


May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Taichi Group 2:00pm-4:00pm L Music Sharing 3:00pm-4:30pm R Sharing via Writing 7:00pm-9:00pm F WRAP Training 	<p>4</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group 1:00pm-3:00pm G Journey to Healing 7:30pm-9:00pm F Family Support Group 	<p>5</p> <ul style="list-style-type: none"> L 9:00am-10:00am DOWNTOWN Social 1:00pm-3:00pm L Active Wednesday 1:00pm-3:00pm G IBGT Group 3:00pm-4:30pm L Cook for Fun 	<p>6</p> <ul style="list-style-type: none"> 2:00pm-3:00pm P Peer Support Group 3:00pm-4:00pm L Chinese Calligraphy 	<p>7</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group ENG 1:00pm-2:00pm P Peer Support Group 	<p>8</p> <ul style="list-style-type: none"> 11:00am-12:00pm C Wellness Seminar: Self Compassion
<p>10</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Taichi Group 2:00pm-4:00pm L Music Sharing 3:00pm-4:30pm R Sharing via Writing 	<p>11</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group 1:00pm-3:00pm G Journey to Healing 	<p>12</p> <ul style="list-style-type: none"> L 9:00am-10:00am DOWNTOWN Social 1:00pm-3:00pm L Active Wednesday 1:00pm-3:00pm G IBGT Group 3:00pm-4:30pm L Cook for Fun 	<p>13</p> <ul style="list-style-type: none"> 2:00pm-3:00pm P Peer Support Group 3:00pm-4:00pm L Chinese Calligraphy 	<p>14</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group ENG 1:00pm-2:00pm P Peer Support Group 	<p>15</p>
<p>17</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing 3:00pm-4:30pm R Sharing via Writing 	<p>18</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group 1:00pm-3:00pm G Journey to Healing 7:30pm-9:00pm F Seminar to Caregivers 	<p>19</p> <ul style="list-style-type: none"> 9:00am-10:00am L DOWNTOWN Social 1:00pm-3:00pm L Active Wednesday 1:00pm-3:00pm G IBGT Group 3:00pm-4:30pm L Cook for Fun 	<p>20</p> <ul style="list-style-type: none"> 2:00pm-3:00pm P Peer Support Group 3:00pm-4:00pm L Chinese Calligraphy 	<p>21</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group ENG 1:00pm-2:00pm P Peer Support Group 	<p>22</p>
<p>24</p> <p>Victoria Day</p> 	<p>25</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group 1:00pm-3:00pm G Journey to Healing 	<p>26</p> <ul style="list-style-type: none"> 9:00am-10:00am L DOWNTOWN Social 1:00pm-3:00pm L Active Wednesday 1:00pm-3:00pm G IBGT Group 3:00pm-4:30pm L Cook for Fun 	<p>27</p> <ul style="list-style-type: none"> 2:00pm-3:00pm P Peer Support Group 3:00pm-4:00pm L Chinese Calligraphy 	<p>28</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Fitness Group ENG 1:00pm-2:00pm P Peer Support Group 	<p>29</p>
<p>31</p> <ul style="list-style-type: none"> 11:00am-12:00pm L Taichi Group 2:00pm-4:00pm L Music Sharing 					

