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where everyone can give and receive.



receive



where everyone can give &



where everyone can give and receive.

Community At Heart is a non-profit organisation where we join hands to bring a positive change to the community.

Community At Heart 是一个让我们能够同心协力，为社会作出正面改变的非盈利机构。



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where everyone can give and receive.

## Brand mission

**Engage** needs of underprivileged individuals

**Enhance** values of the community

**Empower** individuals to serve the community

### Engage

We are a non-profit, non-religious and non-governmental organisation. Everyone from all walks of life is welcome to contribute to or benefit from our activities. By doing so, we believe that every individual at every level of the community is a life worth impacting. No one is too privileged or underprivileged for us.

### Enhance

We believe that positive change in every individual's life will be a catalyst for positive changes in the community. And we desire to see positive changes in all facets of life, be it physical, emotional or intangible needs. Thus, Community At Heart's activities are carried out according to the 5C Approach – Care, Creative, Character, Compassion and Crisis. Each approach, unique in its own right, is designed to impact lives from a distinct perspective.

### Empower

The core of Community At Heart is community-oriented activities. We believe in empowering people, and ultimately the community, through shared resources, skills and support. In this way, each individual is potentially a donor or beneficiary, bringing to life our vision of being a platform 'where everyone can give and receive.'

where everyone can give and receive.

## Bigger hearts, bigger lives

### 心越大，生命越大

2005. That's the year when two close friends, Timothy Loh and Joseph Gan took some time off to discuss some current community concerns. Arising from that little conversation, the vision to reach out to the community grew. Community At Heart was birthed that year.

The very heartbeat of Community At Heart is to equip and empower ordinary people to become agents of change in their lives. Over and above doing charitable work, Community At Heart is passionate about helping people discover their life's purpose and live a life that is beyond themselves.

Bigger hearts, bigger lives. That's where Community At Heart comes in – creating a platform where everyone can have the opportunity to give and receive.

“You change your life by changing your heart.”  
– Max Lucado

2005年，两位好朋友，罗家鸿及颜福议讨论他们对现今社会的顾虑及不安。透过这样的谈话，他们决定把他们的异象及负担变为真实的行动，Community At Heart 就因此诞生了。

Community At Heart 的宗旨是要栽培及帮助平凡人成为别人生命改变的大使。透过行善，Community At Heart 渴望帮助每一个人发掘他们生命的目的，让他们的生命能够活得更丰盛。

心越大，生命越大。Community At Heart 制造一个桥梁，让每一人能取之社会，也能用之社会。

“改变你的生命从改变你的心开始”  
– Max Lucado

### care

We empower people with knowledge through the 3 core aspects of Family, Healthcare and Life Skills. Me & My Daddy camps, 2gether 4ever for married couples, PG-13 for teens, Power English, Pilates, parenting classes and financial seminars are just some of the valuable programmes we conduct to enrich lives of all ages and backgrounds.

我们以三种方法来传送知识给我们的社群：

1. 家庭：‘父子探险营’，给已婚人士的‘白头偕老’，给父母的‘养育孩子课程’。
2. 保健：‘彼拉提’体操。
3. 生活技能：‘动力英语’，理财讲座’。

这些有价值的活动是为了帮助不同年龄及背景的人而设的。

### crisis

Designed for extraordinary circumstances such as natural disasters and national emergencies, the Crisis approach engages volunteer teams to respond to the community's needs.

专为特殊情况，如自然灾害和国家紧急情况所设立，我们正在招募义工队伍，以回应社会的需要。

### creative

Our Creative approach is a fun-filled avenue for the young and old to find a new lease of life. From dance classes to music appreciation and also from photography to video shooting, we help individuals discover and nurture their talents to lead more fulfilled lives.

我们的‘创意’服务是一个充满乐趣的地方，让男女老少发掘生命的另一片天。从舞蹈到音乐班，从摄影到短片拍摄，我们帮助每一个人发掘及培养自己的才能，活出生命的色彩。

### character

Sow a habit, reap a character. The Character approach aims to help our children and youths develop purpose and wisdom in life. For the very young, our Play Group is already in full swing. Children also benefit from our very popular School Holiday Programme.

播种一个习惯，收获一个品格。品格服务是为了帮助小孩及少年建立生命的目的及智慧。从最年幼的，我们有首屈一指的 Play Group。儿童也可以在我们大受欢迎的‘儿童假期生活营’里得到益处。

### compassion

The Compassion approach reaches out to the poor and marginalised segment of society. Some of our efforts include ‘Extreme Makeover’ and ‘Feed the Poor’ programmes for selected charity homes.

在怜悯服务里，我们要对社会贫穷及不幸人士伸出援手。我们供应一些孤儿院的日常所需，帮助贫穷的家庭。我们要把欢乐及希望带到社会的草根阶层。

where everyone can give and receive.

# Captured moments

点滴

Through the years, we are blessed to have been a part of numerous life-changing moments. Catch a glimpse of how we empower others to give and receive.

