




# Integrated Recovery & Community (IRC) Program Calendar

## Scarborough Office February 2019 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<p><b>“Promise me you’ll always remember — you’re braver than you believe, and stronger than you seem, and smarter than you think.”</b></p> <p>— Christopher Robin from <b>“Winnie the Pooh”</b></p>						
4	5	6	7	8	9	10
11am–12:30pm <b>English Conversation [Fei]</b> <hr/> 2:00–4:30pm <b>Monday Drop In [Fei]</b>	 <b>Office Closed</b>		1:00–4:30pm <b>Happy Thursday Group [Fei]</b> <hr/> 1:00–2:15pm <b>Sing - along [Fei]</b> <hr/> 2:30–4:30pm <b>Chinese Painting &amp; Chinese Calligraphy, Knitting, and Table games[Fei]</b>	2:00pm–4:00pm <b>Mandarin Self Help Group [Sau Wai]</b>		

**ALL PROGRAMS ARE REQUIRED TO REGISTER BEFORE JOINING.** If you are interested in these programs, please contact: (416) 493-4242 ext. 0 and ask to speak with responsible program worker for registration.

Scarborough Site: 3320 Midland Avenue, 2<sup>nd</sup> Floor, Suite 201, Scarborough, M1V 5E6



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>11</b></p> <p>11am–12:30pm <b>English Conversation [Fei]</b></p> <hr/> <p>2:00–4:30pm <b>Monday Drop In [Fei]</b></p> <hr/> <p>1:30-2:30pm <b>Peer Support Group [Moshe]</b></p> <hr/> <p>3:30–4:30pm <b>Community of Practice [Moshe]</b></p>	<p><b>12</b></p> <p>12:30-2:30pm <b>Outside in Community: Uptown Gym [Grace Chinese Church: 201 Tempo Ave [Fei]</b></p> <hr/>	<p><b>13</b></p>	<p><b>14</b></p> <p>1:00–4:30pm <b>Happy Thursday Group [Fei]</b></p> <hr/> <p>1:00–2:15pm <b>Music Sharing [Fei]</b></p> <hr/> <p>2:30–4:30pm <b>Chinese Painting &amp; Chinese Calligraphy, Knitting, and Table games[Fei]</b></p>	<p><b>15</b></p>	<p><b>16</b></p>	<p><b>17</b></p>
<p><b>18</b></p> <p><b>Happy Family Day!</b> Offices Closed</p>	<p><b>19</b></p> <p>12:30-2:30pm <b>Outside in community: Uptown Gym [Grace Chinese Church: 201 Tempo Ave] [Fei]</b></p> <hr/>	<p><b>20</b></p>	<p><b>21</b></p> <p>10:00–2:15pm <b>Happy Thursday Holiday Celebration [Fei]</b></p> <hr/> <p>1:00–2:15pm <b>Sing-along [Fei]</b></p> <hr/> <p>2:30–4:30pm <b>Chinese Painting &amp; Chinese Calligraphy, Knitting, and Table games[Fei]</b></p>	<p><b>22</b></p> <p>2:00pm-4:00pm <b>Mandarin Self Help Group [Sau Wai]</b></p> <hr/>	<p><b>23</b></p>	<p><b>24</b></p>
<p><b>25</b></p> <p>11am–12:30pm <b>English Conversation [Fei]</b></p> <hr/> <p>2:00–4:30pm <b>Monday Drop In [Fei]</b></p> <hr/> <p>1:30-2:30pm <b>Peer Support Group [Moshe]</b></p> <hr/> <p>3:30–4:30pm <b>Community of Practice [Moshe]</b></p>	<p><b>26</b></p> <p>12:30-2:30pm <b>Outside in community: Uptown Gym [Grace Chinese Church: 201 Tempo Ave] [Fei]</b></p> <hr/>	<p><b>27</b></p>	<p><b>28</b></p> <p>1:00–4:30pm <b>Happy Thursday Group [Fei]</b></p> <hr/> <p>1:00–2:15pm <b>Sing-along [Fei]</b></p> <hr/> <p>2:30–4:30pm <b>Chinese Painting &amp; Chinese Calligraphy, Knitting, and Table games [Fei]</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>



**HONG FOOK MENTAL HEALTH ASSOCIATION**  
**Winter 2019 Programs & Activities**  
**Scarborough Office**

Program/Activity	Responsible Worker	Day	Time	Site/Location	Start Date	End Date
<b>Social &amp; Recreational</b>						
English Conversation	Fei	Every Mon	11:00am – 12:030 n	Midland Office / Activity Rm	All year round	
Monday Drop In	Fei	Every Mon	2:00 – 4:30 pm	Midland Office / Activity Rm	All year round	
Happy Thursday Group (Sing-along, Chinese Painting & Chinese Calligraphy, Knitting, and Table games)	Fei	Every Thu	1:00 – 4:30 pm	Midland Office / Activity Rm	All year round	
Mandarin Self Help Group	Sauwai	2 <sup>nd</sup> & 4 <sup>th</sup> Fri	2:00 - 4:00 pm	Midland Office / Activity Rm	All year round	
<b>Exercise (Physical)</b>						
<b>Outside in community:</b> Uptown Gym	Fei	Every Tue	12:30 - 2:30pm	Grace Chinese Church: 201 Tempo Ave	All year round	
<b>Peer Support</b>						
Peer Support Group	Moshe	Alternate Mondays	1:30 - 2:30 pm *	Midland Office / Activity Rm	All year round	*Please refer to calendar
Community of Practice	Moshe	Alternate Mondays	3:30 – 4:30 pm *	Midland Office / Activity Rm	All year round	*Please refer to calendar
<b>Workshops &amp; Trainings</b>						

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