

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 ESL Beginners (CLB 1-3)	L 10:00am-12:00pm ESL (CLB 3-5)	L 10:00am-12:00pm ESL Beginners (CLB 1-3)
C 10:00am-12:00pm Senior Wellness Club	L 11:00am-12:00pm Fitness Group	L 3:00pm-4:30pm Cook for Fun	P 1:30pm-2:30pm Peer Support Group NY	L 11:00am-12:00pm Fitness Group ENG
L 11:00am-12:00pm Taichi Group	L 2:00pm-3:30pm Chinese Painting	C 2:30pm-4:30pm Senior Wellness Club @ Cummer Park Community Centre	L 3:00pm-4:00pm Chinese Calligraphy	P 2:00pm-3:00pm Downtown Social Group DT
L 12:30am-2:30pm Knitting Club SCAR			P 5:30pm-6:30pm Peer Support Group ENG	L 2:00pm-4:00pm Online Support Group
L 2:00pm-4:00pm Music Sharing				
P 3:00pm-4:00pm Welcome Fun Peer Welcome Group				

May 2nd (Closed)
All Staff Training

May 23rd (Closed)
Victoria Day

Recovery College

SUNDAY	29
C 10:00am- 12:00pm Mental health Wellness seminar: Eating Disorder	

Group Psychotherapy

TUESDAY	3, 10, 17, 24, 31
G 12:30pm- 2:30pm IBGT	

Family Support Program

THURSDAY	12	SATURDAY	28
F 7:00pm-9:00pm Psychoeducation Group		F 10:00am-12:00pm Peer Support Group	



May 2022

每周活动

星期一	星期二	星期三	星期四	星期五
<p>L 10:00am-12:00pm ESL英语课 中级(CLB 3-5)</p> <p>C 10:00am-12:00pm 华乐园 (55岁+)</p> <p>L 11:00am-12:00pm 太极小组</p> <p>L 12:30am-2:30pm 针织俱乐部 SCAR</p> <p>L 2:00pm-4:00pm 音乐分享小组</p> <p>P 3:00pm-4:00pm 迎*新趣 朋辈欢迎小组</p>	<p>L 10:00am-12:00pm ESL英语课 中级(CLB 3-5)</p> <p>L 11:00am-12:00pm 健体课程</p> <p>L 2:00pm-3:30pm 国画课程</p>	<p>L 10:00am-12:00pm ESL英语课 初级 (CLB 1-3)</p> <p>L 3:00pm-4:30pm 乐趣烹饪班</p> <p>C 2:30pm-4:30pm 华乐园 (55岁+) @ Cummer Park Community Centre</p>	<p>L 10:00am-12:00pm ESL英语课 中级 (CLB 3-5)</p> <p>P 1:30pm-2:30pm 朋辈支援小组 NY</p> <p>L 3:00pm-4:00pm 中国书法及素描课程</p> <p>P 5:30pm-6:30pm 朋辈支援小组</p>	<p>L 10:00am-12:00pm ESL英语课 初级(CLB 1-3)</p> <p>L 11:00am-12:00pm 健体课程 ENG</p> <p>P 2:00pm-3:00pm DOWNTOWN 联谊小组 DT</p> <p>L 2:00pm-4:00pm 线上互助小组</p>

5月2日(取消)
All Staff Training

5月23日(取消)
Victoria Day

复元学院

星期日	29
C 10:00am-12:00pm 项硕医生系列讲座：饮食障碍症 (Alex项硕医生)	

小组心理治疗

星期二	3, 10, 17, 24, 31
G 12:30pm- 2:30pm IBGT- 情緒病小组	

家属支援计划

星期四	12	星期六	28
F 7:00pm-9:00pm 家属健康教育讲座		F 10:00am-12:00pm 家属支援小组	



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.


Community and Wellness Programs

To anyone interested in promoting mental wellness.

 Please call **647-244-9854** to register.


Recovery College

To anyone regardless of their diagnosis, background and experience.

 Please call **416-845-4184** to register.


Leisure Clubs

To clients in recovery.

 Please call **416-845-4184** to register.
For ESL, please call **647-921-9523** to register.


Peer Support Groups

To peers with lived experience.

 Please call **416-845-4184** to register.
For Thursday in-person group, please call **647-261-6477**.


Group Psychotherapy

To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)

 Please call **416-903-0283** to register.

Family Support Groups


To caregivers supporting loved ones with diagnosis.

 Please call **647-261-6477** to register.


由于省政府一直在采取措施放松公共卫生措施，我们正在逐步重新开放某些带有相应位置图标的现场项目。所有参与者都必须在加入前注册。要注册，请拨打下面列出的相应联系电话。

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。


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**

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**


休闲俱乐部 适合康复中的人士。

 注册请拨打电话 **416-845-4184**


 ESL: 注册请拨打电话 **647-921-9523**

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**

 周四线下朋辈小组，注册请拨打电话 **647-261-6477**

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**

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**