

# JANUARY 2021

| MONDAY/星期一  | TUESDAY/星期二   | WEDNESDAY/星期三  | THURSDAY/星期四  | FRIDAY/星期五   | SATURDAY/星期六   |
|---|---|--|---|--|--|
| <p>4</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 太極小組</li> </ul> <p>2:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 歌曲欣賞小組</li> </ul>  | <p>5</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體運動課程</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 中國國畫課程</li> </ul> <p>7:30pm-9:00pm</p> <ul style="list-style-type: none"> <li>F 家屬朋輩互助小組</li> </ul>  | <p>6</p> <p>9:00am-10:00am</p> <ul style="list-style-type: none"> <li>L DOWNTOWN聯誼小組</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 活力星期三</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>G 康復之旅</li> </ul> <p>3:00pm-4:30pm</p> <ul style="list-style-type: none"> <li>L 樂趣烹飪班</li> </ul>  | <p>7</p> <p>2:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> <p>3:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 中國書法及素描課程</li> </ul> <p>7:00pm-8:30pm</p> <ul style="list-style-type: none"> <li>F 家屬PACER課程</li> </ul>  | <p>8</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體課程 <b>ENG</b></li> </ul> <p>1:00 am- 2:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul>  | <p>9</p>   |
| <p>11</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 太極小組</li> </ul> <p>2:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 歌曲欣賞小組</li> </ul> | <p>12</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體運動課程</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 中國國畫課程</li> </ul>   | <p>13</p> <p>9:00am-10:00am</p> <ul style="list-style-type: none"> <li>L DOWNTOWN聯誼小組</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 活力星期三</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>G 康復之旅</li> </ul> <p>3:00pm-4:30pm</p> <ul style="list-style-type: none"> <li>L 樂趣烹飪班</li> </ul> | <p>14</p> <p>2:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> <p>3:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 中國書法及素描課程</li> </ul> <p>7:00pm-8:30pm</p> <ul style="list-style-type: none"> <li>F 家屬PACER課程</li> </ul> | <p>15</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體課程 <b>ENG</b></li> </ul> <p>1:00 am- 2:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> | <p>16</p>  |
| <p>18</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 太極小組</li> </ul> <p>2:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 歌曲欣賞小組</li> </ul> | <p>19</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體運動課程</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 中國國畫課程</li> </ul> <p>7:30pm-9:00pm</p> <ul style="list-style-type: none"> <li>F 家屬健康教育講座</li> </ul> | <p>20</p> <p>9:00am-10:00am</p> <ul style="list-style-type: none"> <li>L DOWNTOWN聯誼小組</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 活力星期三</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>G 康復之旅</li> </ul> <p>3:00pm-4:30pm</p> <ul style="list-style-type: none"> <li>L 樂趣烹飪班</li> </ul> | <p>21</p> <p>2:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> <p>3:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 中國書法及素描課程</li> </ul> <p>7:00pm-8:30pm</p> <ul style="list-style-type: none"> <li>F 家屬PACER課程</li> </ul> | <p>22</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體課程 <b>ENG</b></li> </ul> <p>1:00 am- 2:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> | <p>23</p> <p>10:30am-12:00pm</p> <ul style="list-style-type: none"> <li>R 廣東話健康講座<br/>疫情下的關係壓力鍋</li> </ul> |
| <p>25</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 太極小組</li> </ul> <p>2:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 歌曲欣賞小組</li> </ul> | <p>26</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體運動課程</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 中國國畫課程</li> </ul>   | <p>27</p> <p>9:00am-10:00am</p> <ul style="list-style-type: none"> <li>L DOWNTOWN聯誼小組</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>L 活力星期三</li> </ul> <p>1:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>G 康復之旅</li> </ul> <p>3:00pm-4:30pm</p> <ul style="list-style-type: none"> <li>L 樂趣烹飪班</li> </ul> | <p>28</p> <p>2:00pm-3:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> <p>3:00pm-4:00pm</p> <ul style="list-style-type: none"> <li>L 中國書法及素描課程</li> </ul> <p>7:00pm-8:30pm</p> <ul style="list-style-type: none"> <li>F 家屬PACER課程</li> </ul> | <p>29</p> <p>11:00am-12:00pm</p> <ul style="list-style-type: none"> <li>L 健體課程 <b>ENG</b></li> </ul> <p>1:00 am- 2:00pm</p> <ul style="list-style-type: none"> <li>P 朋輩支援小組</li> </ul> | <p>30</p>  |

# JANUARY 2021

During the pandemic, most programs are delivered **VIRTUALLY**, except the one(s) with highlighted location. **ALL PARTICIPANTS ARE REQUIRED TO REGISTER BEFORE JOINING.** For indoor **ON-SITE** programs, a max limit of **5 PARTICIPANTS** are only allowed. To register, please contact (416) 493-4242 ext. 0 and ask to speak with the responsible program worker.

