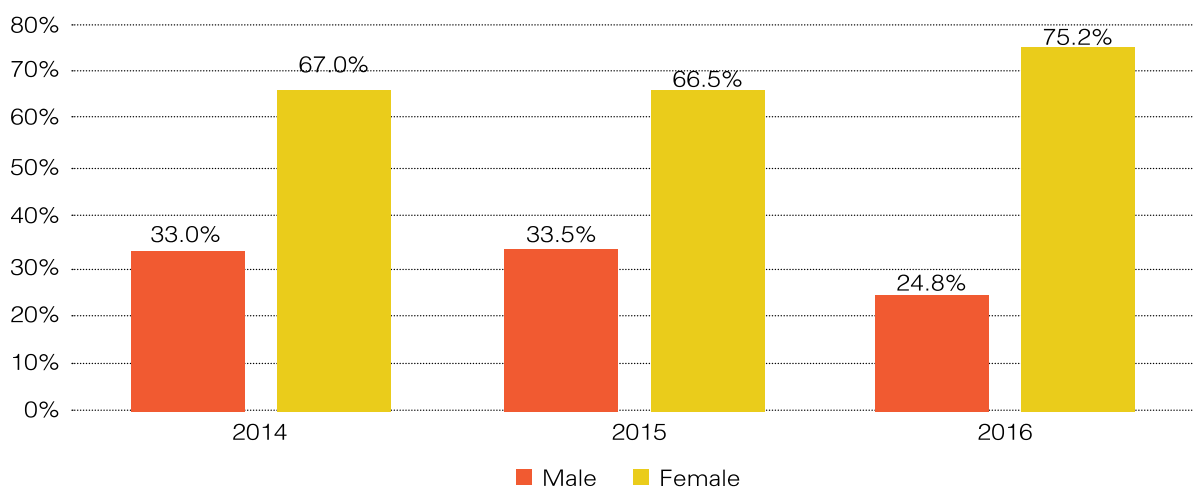


Total Number of Cases 1993–2016

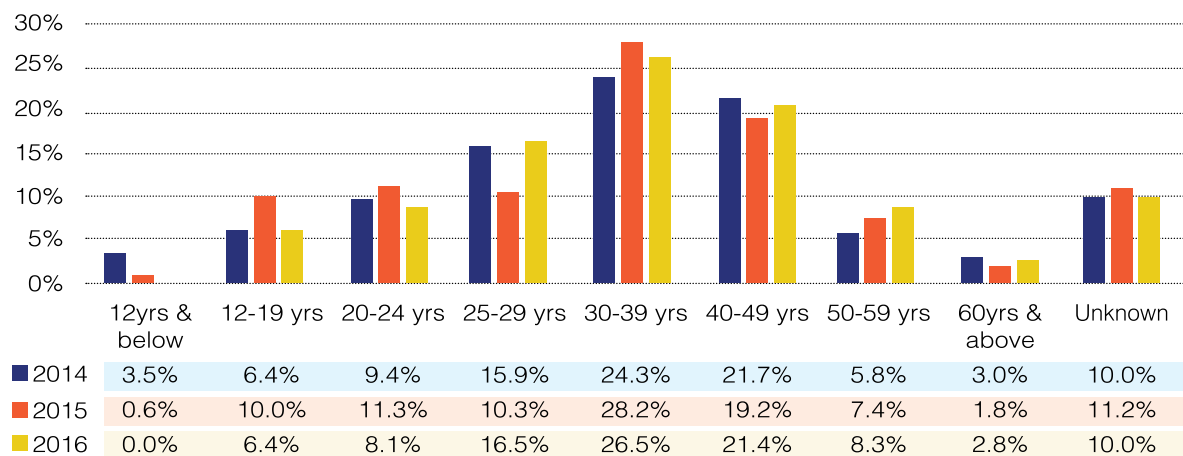


Clients' Profile Comparison 2014–2016

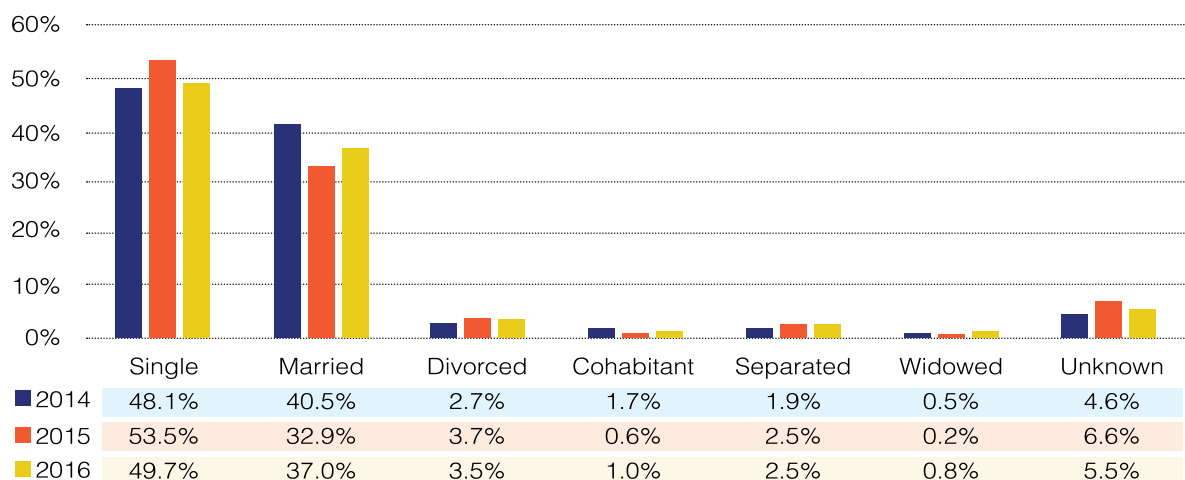
Gender Comparison



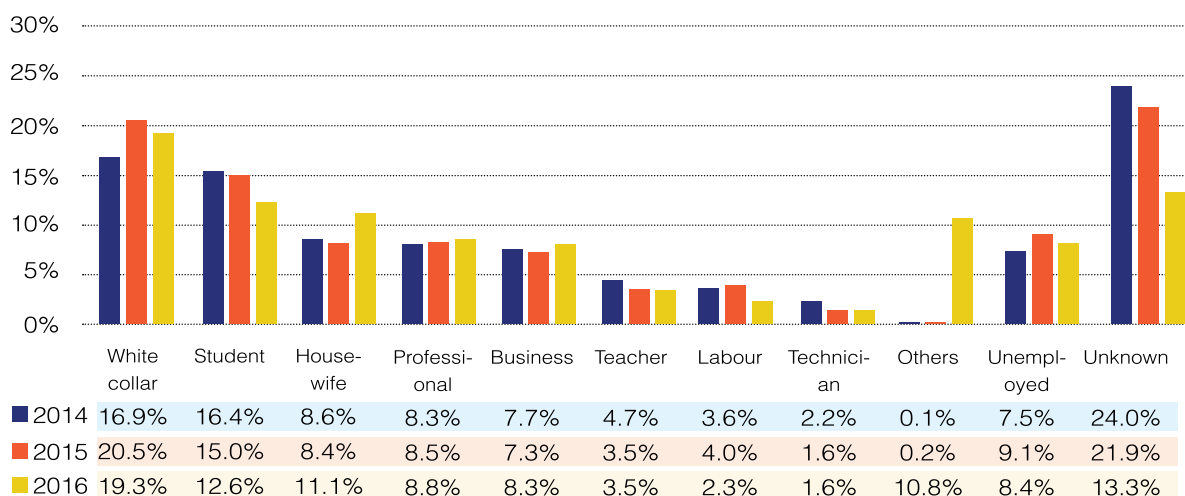
Age Group Comparison



