

# January 2022

## Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>L</b> 11:00am-12:00pm <b>Taichi Group</b></p> <p><b>L</b> 2:00pm-4:00pm <b>Music Sharing</b></p>	<p><b>L</b> 11:00am-12:00pm <b>Fitness Group</b></p> <p><b>L</b> 2:00pm-3:30pm <b>Chinese Painting</b></p>	<p><b>L</b> 9:00am-10:00am <b>Downtown Social</b></p> <p><b>P</b> 10:00am-11:00am <b>Peer Support Group For Women</b></p> <p><b>L</b> 1:00pm-3:00pm <b>Active Wednesday</b> <i>(Cancelled on Jan 5<sup>th</sup>)</i></p> <p><b>L</b> 3:00pm-4:30pm <b>Cook for Fun</b></p>	<p><b>P</b> 2:00pm-3:00pm <b>Peer Support Group</b></p> <p><b>L</b> 3:00pm-4:00pm <b>Chinese Calligraphy</b></p> <p><b>P</b> 4:00pm-5:00pm <b>Peer Support Group</b> <b>ENG</b></p>	<p><b>L</b> 11:00am-12:00pm <b>Fitness Group</b> <b>ENG</b></p> <p><b>P</b> 1:00pm-2:00pm <b>Peer Support Group</b></p>

## Recovery College

MONDAY 10, 17, 24, 31	SATURDAY 29
<p><b>R</b> 3:00pm-4:30pm <b>Sharing via Writing</b></p>	<p><b>C</b> 10:30am-11:30am <b>Healthy Eating - Ignite Your Hope &amp; Motivation!</b></p>

## Group Psychotherapy

TUESDAY 4, 11, 18, 25	THURSDAY 13, 20, 27
<p><b>G</b> 1:00pm-3:00pm <b>IBGT Mood (A)</b></p>	<p><b>G</b> 10:00am-12:00pm <b>IBGT Mood (B)</b></p>

## Family Support Program

TUESDAY 4	TUESDAY 18
<p><b>F</b> 7:00pm-9:00pm <b>Family Support Group</b></p>	<p><b>F</b> 7:00pm-9:00pm <b>Seminar to Caregivers</b></p>

## Community Training

THURSDAY 20, 27
<p><b>C</b> 9:30am-12:00pm <b>BASIC TRAINING MENTAL HEALTH AMBASSADOR</b></p>



HAPPY  
*New Year*



January 2022

### 每週活動

星期一	星期二	星期三	星期四	星期五
<p>L 11:00am-12:00pm 太極小組</p> <p>L 2:00pm-4:00pm 歌曲欣賞小組</p>	<p>L 11:00am-12:00pm 健體課程</p> <p>L 2:00pm-3:30pm 中國國畫課程</p>	<p>L 9:00am-10:00am Downtown聯誼小組</p> <p>P 10:00am-11:00am <u>女子雙聲道朋輩支援小組</u></p> <p>L 1:00pm-3:00pm 活力星期三 <b>5日取消</b></p> <p>L 3:00pm-4:30pm 樂趣烹飪班</p>	<p>P 2:00pm-3:00pm 朋輩支援小組</p> <p>L 3:00pm-4:00pm 中國書法及素描課程</p> <p>P 4:00pm-5:00pm 朋輩支援小組 <b>ENG</b></p>	<p>L 11:00am-12:00pm 健體課程 <b>ENG</b></p> <p>P 1:00pm-2:00pm 朋輩支援小組</p>

### 復元學院

星期一 10, 17, 24, 31	星期六 29
<p>R 3:00pm-4:30pm <u>趣聚 - 互動小組</u></p>	<p>C 10:30am-11:30am <u>燃點健康飲食的動力, 重燃希望!</u></p>

### 小組心理治療

星期二 4, 11, 18, 25	星期四 13, 20, 27
<p>G 1:00pm-3:00pm <u>IBGT- 情緒病小組 (A)</u></p>	<p>G 10:00am-12:00pm <u>IBGT- 情緒病小組 (B)</u></p>

### 家屬支援計劃

星期二 4	星期二 18
<p>F 7:00pm-9:00pm 家屬支援小組</p>	<p>F 7:00pm-9:00pm 家屬健康教育講座</p>

### 社區培訓

星期四 20, 27
<p>C 9:30am-12:00pm <u>心理健康推廣大使培訓基本課程</u></p>



HAPPY NEW YEAR 新年快樂

# January 2022

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**  
*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**網上視訊方式**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。