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Ms. WONG Miu-yan Cecilia

February 2026

My dear friends,

Here is the story of Armstrong from the Letter from the Street. At first glance, he appears tall, robust, and solid as a mountain, as if he were full of confidence and strength. However, what you see is not what you get!

Armstrong became withdrawn and passive due to autism and family breakdown. From a young age, he was kicked around between various residential care services, even ending up on the streets. Things took a turn until he stayed at the Transitional Housing Boys Section (THB) of Youth Outreach. With the help of the workers here, he gradually opened his heart and successfully entered the Maritime Services Training Institute. Last year, a Christmas card he designed for Youth Outreach received warm praise, further boosting his self-confidence.

Armstrong has turned from a boy who passively accepted cared to a young man who walks stable academic path, builds meaningful relationships and even contributes his talents to the others. His story shows how life can be transformed through both giving and receiving.

Yours faithfully,



Executive Director of Youth Outreach
Lawrence TSE

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I am Armstrong. I grew up in a single-parent family and was diagnosed with autism. The limited time spent with my father was often painful, filled with harsh words and violence. During my primary and junior school years, I was sent to a foster home, yet the sense of warmth and belonging remained absent. I never truly learned how to connect with others. Over time, I became increasingly distant. Things got even worse when I witnessed my father's affair. After that, I cut off all contact with him.

I once stayed in various residential care services but was eventually asked to leave each one of them due to my behavioural and emotional problems. Over the years, I turned to different short-term services, lived in low-cost accommodations, and finally even slept on the streets. I finally got to have my second stay in the Transitional Housing Boy Section (THB) of Youth Outreach, where I began to show meaningful personal growth.

Academically, I never quite fit into the mainstream. Yet, as the saying goes, "When God closes a door, He opens another". In my case, that door was drawing, which earned me a place at the HKICC Lee Shau Kee School of Creativity. However, I underestimated the importance of the coursework. I was then expelled due to the low attendance rate.

After that incident, I stayed idle for quite a while. However, the workers at THB encouraged me to keep searching for a school that suited me. I, at first, kept my distance and resisted the idea. Finding out that I was actually afraid of the interviews, the workers then supported me with interview practices and CV preparations. My hard work paid off when I was finally admitted to the Maritime Services Training Institute. I was so grateful that this school suited me. It valued physicality, discipline and actions more than words.

In the past, I was the kind of person who would never do something I did not agree with. I know it's hard to persuade me, but since September, things have changed for the better. I wanted to do my best in a way of treasuring THB and my school. I have been punctual every school day, never missing a class.

I now find that connections with others are meaningful. Feeling cared for and being remembered, I now cherish every moment here at THB and treasure every bit of my life. I committed deeply to physical training. I have my own training target every day. I won't have my meal before I have finished it. I still remember I was a boy who once had a round face and body. But now, after 7 months, I have transformed myself into someone living up to my nickname. I notice that consistency is the key to success.

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Workers here at THB always remind me of the skills of connecting with others. I have become more willing to communicate with others in different aspects of life. Not only do I seek help from the workers when needed, but I also enjoy sharing my everyday experiences with them. Surrounded by positive interactions and growing connections with other youth at THB, I now smile more often than before.

I was once invited to design some graphics used in the agency's annual report, but I turned down the offer. Lacking confidence due to my past failures, I missed the opportunity to showcase my artistic talent. However, with the workers' continued understanding and encouragement, I finally found the courage to try again. This time, I took on the task of designing the agency's Christmas card. And through that experience, I received so much praise. But more importantly, I grew once more.

After going through two rounds of residential care services and training, I have shown significant personal growth. Not only do I maintain my academic progress, but I also get better in my interpersonal skills. More importantly, I have learned to step out of my comfort zone to make new changes. I was once a person who was cared for and loved. But now, I have enough power to also contribute to others.



(Christmas Card designed by Artmstrong for Youth Outreach in 2025)

N.B.

Youth Outreach (YO)'s Transitional Housing for Boys and Girls (THB/THG) is located in Sai Wan Ho with an accommodation of 70 beds. It provides 1-year accommodation services for youth aged between 15 to 21 who are either working or unemployed and in crisis, as well as youth probationers referred by court.