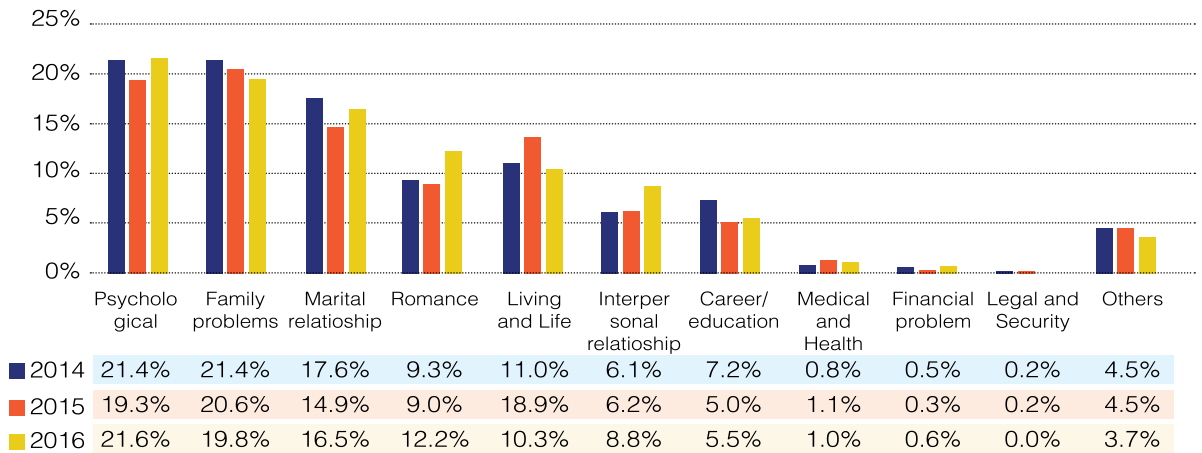
Marital Status Comparison



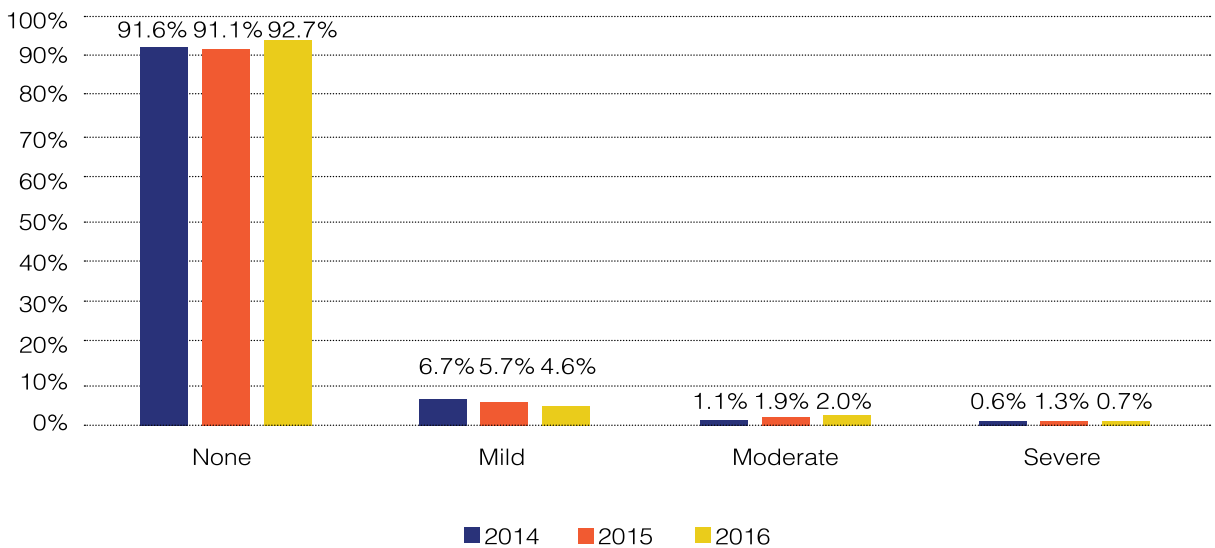
Occupation Comparison



Problem Type Comparison



Suicidal Ideation Comparison



The Team



Yee Yeng Yeng
Head of Play Therapy Group

Play Therapy Group Expand the Love From Children to Family

Play Therapy group was established in the year 2014. After attending five stages of Structural Play Therapy Workshop, the volunteers felt that the most precious gift the parents can give to their children is to playing with them. Therefore, they decided to popularize the play therapy.