这些年来，我们很庆幸能够见证无数转捩点的点滴。看一看我们如何实行‘施’与‘受’的信念。



**2gether4ever**  
Mark leading the husbands in a game to find their wives.



**Financial Seminar**  
Participants gathered for a financial tutorial session before the seminar even begins.



**Ladies' Survival Skills**  
Captain Bala and his assistant demonstrating a defending skill.

"I learned how we can better protect ourselves by being alert and aware of our surroundings at all times and how we can react if we are caught in certain situations."  
Tan Kok Lian,  
Pharmacist on Ladies City Survival Skills.



**Orang Asli Aid**  
We brought food stuff for them.



**Me & My Daddy Adventure Camp**  
Sara and Mun Seng building a tent together as a team.

我是一名工程师，对机械我了如指掌，但是当小孩哭的时候就束手无策，所以我就参加了所举办的教育孩子课程。在这课程里，我学习如何正确的照顾小孩，同时也解答了我所面对的问题。这个教育孩子课程给了我们一个很好的环境，让父母们可以分享照顾及教育孩子的喜悦。  
Tang Teck Tung,  
Electrical & Electronic Engineer



**Me & My Daddy Adventure Camp**  
Father and son preparing for the flying fox challenge.

"In the midst of our busy schedules, we tend to forget to spend some time with our spouses, when it's crucial to rekindle our relationship, how we were before we got married, without kids and other worries. We definitely encourage those that have been married a couple or a number of years who have somehow lost their spark to try and rekindle that spark again...it was a sort of a booster for us."  
Tan KG,  
Musician, on 2gether 4ever



**Play Group**  
Jayden taking centre stage with ogre ears.



**Play Group**  
Mark and May making memories with their children.



**Orang Asli Aid**  
We taught simple English and hygiene practice to them.



**2gether4ever**  
Shatish and Primah rekindling their passion.

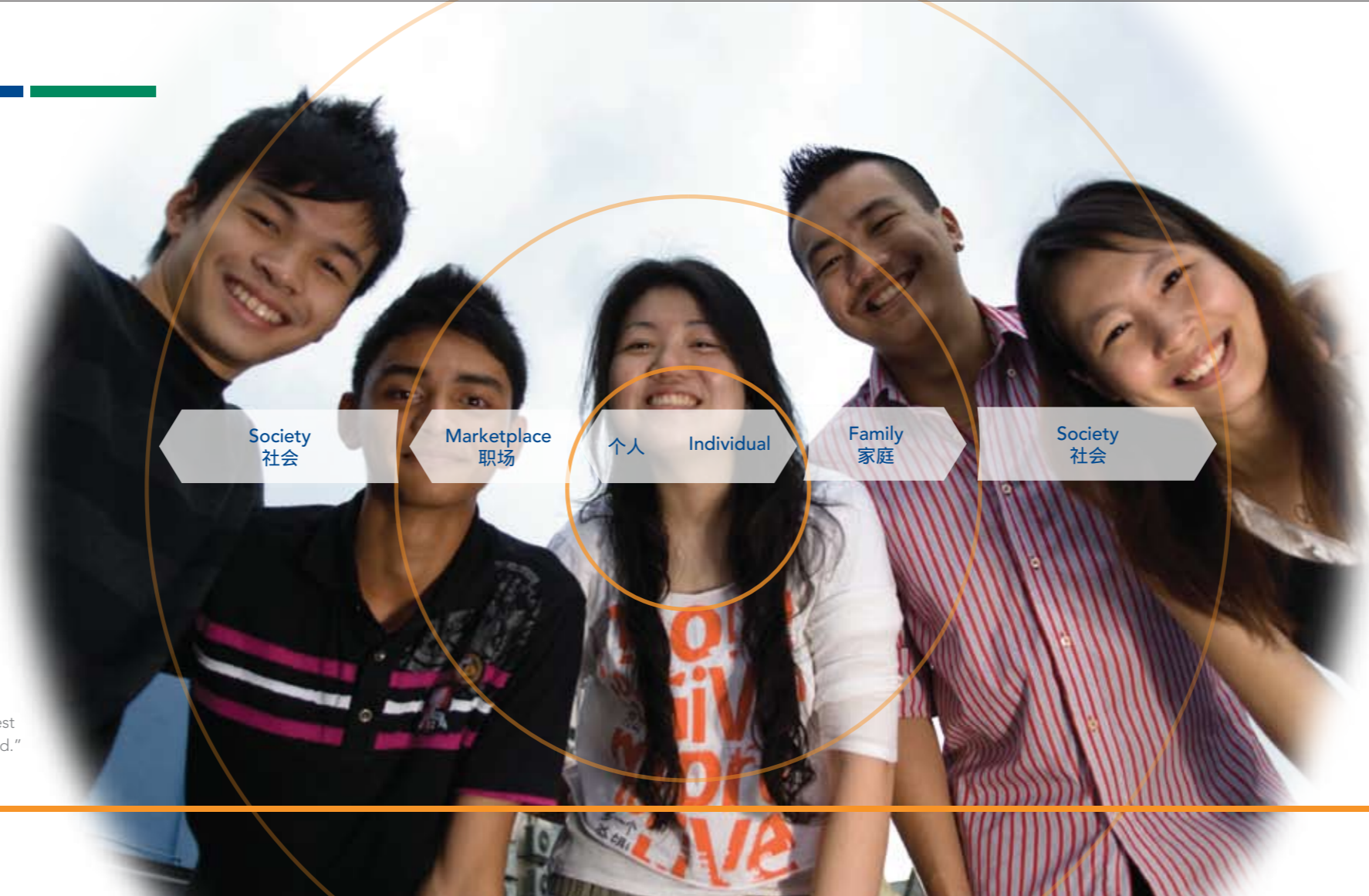
where everyone can give and receive.