May 2021

星期一	星期二	星期三	星期四	星期五	星期六
<p>3 11:00am-12:00pm L 太極小組 2:00pm-4:00pm L 歌曲欣賞小組 3:00pm-4:30pm R 趣聚 - 互動小組 7:00pm-9:00pm F 身心康復行動計劃課程</p>	<p>4 11:00am-12:00pm L 健體課程 1:00pm-3:00pm G 康復之旅 7:30pm-9:00pm F 家屬支援小組</p>	<p>5 9:00am-10:00am L DOWNTOWN聯誼小組 1:00pm-3:00pm L 活力星期三 1:00pm-3:00pm G 綜合知行治療小組 3:00pm-4:30pm L 樂趣烹飪班</p>	<p>6 2:00pm-3:00pm P 朋輩支援小組 3:00pm-4:00pm L 中國書法及素描課程</p>	<p>7 11:00am-12:00pm L 健體課程 ENG 1:00pm-2:00pm P 朋輩支援小組</p>	<p>8 11:00am-12:00pm C 正念自我關懷</p>
<p>10 11:00am-12:00pm L 太極小組 2:00pm-4:00pm L 歌曲欣賞小組 3:00pm-4:30pm R 趣聚 - 互動小組</p>	<p>11 11:00am-12:00pm L 健體課程 1:00pm-3:00pm G 康復之旅</p>	<p>12 9:00am-10:00am L DOWNTOWN聯誼小組 1:00pm-3:00pm L 活力星期三 1:00pm-3:00pm G 綜合知行治療小組 3:00pm-4:30pm L 樂趣烹飪班</p>	<p>13 2:00pm-3:00pm P 朋輩支援小組 3:00pm-4:00pm L 中國書法及素描課程</p>	<p>14 11:00am-12:00pm L 健體課程 ENG 1:00pm-2:00pm P 朋輩支援小組</p>	<p>15</p>
<p>17 11:00am-12:00pm L 太極小組 2:00pm-4:00pm L 歌曲欣賞小組 3:00pm-4:30pm R 趣聚 - 互動小組</p>	<p>18 11:00am-12:00pm L 健體課程 1:00pm-3:00pm G 康復之旅 7:30pm-9:00pm F 家屬健康教育講座</p>	<p>19 9:00am-10:00am L DOWNTOWN聯誼小組 1:00pm-3:00pm L 活力星期三 1:00pm-3:00pm G 綜合知行治療小組 3:00pm-4:30pm L 樂趣烹飪班</p>	<p>20 2:00pm-3:00pm P 朋輩支援小組 3:00pm-4:00pm L 中國書法及素描課程</p>	<p>21 11:00am-12:00pm L 健體課程 ENG 1:00pm-2:00pm P 朋輩支援小組</p>	<p>22</p>
<p>24 Victoria Day </p>	<p>25 11:00am-12:00pm L 健體課程 1:00pm-3:00pm G 康復之旅</p>	<p>26 9:00am-10:00am L DOWNTOWN聯誼小組 1:00pm-3:00pm L 活力星期三 1:00pm-3:00pm G 綜合知行治療小組 3:00pm-4:30pm L 樂趣烹飪班</p>	<p>27 2:00pm-3:00pm P 朋輩支援小組 3:00pm-4:00pm L 中國書法及素描課程</p>	<p>28 11:00am-12:00pm L 健體課程 ENG 1:00pm-2:00pm P 朋輩支援小組</p>	<p>29</p>
<p>31 11:00am-12:00pm L 太極小組 2:00pm-4:00pm L 歌曲欣賞小組</p>					

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 **Cantonese**, 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 647-278-5306 to register.
- R** Recovery College – Recovery Courses
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 647-241-9130 to register.
- F** Family Support Groups
to caregivers supporting loved ones with diagnosis.
☑ Please call 647-921-9523 to register.

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 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** 社區及身心健康活動
適合任何有興趣認識及參與推廣心理健康的人士。
☑ 註冊請撥打電話647-278-5306。
- R** 復元學院 – 復元課程
適合任何人士，不論他們的診斷情況、背景和經歷。
☑ 註冊請撥打電話416-845-4184。
- L** 休閒俱樂部
適合復元人士。
☑ 註冊請撥打電話416-845-4184。
- P** 朋輩支援小組
適合復元人士。
☑ 註冊請撥打電話416-845-4184。
- 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)。
☑ 註冊請撥打電話647-241-9130。
- F** 家庭支援小組
適合負責照料患病親人的照顧者。
☑ 註冊請撥打電話647-921-9523。