The volunteers are passionate, started from zero, they build a play therapy room at Life Line Association Malaysia (LLAM) center, and then provide play therapy service to children in need.

Within 2 years, the volunteers keep on accumulate practical experience through play therapy session. At the same time, they try to understand the problems that faced by children, the family and the society that risen due to busy lifestyle nowadays. From there, we wish to figure out the ways that can help modern families.

Besides play therapy service, LLAM organised workshop, talk, sharing session and published a Play Therapy book, consisted of the theories and volunteers' practical experience. We strive to use different channels to spread spirit and technique of play therapy to more family.

In the year 2017, we hope that our play therapy service could be even more professional, and expand the positive impact from children to their parents, and then the family.

Volunteers Recruitment

There are 46 volunteers at Play Therapy Group at this moment. After signing Memorandum of Understanding with Woman's Aid Organisation (WAO) and Ministry of Women, Family and Community Development (LPPKN), we will also begin to provide play therapy sessions at their premises, thus more volunteers is required.

We are planning to organise volunteer training programme again in the year 2017. Besides the learning on theories, technique and spirit of play therapy, we will also add in some self-exploration and self-development programme. It is important for volunteers to understand their own emotion, thought, behavior, and how past experience shaped who you are now. With this, they will be able to better understand, accompany and empathy the children from different family background.

Building the Supervision System

Though this is voluntary service, the continuous improvement and enhancement is needed, in order to move towards the more professional development.

To ensure the quality of service, our volunteer will record down the whole process of play therapy session (with parent's permission) for internal



The Team

training purpose. Beside this, we have small group and large group supervision regularly under the guidance of instructor from Taiwan, to discuss the challenges faced during play therapy session, client conceptualize, technique application etc.

From the practical, peer discussion and supervision session, it helps to enhance volunteers' skills and experience. This is also a preparation for setting up a standard supervision system in the near future.

When everything is ready, we will have the first batch of trainee supervisor, and they will be promoted to supervisor later on, and involved in the design of training programme to train and supervise new volunteers.

It is important to have a complete supervision system, not merely to enhance the quality of service, but to ensure play therapy can achieve sustainable development.

LLAM organised the first "From Play Therapy, I Know Myself and Understand the Children" parenting workshop on 13 November 2016. The workshop aimed to create a platform for parent to interact, express their pressure of being parent, at the same time, learn some technique of companion children via playing with them.

We are in the midst of designing a series of workshop for parent; hopefully can build a supporting group that can guide the parent to look at their needs and expectation, and to understand how their family of origin and past experience affected their current family. With this understanding, we hope the parent can have a calm mind; and learn to observe the children's need underneath the behaviors and languages.

We are looking forward to go along with you in the journey of being parents, and give the children a warm and harmony family.

Parent Supporting Group

Play therapy not only can help the children, it can also benefit the whole family.

If you'd like to know more about the workshops and courses for parent, please follow the Facebook fan page – Life Line Association Malaysia. ☀



In the Play Therapy Parenting Workshop, volunteers learned about how to accompany children, at the same time provide mental support to the parents.

The Team



Lian Chee Sim
Head of Social Care Group

Social Care Group

Accompany the Teenagers for Beautiful Changing

The Social Care Group of Life Line Association Malaysia (LLAM) held the principle of “Giving care, pass on the love “ in serving community since it established in year 2001.

Every year, Social Care Group will arrange at least 7 times of activity at Rumah Victory Children and Youth Home, and organise 2 to 3 camps for the primary school students. The volunteers show their care to the children and build a close relationship with them; and from various activity, we help children to build up a proactive and healthy life.

Service In Rumah Victory Children and Youth Home

At Rumah Victory, Social Care volunteers arrange a series of continuous activities with specific theme for children from 4 to 14 years old. In year 2016, the theme is “A Different You ♥ Character Building”. Volunteers designed 7 activity series that related to characters, i.e. kindness, responsibility, proactive, faith and trustworthy, brave, gratefulness, praise and respect.

