



# July 2022

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>L</b> 11:00am-12:00pm Taichi Group</p>	<p><b>L</b> 2:00pm-3:30pm Chinese Painting  <b>Cancelled on July 19th</b></p>	<p><b>P</b> 9:30am-10:30am New round starts on July 13th Peer Support Group For Women</p>	<p><b>L</b> 3:00pm-4:00pm Chinese Calligraphy</p>	<p><b>L</b> 9:30am-10:30am Fitness Group <b>ENG</b></p>
<p><b>L</b> 1:00pm-3:00pm Knitting Club <b>SCAR</b></p>	<p><b>L</b> 3:30pm-4:30pm Fitness Group</p>	<p><b>L</b> 1:00pm-3:00pm Active Wednesday</p>	<p><b>P</b> 3:30pm-4:30pm Peer Support Group For Supporters <b>NY</b></p>	<p><b>P</b> 1:00pm-2:00pm Peer Support Group</p>
<p><b>L</b> 2:00pm-4:00pm Music Sharing</p>	<p><b>L</b> 3:30pm-5:00pm Nature Sketch (Special Summer Event) <b>Milliken District Park</b></p>	<p><b>L</b> 2:00pm-3:00pm <b>DT</b> Summer English Circle</p>	<p><b>P</b> 3:30pm-4:30pm Peer Support Group <b>ENG</b></p>	<p><b>P</b> 2:00pm-3:00pm <b>DT</b> Downtown Social Group</p>
	<p><b>July 19th</b></p>	<p><b>L</b> 3:00pm-4:30pm Cook for Fun <b>Finished by July 13th</b></p>		<p><b>July 1st (Closed)</b> <b>CANADA DAY</b> </p>



## Recovery College

SATURDAY	16
<p><b>C</b> 11:00am-12:00pm Wellness Seminar: Mood Disorders by Dr. Kenneth Fung</p>	

## Family Support Program

TUESDAY	5	TUESDAY	19
<p><b>F</b> 7:00pm-9:00pm Family Support Group</p>		<p><b>F</b> 7:00pm-9:00pm Seminar to Caregivers</p>	

# July 2022

# HAPPY. Canada Day

## 每週活動

星期一	星期二	星期三	星期四	星期五
<p><b>L</b> 11:00am-12:00pm 太極小組</p> <p><b>L</b> 1:00pm-3:00pm 針織俱樂部 <b>SCAR</b></p> <p><b>L</b> 2:00pm-4:00pm 歌曲欣賞小組</p>	<p><b>L</b> 2:00pm-3:30pm 中國國畫課程 19日取消 </p> <p><b>L</b> 3:30pm-4:30pm 健體課程</p> <p><b>L</b> 3:30pm-5:00pm 夏日寫生樂 (夏季特別活動) <b>7月19日</b> Milliken District Park</p>	<p><b>P</b> 9:30am-10:30am 新一期由7月13日開始 女子雙聲道朋輩支援小組</p> <p><b>L</b> 1:00pm-3:00pm 活力星期三</p> <p><b>L</b> 2:00pm-3:00pm 夏日英語圈 <b>DT</b></p> <p><b>L</b> 3:00pm-4:30pm 樂趣烹飪班 7月13日完結</p>	<p><b>L</b> 3:00pm-4:00pm 中國書法及素描課程</p> <p><b>P</b> 3:30pm - 4:30pm 朋輩支援小組 <b>NY</b></p>	<p><b>L</b> 9:30am-10:30am 健體課程 <b>ENG</b></p> <p><b>P</b> 1:00pm-2:00pm 朋輩支援小組</p> <p><b>P</b> 2:00pm-3:00pm Downtown聯誼小組 <b>DT</b> <b>July 1st (Closed) CANADA DAY</b> </p>

## 復元學院

星期六	16
<b>C</b> 11:00am-12:00pm 情緒病 (講者: 馮溥倫精神科醫生)	

## 家屬支援計劃

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

# July 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 **647-921-9523** to register.

## L Leisure Clubs

*To clients in recovery.*

☎ Please call **647-921-9523** to register.

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

## P Peer Support Groups

*To peers with lived experience.*

☎ Please call **647-921-9523** 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 **647-921-9523**

## L 休閒俱樂部 適合復元人士

☎ 註冊請撥打電話 **647-921-9523**

☎ 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 **647-921-9523**

## 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**