

August 2022

Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<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 2:00pm-3:30pm Chinese Painting</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>P 9:30am-10:30am Peer Support Group For Women</p> <p>L 1:00pm-3:00pm Active Wednesday</p> <p>P 4:00pm-5:00pm Peer Support Group For Supporters <small>On Aug 3rd and 17th</small></p> <p>L 1:00pm-4:30 pm AGO Guided Visit <small>Art Gallery Ontario, on Aug 3</small></p>	<p>P 2:00pm-3:00pm Peer Support Group</p> <p>L 3:00pm-4:00pm Chinese Calligraphy</p> <p>P 4:00pm-5:15pm Peer Support Group ENG</p>	<p>L 9:30am-10:30am Fitness Group ENG</p> <p>R 10:30am-11:30am Art Spa SCAR <small>Last class on Aug 19th</small></p> <p>P 1:00pm-2:00pm Peer Support Group</p> <p>P 2:00pm-3:00pm Downtown Social Group DT</p>

August 1st (Closed)
Civic DAY



Recovery College

SATURDAY	6
<p>C 10:30am-12:00pm Promoting Mental Health in Post Pandemic Speaker: Ms. Sherlyn Hu</p>	

Family Support Program

TUESDAY	2	TUESDAY	16
<p>F 7:00pm-9:00pm Family Support Group</p>		<p>F 7:00pm-9:00pm Seminar to Caregivers</p>	



August 2022

每週活動

星期一	星期二	星期三	星期四	星期五
L 11:00am-12:00pm 太極小組	L 2:00pm-3:30pm 中國國畫課程	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 9:30am-10:30am 健體課程 ENG
L 1:00pm-3:00pm 針織俱樂部 SCAR	L 3:30pm-4:30pm 健體課程	L 1:00pm-3:00pm 活力星期三	L 3:00pm-4:00pm 中國書法及素描課程	R 10:30am-11:30am Art Spa SCAR 8月19日完結
L 2:00pm-4:00pm 歌曲欣賞小組		P 4:00pm - 5:00pm 朋輩領袖朋輩支援小組 8月3日, 8月17日	P 4:00pm - 5:15pm 朋輩支援小組 ENG	P 1:00pm-2:00pm 朋輩支援小組
August 1st (Closed) Civic DAY 		L 1:00pm - 4:30 pm AGO 導賞 Art Gallery Ontario, 8月3日		P 2:00pm-3:00pm Downtown 聯誼小組 DT

復元學院

星期六	6
C 10:30am-12:00pm 後疫情時代的心理健康 講者: 胡曉韻女士	

家屬支援計劃

星期二	2	星期二	16
F 7:00pm-9:00pm 家屬支援小組		F 7:00pm-9:00pm 家屬健康教育講座	



August 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 <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-278-5306 to register.
R	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 647-921-9523 to register.
L	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call 647-921-9523 to register. For ESL, Please call 647-921-9523 to register.
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call 647-921-9523 to register.
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 647-241-9130 to register.
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ 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