In each activity session, other than letting the children learn and understand a specific character, we also guide them to flash back the character we have emphasised in the last activity. Through the game, activity, talk, group sharing, and Q & A session, we lead them to understand the true

meaning of each character; at the same time, help children to shape proactive and positive personality.

72 ♥ Power Camp

In year 2016, we have successfully organised “72 ♥ Power Camp, and attracted 100 teenagers participated in this camping activity.

Based on the objective of “72 ♥ Growth Camp” in year 2015, we focus on looking for the power of inner heart, and then lead to discovering a brand new self.

Through the experiential activity, we guide the teenagers to look at the power and ability needed to go through the puberty changing. We have also helped them to integrate with different people, matter and surroundings especially when they are in an unfamiliar environment; learning to aware of their own emotion, the thoughts and core value when facing to the changes. Furthermore, we have also guided children to look for the resources and support at surrounding to complete the mission.

The brand new parent-child activity, not only let parent-children complete the challenge together, and also create a chance for them to interact closely. We sincerely hope the children and parents will bring some power of love home, and let the power continue in daily life.





Parent and children complete the challenge together; create a chance for them to interact closely.

After two year of effort, the “72 ♥ Camp” had earned its branding, and received the invitation from Kuching Life Care Society to organise a camp at East Malaysia.

Sunflower Caring Project

In year 2017, other than organising the activities at Youth Home and the camps, we will also launch the brand new “Sunflower Caring Project” to extend our service to another direction.

The team of “Sunflower Caring Project” is formed by the counseling volunteer and social care volunteer; play the role of activity planner and trainer. The objective is to expand the caring to the micro-school and the school at remote area. Our

mission is to “listen to the strength” of children, and inspire their inner potential through activities. At the same time, let the children to learn about team spirit through games and activities.

We hope to spread the spirit of social caring, walk into the community and provide resources to vulnerable group; so that the children at suburbs area can enjoy the same level of concern and companion; learning to discover the inner emotion, explore their potential, enhance their personal values and self-confidence.

If you are interested in sponsoring Sunflower Caring Project, please contact 03-4266 6195 or email to admin@lifeline.org.my, for more details. 🌻



The Team



Chong Szee Wei
Head of Community Service Group

Community Service Group Share the Love, Draw the Rainbow

Community Service Group as its name implies, is a group of individuals filled with passion and dedication in providing various social services for the surrounding communities.

Since the first blood donation campaign back in year 2000, Community Service Group has been holding on to the idea of “Venturing into the community, combining social resources and promoting public’s social welfare” and has been actively widening its range of services. For instance, organising blood donation and organ donation campaign simultaneously, serving the old folks home and advocate for environmental awareness.

In a blink of an eye, the group has been in service for 17 years. Our volunteers has been gaining a lot

of experiences along the way; discovering meaning in life while serving those in need.

Organising a blood donation campaign sounds like an easy job: “We just need to register, measure the donor’s weight and usher him/her to their seats, right?” However, we did not stop from there. We provide donors with positive energy in this cold and materialistic society via “The Power of Caring” by accompanying and chit-chatting with them while they donate their blood; giving them warm greetings and genuine smiles, and creating a lasting impression in their hearts— All these, define the meaning of Community Service Group’s existence.

Next, Community Service Group employs a proactive way in approaching the general public

Environmental Awareness Program

Mission Accomplished! Let’s Have a Group Photo!

The happiest and most rewarding moment for the volunteers—seeing Mother Nature becoming clean and beautiful again.



by means of organising various community activities for them. In the meantime, while serving the public, our volunteers also promote what we do in Life Line Association Malaysia (LLAM) so that those in need can come to us for help while those who are willing to contribute to the society can join us as our volunteers.

While visiting various old folks homes, our volunteers will also guide the general public to experience themselves the joy of helping and at the same time cultivate the spirit of caring for the elderly by involving them in cleaning and redecorating those homes and spending some time with the elders.