Programs listed in this calendar are delivered in **Cantonese**, except those specified with **ENG** are cross-cultural programs delivered in English. Please find program description and eligibilities below.

- C Community Programs to anyone interested in promoting mental health awareness.** Our Integrated Community Program provides capacity building trainings and age-specific wellness support groups, to improve mental health literacy of individuals, reduce stigma in the community and facilitate social connectedness.
- R Recovery College – Wellness and Recovery Courses to anyone regardless of their diagnosis, background and experience.** Our Integrated Recovery and Community Program staff and trained peers, provide a wide range of Wellness and Recovery courses/workshops to support participants to re-discover and develop their strengths, skills and interests on their recovery journey.
- L Leisure Clubs to clients in recovery.** Our Integrated Recovery and Community Program staff, together with trained peers, volunteer or paid instructors, provide a variety of Leisure Clubs to facilitate a sense of belonging, including Chinese painting, calligraphy, knitting, exercises, Qigong, sewing, singing, Taichi, art & crafts, etc.
- P Peer Support Groups to peers with lived experience.** Peer Support Workers run ongoing groups with peers to encourage conversations around the principles of recovery, and to support peers in developing a positive self-concept and greater self-acceptance.
- G Group Psychotherapy to clients with diagnosis (doctor, psychiatrist or social worker referral needed).** In partnership with University Health Network, our Clinical Service provides time-limited psychoeducational groups to promote mental health, recovery and resilience, and psychotherapy group using Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Mindfulness as the three core elements of intervention.
- F Family Support Groups to caregivers supporting loved ones with diagnosis.** Our Family Support Program runs monthly groups for caregivers to strengthen their resilience when walking alongside a loved one's recovery journey.

在新冠病毒疫情期間，除了那些有注明地點的活動之外，大部分活動都會以**網上視頻方式**進行。所有參加者必須在**活動前登記**。至於在室內**實地**進行的活動，每項最多只能容納**5位參加者**。有關活動查詢及登記，請致電 (416) 493-4242 內線0 與負責活動同事聯絡。

除了標明 **ENG** 的跨文化活動是以英語進行之外，這個活動日程表所列出的活動均以**廣東話**進行。以下是活動簡介和參加資格。

- C 社區計劃** 適合任何有興趣認識及參與推廣心理健康知識的人士。我們的綜合社區計劃提供針對個別群體及年齡組群的訓練，以提高他們的心理健康知識，減少社區的污名化和促進社區的聯繫。
- R 復元學院 – 健康及復元課程** 適合任何人士，不論他們的診斷情況、背景和經歷。康福綜合復元與社區計劃的員工和接受過訓練的朋輩義工，提供廣泛的健康與復元課程及工作坊，支援參加者在康復的路上重新發現和發掘自己的優勢、技能和興趣。
- L 休閒俱樂部** 適合復元人士。我們的綜合復元與社區計劃的員工與接受過訓練的朋輩義工、及具資歷的導師，透過不同的興趣小組提供各種具文化特色的康樂文娛活動，建立他們的歸屬感，並讓朋輩建立健康的社交生活。活動包括國畫、書法、編織、運動、氣功、縫紉、唱歌、太極、美術和工藝等。
- P 朋輩支援小組** 適合復元人士。朋輩支援工作者持續為朋輩安排小組，鼓勵大家透過討論在復元路上面對的各項挑戰，給予同行者的支持，並培養出一個積極正面的自我觀念和提高自我接受程度。
- G 小組心理治療** 適合已獲診斷的服務使用者(需經醫生、精神科醫生或社工轉介)。這個計劃是與大學醫療網絡合作的，我們的臨床服務提供有限時的小組心理教育，以促進參加者的心理健康、康復和抗逆能力，而小組心理治療會採用認知行為治療(Cognitive Behavioral Therapy, CBT)、接受與承諾治療(Acceptance and Commitment Therapy, ACT)和正念(Mindfulness)療法這三個核心干預措施。
- F 家庭支援小組** 適合負責照料患病親人的照顧者。我們的家庭支援計劃每月定期為照顧者提供心理教育工作坊、課程及朋輩支援小組，以增強他們陪伴親人在康復之路上同行的抗逆力。

SCAR

3320 Midland Ave., Suite 201, Scarborough

NY

1751 Sheppard Ave. E., G/F, North York

