



THE MOTHER'S CHOICE STORY

「母親的抉擇」
的故事



**MOTHER'S
CHOICE**



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WHERE WE CAME FROM

OUR FOUNDING STORY

Acts of kindness & courage

In 1986, a series of newspaper articles pointing to the alarming numbers of teen pregnancies in Hong Kong deeply moved Gary & Helen Stephens and Ranjan & Phyllis Marwah. When they read about the plight of these girls, instead of looking to others to do something about it, they had the courage to ask themselves “what can WE do?”. They did further research and learned that many young girls felt forced to have unsafe abortions, crossing the border into Shenzhen in their third trimester, because they felt they had no other choice. They also learned that there was no support or safe place for these young girls to turn to in Hong Kong.

Despite having young families and very limited resources, these two couples quickly rolled up their sleeves. With their heart for service, love for the city of Hong Kong, and support from many volunteers in the community, they founded Mother’s Choice in 1987. The name came about because they wanted young girls to learn about their options and to make an informed choice. They wanted them to know that they had a choice, not just to choose abortion, but that they could be parents, or choose adoption which was an option that many had never heard of. Whatever their decision, the cofounders believed that it was important that no girl should feel forced into their decision or have to face their crisis alone.

Today, the staff and volunteers of Mother’s Choice continue with this same spirit. We believe that everyone has a role to play and everyone can make a difference. We are ordinary people from all walks of life who have seen how one simple act of kindness and courage can change someone’s life, and how that can change the world.



我們的起源

我們創辦的故事

出於善良和勇氣的行動

1986年，一連串的新聞報道指出香港少女意外懷孕的數字十分驚人，使史堤芬夫婦和馬華夫婦 (Gary & Helen Stephens 和 Ranjan & Phyllis Marwah) 非常感慨。當他們聞見這些少女的困境時，並沒有坐等他人為此行動，反而鼓起勇氣問自己：“我們可以做些甚麼？”於是，他們對此進行深入研究，發現許多少女因為感到別無選擇，於是在懷孕七到九個月期間跨境到深圳，在感到被迫的情況下進行不安全的終止懷孕手術。他們還意識到，在香港，這些少女求助無門，亦沒有安全的容身之所。

雖然幾位創辦人剛剛建立自己的家庭，又缺乏資源，但這兩對夫婦毫不猶豫便馬上行動。全憑熱心服務的精神、對香港城市的熱愛，以及社區很多義工的支持，他們在1987年創辦「母親的抉擇」。他們希望幫助少女認識自己的選擇，並作出知情的抉擇，才有此命名。他們想讓這些少女知道她們有所選擇，她們的選擇不只終止懷孕，還可以親自撫養或是安排領養（這是一個許多人從未聽說過的選擇）。無論她們的最終決定如何，這幾位創辦人都堅信，重要的是沒有女孩感到會被迫作出抉擇，或獨自面對危機。

直至今今天，「母親的抉擇」的員工和義工繼續秉承這種精神。我們堅信，每個人都有自己的角色，而每個人都能夠帶來改變。作為來自各行各業的平凡人，我們見證到，簡單一個出於善良和勇氣的行為，就能改寫別人的生命，甚至改變世界。



WHY HONG KONG NEEDS US

A CASE-FOR-CHANGE STORY

The vicious cycle in our city

Though the founding service at Mother's Choice was supporting pregnant teens, the cofounders quickly realized the vital need to support vulnerable babies and children who are not in a safe, permanent, and loving family. Despite the cosmopolitan image of Hong Kong, one in five children in this city lives in poverty, and tens of thousands of children are at risk for neglect, abuse, and abandonment.

Children who are at risk are often referred to the residential child care system. This “system” is comprised of children’s homes, hostels, small group homes, and foster care. This system is also stretched at full capacity, with so many children living apart from their families due to neglect, abuse, domestic violence, abandonment, economic hardship, and incarceration. At least 400-600 more children are on a waitlist on any given day, while still living in unsafe environments or alone in a hospital. For those who are able to get a placement in the system, most will stay for years, with many aging out at 18 years old without ever having experienced a safe, loving, and permanent family.