Our environmental protection programs are very popular and favored by the whole family, many parents bring along their children to participate in these programs. While participating, children can exercise and being closer with Mother Nature. On the other hand, the concept of environmental protection can be instilled in them.

In the days of being a part of Community Service Group, our volunteers are able to embody Life Line's spirit of service: "Helping others at the same time achieve self-development." We have learnt ways to get along with others, the strength of being in a team, spirit of helping without asking anything in return, share our thoughts and listen to others.

In 2017, we hope that more people can join the programme under Community Service Group and hopefully they experience growth from it. In the same time, we are actively recruiting and training volunteers in preparation to organise more diverse programme and widen our services to other communities.

We from Community Service Group believe that: "More volunteers, more smiles, more love, and more rainbows." 🌈



Environmental Awareness Program

A father brought along his son to participate in this program in order to instill the concept environmental protection in him.



Blood Donation Campaign

The most unique feature of LLAM's blood donation campaign is our volunteers will chat with the donors. With a sunny smile and a warm greeting, we hope the donor can complete this living saving act with a pleasant mood.



Visiting Old Folks' Homes

Upon arrival, our volunteers began the cleaning operation, redecorating the home and spending some time with the elders; from which spirit of caring of the elderly was cultivated.

The Team



Ooi Gaik Ean
Head of Public Awareness Group

Public Awareness Group

Spreading the Seeds of Learning

There is a type of education about life, it teaches you how to discover the courage and strength needed to face the down times and gain a breakthrough in life.

Starting from “95 Life Awareness” in our early days until today’s “LISTEN” and “Listening to the Strength of Life” campaigns; WE, from the Public Awareness Group are actively advocating for adopting a positive attitude towards life and uncover the positivity from it among the general public.

Annually, Public Awareness Group organised various talks, self-development groups, workshops, camps, seminars, reading clubs, etc. with different themes that interest the current society; with the hope of spreading the seeds of life education and counselling to each and every corner of the society.

Public Awareness Group has organised wide variety of activities, which includes: “95 Awareness Camp”, “Art and Soul Camp”, “Smart Start: Premarital Education Course”, “LISTEN” campaign, etc. since its establishment in 2010.

Train the Trainer Programme

In 2015, Life Line Association Malaysia (LLAM)

launched the “LISTEN” campaign which enabled our volunteers to venture out of the counseling room to promote “Listening” in schools and communities nationwide by means of talk tours. This campaign received overwhelming response from the public and through this, we were confident that “one life can hugely impact another’s”.

The power of one person is very limited. However, if one can fully utilise the community as a platform to share and spread the seeds of warmth and positivity; where everyone is collectively learning to care about lives; it will transform into a huge source of power in society.

Thus, Public Awareness Group held “Train the Trainer” programme in 2015 and 2016 respectively. We strongly encouraged our volunteers to take up the challenge in becoming speakers/trainers where they share the insights and experiences they gained in both counselling and daily life. This initiative had given a platform for our volunteers to further develop and improve themselves.

From the two “Train the Trainer” programme we had conducted, we successfully trained 20 new speakers. They are fully capable giving



The Team

talks in schools, communities and organisations nationwide.

Art and Soul Camp

The Art and Soul Camp was jointly organised by Public Awareness Group and Dasein Academy of Art; this camp was tailored for youths ranged from 14 to 20 years old.

We combined counselling with the elements of art and created a youth camp which was conceptually yet suitable for youths to join. By joining various activities in the camp, youths were able to have a better understanding about themselves, unleash their potentials, discover their talents and find their purpose in life.

Beginning from the 1st Art and Soul Camp in 2012, we are proud to say that, this camp has become a major event that interest youths as we received registrations of 80-100 participants annually. A lot of participant from previous camps, decides to joint us annually; some of the youths have grown into adults where they come back to us and become helpers for our camp.

In the coming school holiday, Public Awareness

Group and Dasein Academy of Art will be collaborating again in organising the 5th Art and Soul Camp on June 2017. We welcome 80 youths coming from different part of Malaysia to have a fun and exciting camping experience which will enable them to explore themselves and promote their growth in this coming art and counselling fiesta.

