


May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 C 10:00am-12:00pm Senior Wellness Club 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing</p>	<p>4 L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting 3:00pm-4:00pm P Peer Support Group ENG</p>	<p>5 9:30am-10:30am L Downtown Social</p>	<p>6</p>	<p>7 L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group 3:00pm-4:00pm L Self Help Group</p>	<p>8 10:00am -12:00pm C Wellness Seminar: Coping with Loss during the Pandemic</p>
<p>10 C 10:00am-12:00pm Senior Wellness Club 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing</p>	<p>11 L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting 3:00pm-4:00pm P Peer Support Group ENG</p>	<p>12 9:30am-10:30am L Downtown Social</p>	<p>13 6:00pm - 9:00pm F Family Support Group</p>	<p>14 L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group 3:00pm-4:00pm L Self Help Group</p>	<p>15</p>
<p>17 C 10:00am-12:00pm Senior Wellness Club 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing</p>	<p>18 L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting 3:00pm-4:00pm P Peer Support Group ENG</p>	<p>19 9:30am-10:30am L Downtown Social</p>	<p>20</p>	<p>21 L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group 3:00pm-4:00pm L Self Help Group</p>	<p>22</p>
<p>24 Victoria Day </p>	<p>25 L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting 3:00pm-4:00pm P Peer Support Group ENG</p>	<p>26 9:30am-10:30am L Downtown Social</p>	<p>27</p>	<p>28 L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group 3:00pm-4:00pm L Self Help Group</p>	<p>29 9:00am-12:00pm F Family Support Group</p>
<p>31 C 10:00am-12:00pm Senior Wellness Club 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing</p>					

May 2021

星期一	星期二	星期三	星期四	星期五	星期六
3 10:00am-12:00pm C 华乐园 (55岁+) 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 音乐分享小组	4 11:00am-12:00pm L 健体课程 1:00pm-3:00pm G 综合知行治疗小组 1:30pm-3:30pm L 国画课程 2:00pm-3:00pm P 朋辈支援小组 ENG	5 9:30am-10:30am L DOWNTOWN联谊小组	6	7 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	8 10:00am-12:00pm C 心理健康讲座: 抚平伤痛, 有何妙招
10 10:00am-12:00pm C 华乐园 (55岁+) 11:00am-12:00pm L 太极小组 2:00pm-4:00pm L 音乐分享小组	11 11:00am-12:00pm L 健体课程 1:00pm-3:00pm G 综合知行治疗小组 1:30pm-3:30pm L 国画课程 2:00pm-3:00pm P 朋辈支援小组 ENG	12 9:30am-10:30am L DOWNTOWN联谊小组	13 6:00pm-9:00pm F 家属朋辈互助小组	14 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	15
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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 call the corresponding contact numbers listed below.

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 and Wellness Programs**
to anyone interested in promoting mental wellness.
☑ Please call 647-244-9854 to register.
- R** **Recovery College**
to anyone regardless of their diagnosis, background and experience.
☑ Please call 416-845-4184 to register.
- L** **Leisure Clubs**
to clients in recovery.
☑ Please call 416-845-4184 to register.
- P** **Peer Support Groups**
to peers with lived experience.
☑ Please call 416-845-4184 to register.
- G** **Group Psychotherapy**
to clients with diagnosis (doctor, psychiatrist or social worker referral needed).
☑ Please call 416-903-0283 to register.
- F** **Family Support Groups**
to caregivers supporting loved ones with diagnosis.
☑ Please call 647-261-6477 to register.

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** **社区及身心健康活动**
适合任何有兴趣认识及参与推广心理健康的人士。
☑ 注册请拨打电话647-244-9854。
- 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。
☑ 注册请拨打电话416-845-4184。
- L** **休闲俱乐部**
适合康复中的人士。
☑ 注册请拨打电话416-845-4184。
- P** **朋辈支援小组**
适合有过心理疾病或遭遇的人士。
☑ 注册请拨打电话416-845-4184。
- 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)。
☑ 注册请拨打电话416-903-0283。
- F** **家庭支持小组**
适合负责照料患病亲人的照顾者。
☑ 注册请拨打电话647-261-6477。