

September 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 Beginners ESL (CLB 1-3)	L 10:00am-12:00pm ESL (CLB 3-5)	L 10:00am-12:00pm Beginners ESL (CLB 1-3)
L 11:00am-12:00pm Taichi Group	L 11:00am-12:00pm Fitness Group	L 9:30am-10:30am Peer Support Group For Women	P 2:00pm-3:00pm Peer Support Group	L 11:00am-12:00pm Fitness Group ENG
L 1:00 pm- 3:00 pm Knitting Club SCAR	L 2:00pm-3:30pm Chinese Painting <i>Cancelled on Sept 6th</i>	L 1:00pm-3:00pm Active Wednesday	L 3:00pm-4:00pm Chinese Calligraphy	P 1:00pm-2:00pm Peer Support Group
L 2:00pm-4:00pm Music Sharing	L 3:00pm-4:30pm Nature Sketch Sept 6th Milliken District Park		P 4:00pm - 5:15pm Peer Support Group ENG	P 2:00pm-3:00pm Downtown Social Group DT

September 5th (Closed)
LABOUR DAY



Recovery College

SATURDAY	24
C 10:30am-12:00pm Mental Health & Medication	

Group Psychotherapy

THURSDAY	22, 29
G 10:00am-12:00pm IBGT- Mood/Anxiety	

Family Support Program

TUESDAY	6
F 7:00pm-9:00pm Family Support Group	

TUESDAY	13
F 7:00pm-9:00pm Seminar to Caregivers	



September 2022

每週活動

星期一	星期二	星期三	星期四	星期五
L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 初級 (CLB 1-3)	L 10:00am-12:00pm ESL英語課 中級 (CLB 3-5)	L 10:00am-12:00pm ESL英語課 初級 (CLB 1-3)
L 11:00am-12:00pm 太極小組	L 11:00am-12:00pm 健體課程	L 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 11:00am-12:00pm 健體課程 ENG
L 1:00pm-3:00pm 針織俱樂部 SCAR	L 2:00pm-3:30pm 中國國畫課程 6日 取消	L 1:00pm-3:00pm 活力星期三	L 3:00pm-4:00pm 中國書法及素描課程	P 1:00pm-2:00pm 朋輩支援小組
L 2:00pm-4:00pm 歌曲欣賞小組	L 3:00pm-3:30pm 夏日寫生樂 9月6日 Milliken District Park		P 4:00pm - 5:15pm 朋輩支援小組 ENG	P 2:00pm-3:00pm Downtown聯誼小組 DT

September 5th (Closed)
LABOUR DAY



復元學院	小組心理治療
星期六 24	星期四 22, 29
C 10:30am-12:00pm 心理問題，該吃什麼“藥”	G 10:00am-12:00pm IBGT – 情緒病
家屬支援計劃	
星期二 6	星期二 13
F 7:00pm-9:00pm 家屬支援小組	F 7:00pm-9:00pm 家屬健康教育講座



September 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 **416-845-4184** 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 **416-845-4184**

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**

SCAR 3320 Midland Ave. Suite 201

NY 1751 Sheppard Ave. E. G/F

DT 407 Huron St. 3rd Floor