Art Therapy and Movie Sharing Session

Besides that, Public Awareness Group is planning role out a new program— “Creative Art Therapy and Parent-Child Communication Class”.

This program will be held in the weekends with the sole purpose of enabling parents to listen and understand their children’s inner voices through art; at the same time enable self-exploration among the adults and help them uncover the positivity in them.

In order to benefit the general public of all ages, we will held movie sharing sessions in the weekends. Movies selected will be picked carefully so that while we are enjoying the movie, we can share our thoughts and gain new insights from these movies. 🌟



In the process of participating in our “Art and Soul” Camp, youths were able to have a better understanding about themselves, unleash their potentials, discover their talents and find their purpose in life.

2016 in Review

11th Malaysian Chinese Counselling Conference



Opening ceremony of 11th Malaysian Chinese Counselling Conference was officiated by Tan Sri Dato' Khoo Chai Kaa (5th from left), Guest of Honor cum Counselling Ambassador of 11th MCCC.

After two years of preparations, 11th Malaysian Chinese Counselling Conference (MCCC) came to an end at 11 September 2016.

Life Line Association Malaysia (LLAM) with its uttermost dedication mobilized all its resources for the conference to create a spectacular platform for counsellor from both abroad and local to exchange their thoughts, experiences and knowledge.

During this two days and one night event, we were honored for being able to invite around 500 counsellors and educators, with 12 speakers from Malaysia and abroad together discussed about ways to practice the idea of "Listening to the Strength of Life" in our daily life, work, family and interpersonal relationships; with the purpose of helping those in need to find hope and strength to face the challenges in life.

LLAM would like to express our utmost gratitude to the speakers, co-organisers, media, sponsors, council committees, conference committees, volunteers, participants and the counselling partners who served Malaysia Chinese community. Thanks for the contribution to develop counselling industry, in order to help the career of helping people able to grow steadily. 🌻



During the Plenary Symposium, Dr. Lin Hsiang Chun from Taiwan (from left), Mr. Fong Yee Leong and Ms. Tan Hoon Kian shared their experience and thoughts on the theme of "Listening to the Strength of Life"; their speech were inspiring and captivated the attention of everyone in the hall.

Date : 10 – 11 September 2016

Venue : Crystal Crown Hotel Petaling Jaya

Total Number of Participants : 464 participants (comprising of counsellors, pre-school educators, community counsellors, teachers, school administrators, community and corporate's leaders from Malaysia, Taiwan and Brunei)



During the Dialogue between NGOs, representatives from the Malaysia Chinese Community Counselling Organisations shared their organisation's current situation, resources and challenges. Via Q & A sessions between the representatives and the participants, ways to "Unite and enhance our strengths" was probed.

We wished to express our gratitude to all speakers, starting from Dr. Cheng Ju An (From top left), Dr. Lin Hsiang Chun (top right), Ms. Jane Wang, Mr. Karunesh Teoh, Mr. Wang Jung-Yi and Mr. Fong Yee Leong who led the workshops. At the end of the day, participants gained a lot from the learning.



In observing World Suicide Prevention Day which falls on 10 September annually, everyone in the hall lit up small white lights to show the support to the survivors of suicide and observed a minute of silence in remembrance of the lives lost due to it.



11th Malaysian Chinese Counselling Conference officially came to an end. Life Line Association Malaysia's President Mr. Soh Ban Aun (2nd from right), Head of New Era College's Counseling Center Keh Foo Bee (1st from right) and speakers strongly encourage everyone participate in the 12th Malaysian Chinese Counselling Conference which will be held in New Era College in year 2018.