The cost and generational impact of children growing up in the residential care system and without families is huge. Children face real trauma from family separation. This is why they are more likely to experience physical and mental health problems, go to prison, have addiction issues, and if they are a girl, to face a crisis pregnancy in their teenage years. Teen moms with young babies are more likely to place their children into the residential child care system – and the cycle begins again.



為何香港需要我們

一個改寫生命的故事

這城市裡的惡性循環

雖然「母親的抉擇」最初的服務是為懷孕少女而設，但創辦人迅速意識到支援弱勢嬰兒和孩子的迫切性。他們都不是生活在安全、永久、關愛的家庭當中。香港的國際都會形象背後，每五名兒童之中，就有一名生活於貧困環境之下，還有有成千上萬的兒童正面臨被疏忽照顧、虐待和遺棄的危機。

面臨危機的兒童通常會被轉介至兒童住宿照顧服務制度。這“制度”包括兒童院、宿舍、兒童之家及寄養服務。由於有許多基於疏忽照顧、虐待、家庭暴力、遺棄、經濟困難和入獄等因素而未有與家人同住的兒童，制度負荷非常沉重。每一天有至少400-600名兒童在輪候名單上，而他們仍然居住在不安全的環境，或者一個人住在醫院裡。至於能夠進入制度的兒童，通常會在院舍住很多年，當中有不少年屆18歲的兒童從未擁有一個安全、關愛和永久的家庭。

於住宿照顧服務制度中長大、沒有家人的兒童，所面臨的代價和世代影響都相當巨大。兒童要面對家庭分離的創傷，因此他們較常面對生理和精神健康問題、入獄或成癮，而青少年時期的女孩則有較大機會面對意外懷孕危機。青少年母親通常會將她們的年幼嬰兒送到兒童住宿照顧制度，於是惡性循環又開始了。



WHERE WE'RE GOING

A VISION STORY

Our North Star

Our vision is to see every child in a loving family. We believe that when children and youth grow up in safe, permanent, and loving families – it changes their lives, the generations that come from them, and the whole community around them. From the start, Mother's Choice was not just about meeting immediate needs and providing a safe space, but about dealing with the challenging underlying issues and bridging the divide between intervention and prevention. We aim to break the vicious cycle.

For our vision to be realized, we need to be a catalyst for positive social change across our whole community, as the issues that we tackle are complex. From teen pregnancy to children living in the residential care system, it will take many individuals and organizations from different sectors of society working together to bring lasting change. That is why our mission is to join hands with the community – from government to the corporate sector, schools and universities, faith communities, peer agencies and community partners – to give hope and change life stories. It will take all of us.

VISION

Every child in a loving family.

MISSION

Joining hands with the community to give hope and change life stories.



我們的方向

一個未來遠景的故事

引領我們的北極星

我們的遠景，是所有孩子都擁有一個關愛的家。我們相信，當孩子和青少年能在一個安全、永久、關愛的家庭中成長，他們的生命、下一代，乃至他們身處的整個社會，都會因而轉變。從一開始，「母親的抉擇」不僅僅是滿足各種迫切的需要和提供安全的空間，還致力解決充滿挑戰的潛在問題，彌合介入服務與預防工作之間的空隙。我們的目標是打破惡性循環。

為了實現遠景，我們需要引領趨化改變，推動積極的社會變化，因為我們所應對的問題相當複雜。從少女懷孕，到接受住宿照顧服務的孩子，都需要來自各行各業的人和團體共同合作，以帶來永久的改變。因此，我們的使命就是與社會攜手——由政府到企業，由學校及大學到信仰團體、同行機構和社區夥伴——燃點希望、改寫生命。我們所有人都不可或缺。

“ 遠景

每個孩子都擁有一個關愛的家。

“ 使命

與社會攜手燃點希望、改寫生命。



... AND WHAT WE BELIEVE IN

A VISION STORY

Our Values



HOPE

We see lives transformed through the power of hope. There is no such thing as a hopeless case and we believe that everyone deserves a second chance.



