

# May 2022

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
L 10:00am-12:00pm ESL (CLB 3-5)	L 10:00am-12:00pm ESL (CLB 3-5)	L 10:00am-12:00pm Beginners ESL (CLB 1-3)	L 10:00am-12:00pm ESL (CLB 3-5)	L 10:00am-12:00pm Beginners ESL (CLB 1-3)
L 11:00am-12:00pm Taichi Group	L 11:00am-12:00pm Fitness Group	P 9:30am-10:30am Peer Support Group For Women	P 2:00pm-3:00pm Peer Support Group	L 11:00am-12:00pm Fitness Group <b>ENG</b>
L 12:30pm-2:30pm Knitting Club <b>SCAR</b>	L 2:00pm-3:30pm Chinese Painting	L 1:00pm-3:00pm Active Wednesday	L 3:00pm-4:00pm Chinese Calligraphy	P 1:00pm-2:00pm Peer Support Group
L 2:00pm-4:00pm Music Sharing		L 3:00pm-4:30pm Cook for Fun	P 5:30pm-6:30pm Peer Support Group <b>ENG</b>	P 2:00pm-3:00pm <b>DT</b> Downtown Social Group
P 3:00pm-4:00pm Welcome Fun Peer Welcome Group				

May 2<sup>nd</sup> (Closed)  
All Staff Training

May 23<sup>rd</sup> (Closed)  
Victoria Day

## Recovery College

<b>SATURDAY</b>	<b>14</b>
C 2:00pm-3:30pm Scraping Therapy for promoting our holistic health	

## Group Psychotherapy

<b>TUESDAY</b>	<b>3, 10, 17, 24, 31</b>	<b>THURSDAY</b>	<b>5, 12, 19, 26</b>
G 1:00pm-3:00pm IBGT – Mood/Anxiety		G 10:00am-12:00pm Journey to Healing	

## Family Support Program

<b>TUESDAY</b>	<b>3</b>	<b>TUESDAY</b>	<b>17</b>
F 7:00pm-9:00pm Family Support Group		F 7:00pm-9:00pm Seminar to Caregivers	

# May 2022

## 每週活動

星期一	星期二	星期三	星期四	星期五
L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 初級 (CLB 1-3)	L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 初級 (CLB 1-3)
L 11:00am-12:00pm 太極小組	L 11:00am-12:00pm 健體課程	P 9:30am-10:30am 女子雙聲道朋輩支援小組	P 2:00pm-3:00pm 朋輩支援小組	L 11:00am-12:00pm 健體課程 <b>ENG</b>
L 2:30pm-4:30pm 針織俱樂部 <b>SCAR</b>	L 2:00pm-3:30pm 中國國畫課程	L 1:00pm-3:00pm 活力星期三	L 3:00pm-4:00pm 中國書法及素描課程	P 1:00pm-2:00pm 朋輩支援小組
L 2:00pm-4:00pm 歌曲欣賞小組		L 3:00pm-4:30pm 樂趣烹飪班	P 5:30pm-6:30pm 朋輩支援小組 <b>ENG</b>	P 2:00am-3:00am Downtown聯誼小組 <b>DT</b>
P 3:00pm-4:00pm 迎*新趣 朋輩歡迎小組				

5月2日(取消)  
All Staff Training

5月23日(取消)  
Victoria Day

## 復元學院

星期六	30
C 2:00pm-3:30pm DIY刮痧調身心：第一講：頭手刮痧	

## 小組心理治療

星期二	3, 10, 17, 24, 31	星期四	5, 12, 19, 26
G 1:00pm-3:00pm IBGT - 情緒病		G 10:00am-12:00pm 康復之旅	

## 家屬支援計劃

星期二	5	星期二	19
F 7:00pm-9:00pm 家屬支援小組		F 7:00pm-9:00pm 家屬健康教育講座	

# May 2022

As the provincial government has been taking steps to ease public health measures, we are in the process of gradually reopening certain on-site programs, which are identified with corresponding location icons.

**Pre-registration is required for new participants.** To register, please call the corresponding contact number 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.

☎ For ESL, Please call **647-921-9523** 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.

由於省政府一直在採取措施放鬆公共衛生措施，我們正在逐步重新開放某些帶有相應位置圖標的現場項目。所有參與者都必須在加入前註冊。要註冊，請撥打下面列出的相應聯繫電話。

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**

☎ ESL: 註冊請撥打電話 **647-921-9523**

## **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**