Highlights of 2016

The Fruitful and



January

The press conference of Mr. Chow Kam Leong dedicated songs to Life Line Association Malaysia (LLAM) and the launching of his new music album



February

LLAM Chinese New Year Gathering



March

"LISTEN" Campaign Workshop



July

Play Back Theater Workshop



August

NTV 7' "Living Delight" Talk Show



September

1th Malaysian Chinese Counselling Conference



Exciting Days



April

**Volunteers cum “LISTEN”
Campaign’s Appreciation Night**



May

**Talk: Listening to the Strength
of Life—from Psychology and
Literature’s Perspectives**



June

**Structural Play Therapy Workshop
(5th stage)**



October

**Smart Start Pre-marital
Education Courses**



November

**Ceremony MOU Signing
between Life Line Association
Malaysia and LPPKN**



December

Blood Donation Campaign



Our Highly



Perfect Food Link Frozen Sdn Bhd • Choice Y T Machinery Sdn Bhd
Choice Y T Trading Sdn Bhd • High Access Sdn Bhd
Chua Lei Ying • Tan Lee Kuan • Ong Gim Heng
Ong Gim Wei • Ong Toh Siang • Yew Ah Chai
Tan Ka Kiaw • Low Siok Moi • Lye Kheng Yong • Phuah Ewe Chong

Appreciation

凡支持本会之善款捐赠，
皆可获扣税
All Donation Is Tax Exempted

Rujukan: LHDN. 01/35/42/51/179-6.5851

Life Line Association Malaysia Sponsorship Form

Please tick (V) where applicable.

I would like to confirm the below sponsorship package:

Sponsorship for office administration

☐ RM _____ per month/year for _____ years started from year _____.

Sponsorship for seminars of "Listen" Campaign

☐ RM _____, no. of seminars: _____ (RM1000/seminar)

Sponsorship for complimentary books to students with financial needs

☐ _____ sets of 《我聽見了你》 *Listen to You* (each set RM250/10books)

☐ _____ sets of 《陪伴·傾聽·了解》 *Accompany, Listen, Understand* (each set RM250/10books)

Enclosed please find a cheque/bank draft no./remittance advice _____ for the sum of RM _____ (Ringgit Malaysia: _____) payable to "Persatuan Life Line Malaysia" (Hong Leong Bank Current Account No. 24001000342) to confirm our sponsorship.

SPONSOR'S DETAILS

Name			
Address			
Contact Person		Designation	
Company Registration Number		NRIC	
Contact No.	(Tel)	(Fax)	(Hp)
Signature	Company Stamp		
Date			

Email the completed Sponsorship Form and proof of payment (remittance advice) to Mr. Stanley Chia at stanleyc.lifeline@gmail.com; or fax to (603) 42666195.

QUESTIONS?

Call (603)42666195 or email stanleyc.lifeline@gmail.com.

For more information, visit www.lifeline.org.my or Facebook Page "Life Line Association Malaysia".

Life Line Association Malaysia
No. 1-3, 3rd Floor, Jalan Jelatek 1,
Pusat Perniagaan Jelatek, Setiawangsa 54200, Kuala Lumpur.
Admin Tel/Fax: 03-4266 6195 Counseling Hotline: 03-4265 7995
www.lifeline.org.my



马来西亚生命线协会 (1603/93)
Life Line Association Malaysia
Persatuan Life Line Malaysia

支持生命线 方法很简单 You can Support Us in Simple Ways

成为永久会员 Be our permanent member

每月收到最新活动消息与报告，享有上课优惠
Receive our latest update and monthly report, enjoy members' privilege on courses

成为义工 Join us as volunteer

体验“帮助别人，成长自己”的快乐
Experience the joy of "Helping others at the same time achieve self-development"

小额赞助 Donation

每月赞助小小数额，给社会带来大大影响
Donate a small amount monthly, bring larger impact to the society

参加活动及课程 Participate in course & activity

呼朋唤友一齐来学习，提升自我成长
Invite friends and family attending course together for self-development

协助宣传 Share the information

将我们的网站、Facebook、热线号码等，分享给您的亲友。
Share our website, Facebook, counselling hotline etc to friends and family

更多详情，请联络行政处 **03-4266 6195** 或电邮 admin@lifeline.org.my

For more details, contact Admin Dept 03-4266 6195 or e-mail to admin@lifeline.org.my