## Creating ripples of change

Community At Heart is the place where we join hands and begin to make positive, life-impacting changes – in our own lives, our families and the community we live in. We believe that within each of us is the immeasurable power to influence the people around us for the better. With the right exposure and training, anyone can be developed positively to be a powerful agent of change. A changed life will impact the family and the community. As how a small pebble can cause many ripples across a still lake, this change will also resonate to the marketplace and business world.

We believe that in order to transform the community, change must first begin with us. Community At Heart aims to impart skill sets and insights to individuals and families to bring about positive, life-impacting changes in this community we all live in.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”  
– Leo Brusaglia



## 引起改变的涟漪

Community At Heart 是一个让我们能够同心合力，为自身，家庭及社会作出正面改变的机构。我们相信每一个人都有无可测度的能力来影响及改变他们的社群，就像一个小圆石能够在平静的湖面引起无数的涟漪。个人的发展能够直接的影响他的家人。一个健康的家庭能够建造一个强大的社会。另一方面，一个良好的人也能够把他的影响力扩展到他的职场。

我们相信一个社群的蜕变从我们自身开始。

“我们往往都忘了有一个抚摸，一个微笑，一双聆听的耳朵，一个诚实的赞美，或一个小小的关心都有可能把绝望变成希望” – Leo Brusaglia

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## Give

### Channel of Resources:

No contribution is too small to make a difference. The following are some examples of parties who have freely contributed finance, labour and materials to our community endeavours.

我们欢迎及珍惜你财务，人力或资源上的支持。

- **Kids School Holiday Camp**, 27 – 29 Nov 2008  
Dutch Lady Milk Sdn Bhd – Sponsored 240 packs of Chocolate Milk.  
Shoon Fatt Biscuit & Confectionary Factory Sdn Bhd – Sponsored Biscuits.  
200 individuals served as volunteers.  
Individuals from the community sponsored 400 needs.
- **The Heavenly Gift Project**, 5 – 24 Dec 2008  
Excel Event Network – Coordinated the design of the booth and with the contractors for FOC.  
IOI Mall Puchong – Provided us a prominent space FOC.  
Castrol (M) Sdn Bhd – Sponsored The Store voucher worth RM5000.
- **Dream Wedding Talk**, 19 April 2009  
Professional volunteers shared tips and advice with us FOC:  
Keith Kee Couture – gown & suits  
Beauty Haven – make up & hairdo  
Ideal Wedding – photography  
Acadia – invitation cards  
Truly Scrumptious – wedding cake

If you have a contribution to make, contact us at 03-8076 5354 or [enquiry@communityatheart.info](mailto:enquiry@communityatheart.info)

## Receive

Community At Heart's diversified programmes aim to enrich and empower you and your employees in all areas of life.

Community At Heart有多元化的节目，必能让你或你的雇员收受益良多。

### Join Community At Heart's Yearly Events

- Me & My Daddy Adventure Camp – Promotes healthy father-child relationships to improve family ties.
- The Marriage Course / The Marriage Preparation Course – Learn practical tips to strengthen and cherish your marriage.
- Ladies Survival Skills – Self-defense skills for ladies to protect themselves against attackers.
- Kids School Holiday Camp – A hands-on experience for kids to learn personal values through play and fun.
- Parenting Class – Vital skills for building healthy families.
- Financial Seminar – Empowering folks of all levels to take charge and manage their personal finances.
- 2gether 4ever – An enriching getaway for married couples to rekindle romance and spend quality time together.

### Join Community At Heart's Weekly or Fortnightly Projects

- Interest Group – Fun-filled social activities such as Rock Climbing and Futsal for health, enjoyment and friendship!
- Pilates Class – To strengthen your core postural stability, endurance, coordination of movements and general wellness.
- Play Group – A platform for you to share the best time with your young children – playtime. Ages 18 months to 4 years.

Keen to be part of an enriching experience? Contact us at 03-8076 5354 or [enquiry@communityatheart.info](mailto:enquiry@communityatheart.info)



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“ Serving the community has enlarged my life and the capacity to have compassion for more people.”

“ 服务社群让我的生命更有意义，同时也让  
我对身边的人与事更有怜悯的心。”

Mark Ng,  
Marketing Manager, Castrol (M) Sdn Bhd