


August 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>August 1st (Closed) Civic DAY </p>	<p>L 2:00pm-3:30pm Chinese Painting</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>L 1:00pm – 4:30pm AGO Guided Visit <small>Art Gallery Ontario, on Aug 3</small></p>	<p>P 1:30pm-2:30pm Peer Support Group NY</p> <p>L 2:30pm-3:30pm Mandarin Fitness Group <small>Aug 11th & Aug 25th</small> NY</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>P 2:00pm-3:00pm Downtown Social Group DT</p> <p>L 2:00pm-4:00pm Online Support Group</p>

Recovery College

SUNDAY	28
<p>C 10:00am-12:00pm (Dr. Alex Xiang) Wellness Seminar: Eating Disorder [4]</p>	


Family Support Program

THURSDAY	18	SATURDAY	27
<p>F 7:00pm-9:00pm Psychoeducation Group</p>		<p>F 10:00am-12:00pm Peer Support Group</p>	



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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 11:00am-12:00pm 太极小组</p> <p>L 1:00pm- 3:00pm 针织俱乐部 SCAR</p> <p>L 2:00pm-4:00pm 音乐分享小组</p>	<p>L 2:00pm-3:30pm 中国国画课程</p> <p>L 3:30pm-4:30pm 健体课程</p>	<p>L 1:00pm – 4:30pm AGO 導賞 Art Gallery Ontario, 8月3日</p>	<p>P 1:30pm-2:30pm 朋辈支援小组 NY</p> <p>L 2:30pm-3:30pm 普通话健体课程 NY 8月11日, 8月25日</p> <p>L 3:00pm-4:00pm 中国书法及素描课程</p> <p>P 4:00pm-5:15pm 朋辈支援小组 ENG</p>	<p>L 9:30am-10:30am 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>
<p>August 1st (Closed) Civic DAY </p>				

复元学院

星期日	28
C 10:00am-12:00pm (Dr. Alex Xiang) 精神科医生系列讲座：饮食障碍症 [4]	

家属支援计划

星期四	18	星期六	27
F 7:00pm-9:00pm 家属健康教育讲座		F 10:00am-12:00pm 家属支援小组	



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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.

C	Community and Wellness Programs <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-244-9854 to register.
R	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 416-845-4184 to register.
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.
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 .
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 416-903-0283 to register.
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ 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。

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	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	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	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	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	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