

## **Abstract**

### **Positive psychology in action: projects experience sharing**

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In line with Caritas' mission of bringing love to service recipients through the service of hope, Caritas Family Service units have been trying to adopt positive psychology values in front-line services. Practice experience and wisdom of three project examples will be shared, namely the 'Positive School Social Work Project' (至正計劃), 'Positive Parenting Program in the inter-IFSC Baby Project' (與B同行計劃) and the 'Eu Yan Sang sponsored Proactive Parenting Project' (動亦有道計劃). Insights for trends of social service development in the local context will also be shared.