COMMUNITY

We have seen how powerful it is when our community works together to turn crisis into hope. Everyone has a role to play, and everyone can make a difference.



COURAGE

We stand up for children in adversity. We are not afraid to go into uncharted territory and we are a voice for children and young people to be in family.



CATALYST

We inspire others to be champions for children, youth, and families. We can proactively change culture by doing first and then teaching.



RELATIONSHIP

We reach our full potential in authentic relationship. We are all created to be connected in a secure family, and family is the most powerful agent of change.

…以及我們的信念

一個未來遠景的故事

我們的核心價值



秉持希望

我們見證生命因希望而得到改寫。沒有一個個案是絕望的，因為我們相信每個人都值得擁有第二次機會。



社群參與

我們看見當社區各界攜手合作，化危機為希望，那股力量是多麼的強大！每個人都有自己的角色，而每個人都能夠帶來改變。



勇敢堅毅

我們為弱勢孩子挺身而出。面對未知的領域，我們無畏無懼，為孩子和年輕人爭取家庭而發聲。



促進改變

我們啟發他人成為孩子、青少年和家庭的擁護者。我們“先做，後教”，就可以主動地改變文化。



真摯關係

我們建立真摯關係才可以盡展所長、發揮潛能。每個人人生來就需要一個安穩的家庭，因為家庭就是改變的最強大動力。

HOW WE'RE GOING TO GET THERE

A STRATEGY STORY

Our three strategic pillars

Our vision of every child in a loving family is radical. It is a vision where our culture and our city are completely transformed because every child is thriving in their family, every family is embraced and connected in community, and every person in Hong Kong knows they have a role to play in giving hope and changing life stories.

So how do we get there?

WE MODEL SMALL

With the same pioneering spirit as our cofounders, we continue to learn from international best practice and to adapt our learnings to be relevant to our environment, operating in Hong Kong. We provide holistic intervention services on the frontlines, developing innovative “proof-of-concept” programs that meet the constantly changing social needs of our clients.

WE BUILD CAPACITY

We are not afraid to invest in our organizational capacity and to intentionally build disciplined systems for evaluating, executing, and adapting our services over time. Despite the pressure and expectation to keep administrative costs low, we believe that investing in the capacity of our people, our systems, and our organization is essential for us to create real, sustainable impact.

WE INFLUENCE BIG

We cannot achieve our vision on our own. This is why we share generously of our experiences, expertise and resources and to inspire others in our community to play their role. We seek and model collaboration and open dialogue so that we can broaden our reach and create lasting change.

我們如何達到目標

一個步步實踐的故事

我們三大策略支柱

我們“每一個孩子都擁有一個關愛的家”的這個遠景，代表徹底性的變化。這是一個令我們的文化和城市徹底蛻變的遠景，因為每一個孩子都在家庭中茁壯成長，每一個家庭都被社區包容關愛，緊密相連，而香港每一個人都明白自己有著燃點希望，改寫生命的角色。

我們如何達到目標？

小模型

與創辦人一樣，我們富有開拓精神，不斷學習國際最佳做法，並將所學到的經驗應用到香港的環境。我們站在最前線，致力提供全面介入服務，發展創新的“概念驗證”計劃，以配合受助人不斷轉變的社會需要。

拓潛能

我們無懼投資於機構的組織能力，並建立針對性的紀律制度，以作評估和執行之用，並逐漸調整服務。雖然面臨節省行政開支的龐大壓力，我們相信，要發揮真正的可持續影響，最重要是投資於我們的員工、制度以及組織的能力。

大影響

我們不能單靠自己實現遠景，因此我們會大方分享自己的經驗、專業知識和資源，並啟發其他社會人士發揮自身作用。我們尋求並建立合作模式和公開對話，從而擴展服務範圍，實現長遠的變革。

WHO WE SERVE AND WHY

A CLIENT STORY : CHILDREN

Our approach



We are a champion for babies and children who are in the residential care system.

