

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 10:00am-12:00pm C 华乐园 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 歌唱小组</p>	<p>5 11:00am-12:00pm L 健体课程 2:00pm-3:00pm L 国画课程</p>	<p>6 9:00am-10:00am L DOWNTOWN联谊小组 2:00pm-3:00pm P 朋辈支援小组 ENG</p>	<p>7 2:15pm-4:15pm G 综合知行治疗小组</p>	<p>8 11:00am-12:00pm L 健体课程 ENG 2:00pm-3:00pm P 朋辈支援小组 3:00pm-4:00pm L 互助小组</p>	9
<p>11 10:00am-12:00pm C 华乐园 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 歌唱小组</p>	<p>12 11:00am-12:00pm L 健体课程 1:00pm-3:00pm G 康复之旅 2:00pm-3:00pm L 国画课程</p>	<p>13 9:00am-10:00am L DOWNTOWN联谊小组 2:00pm-3:00pm P 朋辈支援小组 ENG</p>	<p>14 2:15pm-4:15pm G 综合知行治疗小组</p>	<p>15 11:00am-12:00pm L 健体课程 ENG 2:00pm-3:00pm P 朋辈支援小组 3:00pm-4:00pm L 互助小组</p>	16
<p>18 10:00am-12:00pm C 华乐园 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 歌唱小组</p>	<p>19 11:00am-12:00pm L 健体课程 1:00pm-3:00pm G 康复之旅 2:00pm-3:00pm L 国画课程</p>	<p>20 9:00am-10:00am L DOWNTOWN联谊小组 2:00pm-3:00pm P 朋辈支援小组 ENG</p>	<p>21 2:15pm-4:15pm G 综合知行治疗小组 6:00pm - 9:00pm F 家属朋辈互助小组 7:30pm-9:30pm R 焦虑情绪的识别与管理</p>	<p>22 11:00am-12:00pm L 健体课程 ENG 2:00pm-3:00pm P 朋辈支援小组 3:00pm-4:00pm L 互助小组</p>	23
<p>25 10:00am-12:00pm C 华乐园 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 歌唱小组</p>	<p>26 11:00am-12:00pm L 健体课程 1:00pm-3:00pm G 康复之旅 2:00pm-3:00pm L 国画课程</p>	<p>27 9:00am-10:00am L DOWNTOWN联谊小组 2:00pm-3:00pm P 朋辈支援小组 ENG</p>	<p>28 2:15pm-4:15pm G 综合知行治疗小组</p>	<p>29 11:00am-12:00pm L 健体课程 ENG 2:00pm-3:00pm P 朋辈支援小组 3:00pm-4:00pm L 互助小组</p>	<p>30 9:00am-12:00pm F 家属朋辈互助小组</p>

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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 **Mandarin**, 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 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.

在新冠病毒疫情期间，除了那些有注明地点的活动之外，大部分活动都会以**网上视频**方式进行。所有参加者**必须在活动前登记**。至于在**室内实地进行**的活动，**每项最多只能容纳5位参加者**。有关活动查询及登记，请致电 (416) 493-4242 内线0与负责活动同事联络。

除了标明 **ENG** 的跨文化活动是以英语进行之外，这个活动日程表所列出的活动都会以**普通话**进行。以下是活动简介和参加资格：

- C** **社区计划**适合任何有兴趣认识及参与推广心理健康知识的人士。我们的综合社区计划提供针对个别群体及年龄组群的训练，以提高他们的心理健康知识，减少社区的污名化和促进社区的联系。
- R** **复元课程**适合任何人士，不论他们的诊断情况、背景和经历。康福综合复元与社区计划的员工和接受过训练的朋辈义工，提供广泛的健康与复元课程及工作坊，支援参加者在康复的路上重新发现和发掘自己的优势、技能和兴趣。
- L** **休闲俱乐部**适合康复中的人士。我们的综合复元与社区计划的员工与受过训练的朋辈、志愿者或具资历的导师，不同的兴趣小组提供各种具文化特色的康乐文娱活动，建立他们的归属感，并让朋辈建立健康的社交生活。活动包括国画、书法、编织、运动、气功、缝纫、唱歌、太极、美术和工艺等。
- P** **朋辈支援小组**适合有过心理疾病或遭遇的人士。朋辈支援工作者持续为朋辈安排小组活动，鼓励大家围绕康复理念的交流，支持朋辈培养出一个积极的自我概念和提高自我接受程度。
- G** **小组心理治疗**适合患病人士(需经医生、精神科医生或社工转介)。这个计划是与大学医疗网络合作的，我们的临床服务提供有限时的小组心理教育，以促进参加者的心理健康、康复和抗逆能力，而小组心理治疗会采用认知行为治疗(Cognitive Behavioral Therapy, CBT)，接受与承诺治疗(Acceptance and Commitment Therapy, ACT)和专注察觉(Mindfulness)疗法这三个核心心理治疗模式。
- F** **家庭支持小组**适合负责照料患病亲人的照顾者。我们的家庭支持计划每月定期为照顾者组织理教育工作坊、课程及朋辈支援小组，以增强他们陪伴亲人在康复之路上同行的抗逆力。

SCAR

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NY

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