



母親的抉擇
Mother's Choice



家友媽咪 Safe Families

每個家庭都需要支持。家友媽咪介紹新手家長和我們的家友互相認識。
為媽咪提供實際的幫助，溫暖的人生鼓勵，同不定期的暫託照顧，
同媽咪建立真摯的友情。

Every family needs support.

Safe Families connects new parents with friends in the community.
Friends offer practical help, encouragement, and occasional babysitting,
as they build authentic relationships with one another.

目標訂立
Referral

義工配對
Matching with
Volunteers

長遠支持
Natural Support
Network

家友團隊

Safe Families Circle of Support

家友媽咪為你配對值得信賴並通過審核的義工。

家友們是來自不同背景的熱心義工，他們看見年輕媽咪身上的勇氣和潛能。

Safe Families matches parents with trusted and approved volunteer friends.

These friends are compassionate volunteers from all walks of life who see the courage and potential of young mothers.

心靈家友 Family Friend

常伴媽咪左右，聆聽心事，明白媽咪的處境。

Befriends mothers, listens, and understands her situation.



湊B家友 Childcare Friend

不時幫助媽咪湊BB，
讓媽咪可以有休息時間或
空間來應對挑戰。

May babysit sometimes so
mothers can have a break,
study, or work.

導師家友 Coaching Friend

凝聚家友團隊，一齊朝向鼓勵媽咪為自己設立的
每一個人生目標出發。

Co-ordinates the volunteers to help the mother
achieve her goals.



我有興趣，
下一步該如何做？
Find out more

聯絡妳我社工或直接與我們聯繫 Contact us :

© safefamilies@motherschoice.org

☎ 3915 5760 🌐 motherschoice.org/safefamilies

我們期待妳的回覆！
We look forward to hearing from you!