We believe that every child waiting for a family needs:

- The opportunity to reach their full potential, and this is only possible in the context of a safe, loving, and permanent family.
- Access to quality, nurturing care to help form healthy attachments for long-term relationships.
- Immediate access to early intervention services, including medical, psychological, physical, legal, social, and academic support.

Our Programs

1. Child Care Home (Baby Care - for children age 0-3)
2. Child Care Home (Wee Care - for special needs children age 0-6)
3. Foster Care (government-funded - Ordinary Foster Care)
4. Foster Care (privately-funded - Project Bridge)
5. Early Intervention Services

我們的服務對象及原因

一個服務對象的故事：兒童

我們的服務範疇



我們致力守護住宿照顧服務制度中的嬰兒和兒童。

我們相信，每個等待家庭的孩子都需要：

- 一個充分發展潛能的機會，而這種機會，只有在安全、關愛和永久的家庭才能提供。
- 優質的照顧服務，從而建立健康的依付感和長遠的關係。
- 急切的早期介入服務，包括醫療、心理、身體、法律、社交和學業上的支援。

我們的服務項目

1. 幼兒之家（嬰兒組 — 0-3歲兒童）
2. 幼兒之家（特殊幼兒組 — 有特殊需要的0-6歲兒童）
3. 寄養服務（政府資助 — 寄養服務）
4. 寄養服務（私人資助 — 橋樑計劃）
5. 早期介入服務

WHO WE SERVE AND WHY

A CLIENT STORY : YOUTH

Our approach



We are a safe, loving, non-judgmental place for girls who are experiencing a crisis pregnancy or at-risk of facing a crisis pregnancy.

We believe that every young person needs to be:

- Embraced in relationships with trusted and caring adults during teenage years.
- Equipped with accurate and timely information to make safe, healthy, and informed decisions.
- Empowered with a sense of their value, worth, and significance so they can live purpose-filled lives and have hope for their future.

Our Programs

1. Pregnant Girls Service
2. Pregnant Girls Home
3. Youth Services (Program)

我們的服務對象及原因

一個服務對象的故事：青少年

我們的服務範疇



我們為面臨或可能面臨意外懷孕的少女提供一個安全、關愛、不帶批判性的容身之所。

我們相信，每個少女都需要：

- 有信任並關心他們的成年人，在青少年時期給予他們包容接納的關愛。
- 具備準確及時的資訊，才能作出安全、健康、知情的決定。
- 以其價值觀、價值和意義來賦予自己力量，生活才會充滿目標，對未來充滿希望。

我們的服務項目

1. 意外懷孕支援服務
2. 意外懷孕少女家舍
3. 青少年服務

WHO WE SERVE AND WHY

A CLIENT STORY : FAMILY

Our approach



We strengthen and build birth, foster and adoptive families whilst keeping the best interest of the child at the centre of all that we do.

We believe that every family needs to:

- Be equipped with parenting knowledge and skills to care for their children.
- Know how to ask for help, and where to find resources when they are in need.
- Build resilience through community support on the lifelong journey of parenting. No family can do it on their own.

Our Programs

1. Adoption Services (accredited by the Social Welfare Department of Hong Kong)
 - local and international adoption
 - Support and services for prospective and adoptive parents, and adoptees
2. Safe Families

我們的服務對象及原因

一個服務對象的故事：家庭

我們的服務範疇



我們致力鞏固和建立親生、寄養及領養家庭，同時以孩子的最大利益為本。

我們相信，每個家庭都需要：

- 具備撫養子女的知識和技巧，為孩子提供適切照顧。
- 知道在有需要時尋求協助的方法，並懂得尋找資源。
- 在漫長的撫養路程上，在社區的協助下建立抗逆力。任何一個家庭都無法獨自面對難關。

我們的服務項目

1. 領養服務（獲香港社會福利署認可）
 - 本地和跨國領養
 - 為準領養父母、領養父母和被領養者提供支持和服務
2. ‘家友媽咪’服務

WHO WE SERVE AND WHY

A CLIENT STORY : COMMUNITY

Our approach



We engage volunteers and share our learnings and experience with community partners .

