

July 2022

Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p>C 10:00am-12:00pm Senior Wellness Club</p> <p>L 11:00am-12:00pm Taichi Group</p> <p>L 1:00pm – 3:00pm Knitting Club SCAR</p> <p>L 2:00pm-4:00pm Music Sharing</p>	<p>L 1:30pm-3:00pm Nature Sketch (Special Summer Event) Milliken District Park</p> <p>L 2:00pm-3:30pm Chinese Painting Cancelled on July 19th</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>L 2:00pm-3:00pm DT Summer English Circle</p> <p>C 3:00pm-4:30pm Cook for Fun Finished on July 13th</p>	<p>P 1:30pm-2:30pm NY Peer Support Group</p> <p>L 2:30pm-3:30pm NY Mandarin Fitness Group July 14th & 28th</p> <p>L 3:00pm-4:00pm Chinese Calligraphy</p> <p>P 4:00pm-5:15pm ENG Peer Support Group</p>	<p>L 9:30am-10:30am Fitness Group ENG</p> <p>P 2:00pm-3:00pm Downtown Social Group DT</p> <p>L 2:00pm-4:00pm Online Support Group</p> <p>July 1st (Closed) CANADA DAY</p>

.HAPPY.
Canada Day

Recovery College

SUNDAY

24

C 10:00am-12:00pm (Dr. Alex Xiang)
Wellness Seminar: Eating Disorder [3]

Family Support Program

THURSDAY

23

F 7:00pm-9:00pm
Psychoeducation Group

SATURDAY

25

F 10:00am-12:00pm
Peer Support Group

July 2022

每周活动

星期一	星期二	星期三	星期四	星期五
<p>C 10:00am-12:00pm 华乐园 (55岁+)</p>	<p>L 1:30pm-3:00pm 夏日写生乐 (夏季特别活动) 7月19日</p>	<p>L 2:00pm-3:00pm 夏日英语圈 DT</p>	<p>P 1:30pm-2:30pm 朋辈支援小组 NY</p>	<p>L 9:30am-10:30am 健体课程 ENG</p>
<p>L 11:00am-12:00pm 太极小组</p>	<p>Milliken District Park</p>	<p>C 3:00pm-4:30pm 乐趣烹饪班 7月13日完結</p>	<p>L 2:30pm-3:30pm 普通话健体课程 NY 7月14日, 7月28日</p>	<p>P 2:00pm-3:00pm DT DOWNTOWN 联谊小组</p>
<p>L 1:00pm- 3:00pm 针织俱乐部 SCAR</p>	<p>L 2:00pm-3:30pm 中国国画课程 19日 取消</p>		<p>L 3:00pm-4:00pm 中国书法及素描课程</p>	<p>L 2:00pm-4:00pm 线上互助小组</p>
<p>L 2:00pm-4:00pm 音乐分享小组</p>	<p>L 3:30pm-4:30pm 健体课程</p>		<p>P 4:00pm-5:15pm 朋辈支援小组 ENG</p>	<p>July 1st (Closed) CANADA DAY</p>



复元学院

星期日	24
C 10:00am-12:00pm (Dr. Alex Xiang) 精神科医生系列讲座：饮食障碍症 [3]	

家属支援计划

星期四	21	星期六	30
F 7:00pm-9:00pm 家属健康教育讲座		F 10:00am-12:00pm 家属支援小组	

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 Mandarin, except those specified with **ENG** are cross-cultural programs delivered in English. Please find program description and eligibilities below.

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。

C	Community and Wellness Programs <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-244-9854 to register.	C	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
R	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 416-845-4184 to register.	R	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
L	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call 416-845-4184 to register. For ESL, please call 647-921-9523 to register.	L	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
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call 416-845-4184 to register. For Thursday in-person group, please call 647-261-6477 .	P	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
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 416-903-0283 to register.	G	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
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call 647-261-6477 to register.	F	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