We believe that our community needs to:

- Know that together we can make a difference, and everyone has a role to play.
- Understand the importance of child protection, and the right for every child to be in family.
- Work collaboratively, and share our resources and expertise.

Our Programs

1. Volunteer Engagement
2. Community Education
3. Alumni Development

我們的服務對象及原因

一個服務對象的故事：社區

我們的服務範疇



我們與義工協作，並與社區夥伴分享自身得著和經驗。

我們相信，我們的社區需要：

- 知道每個人都有自己的角色，而我們能夠一起帶來改變。
- 明白保護兒童的重要性，以及每位孩子在家庭中的權利。
- 攜手合作，慷慨分享自身的資源和專業知識。

我們的服務項目

1. 義工事務
2. 社區教育
3. 家友會

OUR IMPACT HIGHLIGHTS

We are a high impact, yet nimble non-profit organization committed to breaking the vicious cycle of intergenerational trauma that results from teen pregnancy and children growing up without families. Since 1987, Mother's Choice has...

Provided safe and nurturing care for

為
3,000+

babies and children in our Child Care Home before they return to their birth family or join their adoptive family.

名與親生家庭團聚或加入領養家庭前的嬰幼兒提供安全、關愛的照顧。



Provided loving temporary care for

透過寄養服務、小組家庭及橋樑計劃，為
2,000+

children and youth through foster care, small group homes and Project Bridge, supporting and recruiting foster families and advocating for each child to join a permanent family.

名孩子和青少年提供關愛的暫時照顧，同時支持和招募寄養家庭，推動每個孩子加入一個永久家庭。



Served

通過產前後計劃為
54,500+

pregnant girls and their significant others by providing timely counselling, a safe place to live and support through our pre- and post-natal programs.

名懷孕少女和她們的另一半提供及時諮詢、安全住宿和支援服務。



Delivered comprehensive sexuality education to over

為
580,000

youth in Hong Kong.

名香港青少年提供全面性通識教育。



我們的影響亮點

我們是一家具有影響力且行動迅速的非牟利機構，致力打破因少年懷孕及孩子在沒有家庭下成長所引致的跨世代創傷惡性循環。自1987年起，「母親的抉擇」已經...

Supported

支援

1,300+

families through the local adoption journey, helping them embrace the new roles, equipping them with parenting skills, and providing emotional support to them before and after the adoption.

個本地領養家庭，與他們攜手同行他們的領養路程，在領養前後期幫助他們適應新的身分，指導他們育兒技巧，並提供情感上的支持。



Found forever families for

主要透過
跨國領養服務，為

300+

children with complex or special needs largely through our Intercountry Adoption Services.

名有複雜或特殊需要的孩子配對永久家庭。



Welcomed

歡迎來自世界各地的

9,000+

committed volunteers from all around the world to serve in our Child Care Home who have together changed **3.7 million diapers** and given around **1.7 million bottles of milk** to our babies!

名長期義工在我們的幼兒之家服務，他們為我們的嬰兒一共更換了**370萬塊尿片**，餵了約**170萬瓶奶**！



OUR JOURNEY OF HOPE

A STORY OF MILESTONES



1986

The articles that inspired our cofounders published

啟發我們創辦人的新聞報導刊出



1988

Hostel for pregnant teens opened

啟用意外懷孕家舍



1990

Wee Care home (for special needs children) opened

開設照顧有特殊需要兒童的特殊幼兒組



1995

Mother's Love in Nanning, China opened

「母親的愛」於中國南寧成立



2001

Helped peer NGO to open in Nagaland, India

幫助同行的非政府組織於印度納加蘭成立

1986

1988

1990

1995

2001

1987

1987

Mother's Choice founded

創立「母親的抉擇」



1989

1989

Baby Care opened

開設照顧嬰兒的嬰兒組
Licenced as an international adoption agency
獲得跨國領養機構認可



1993

1993

Foster Care Services started

開設寄養服務



1996

1996

Sexuality Education Program for schools started

開始提供校園性教育課程



我們的希望旅程

歷史里程的故事



2010

Mother's Choice licensed as a Local Adoption Agency in Hong Kong
獲認證為本地領養服務機構

Helped peer NGO to open in Phnom Penh, Cambodia
幫助同行的非政府組織於柬埔寨金邊成立

2010



2014

Project Bridge, an innovative volunteer foster care movement piloted

試行橋樑計劃，推廣全新的義務寄養服務模式

2014



2018

First ever Flag Day
舉辦首次賣旗籌款

2018



2023

Launch Mother's Choice Alumni 「母親的抉擇」家友會正式成立

First ever Family Reunion
首次家庭團聚活動

First ever Community Fun Fair
首屆繽紛同樂日

Launch Backflip Kitten
推出@Backflip_Kitten
(識後空翻嘅貓貓)

2023

2007



2007

Pregnant Girls Crisis Support Center opened in Tsim Sha Tsui

尖沙咀意外懷孕支援中心投入服務

2012

2012

Support Center for girls and families moved to Kwun Tong

服務青少年和家庭的支援中心遷往觀塘

2016

2016

First ever Walkathon
舉辦首次家庭慈善步行日



2017

2017

Mother's Choice 30th Anniversary!
「母親的抉擇」慶祝三十週年！



2019

2019

Keeping Children Safe Accreditation

獲得Keeping Children Safe 認證

Launch Safe Families '家友媽咪' 服務啟航

2024

2024

First Stride for Hope
首屆「邁向希望」運動籌款挑戰



CONNECT WITH US

歡迎關注我們

📞 General Enquiry 一般查詢 3915 5750

📞 Crisis Hotline 求助熱線 2313 5678

✉ info@motherschoice.org

🌐 www.motherschoice.org

📘 母親的抉擇 Mother's Choice

📷 motherschoicehk

CHILD CARE HOME 幼兒之家

(Baby Care, Wee Care, Early Intervention)
(嬰兒服務、特殊幼兒服務、早期介入)

🏠 5 Bowen Road, Mid-Levels, Hong Kong
香港半山寶雲道 5 號

FAMILY SERVICES 家庭服務

(Adoption, Foster Care/Project Bridge)
(領養服務、寄養服務/橋樑計劃)

🏠 Units A & H, 21/F Legend Tower,
7 Shing Yip Street, Kwun Tong, Kowloon
觀塘成業街寧晉中心 21 樓 A, H 室

YOUTH SERVICES 青少年服務

(Pregnant Girls Service, Comprehensive Sexuality Education)
(意外懷孕支援服務、全面性通識教育)

COMMUNITY CONNECTIONS 社區聯繫

(Development & Fundraising, Marketing & Communications)
(發展及籌款、市場及傳訊)

🏠 42B Kennedy Road, Mid-Levels
Hong Kong
香港半山堅尼地道42號B

YOUTH SERVICES 青少年服務

(Pregnant Girls Service, Comprehensive Sexuality Education)
(意外懷孕支援服務、全面性通識教育)

FACILITIES & ADMINISTRATION 設施及行政

🏠 10 Borrett Road, Mid-Levels, Hong Kong
香港半山波老道10號

COMMUNITY EDUCATION 社區教育

VOLUNTEER ENGAGEMENT 義工事務

CENTRAL ADMINISTRATION 統籌行政





母親的抉擇
Mother's Choice

