

# February 2023

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
L 11:00am-12:00pm Taichi Group	L 2:00pm-3:30pm Chinese Painting	L 10:00am-12:00pm ESL DT	P 2:00pm-3:00pm Peer Support Group	L 10:00am-12:00pm ESL DT
L 1:00pm-3:00pm Knitting Club SCAR	L 3:30pm-4:30pm Fitness Group	L 12:50pm-3:00pm Active Wednesday	L 3:00pm-4:00pm Chinese Calligraphy	L 9:30am-10:30am Fitness Group ENG
L 2:00pm-4:00pm Music Sharing		L 3:00pm-5:00pm Cook for Fun	P 4:00pm-5:15pm Peer Support Group ENG	L 11:00am-12:30pm Friday Singing Group From Jan 17 <sup>th</sup> to Feb 17 <sup>th</sup> NY
L 3:00pm-4:30 pm Interest Club SCAR				L 12:00pm-1:30pm Ping Pong Club DT
				P 1:00pm-2:00pm Peer Support Group
				P 2:00pm-3:00pm Downtown Social Group DT

### Recovery College

SATURDAY	18
C 10:00am-11:30am Coping with COVID & Flu	

### Group Psychotherapy

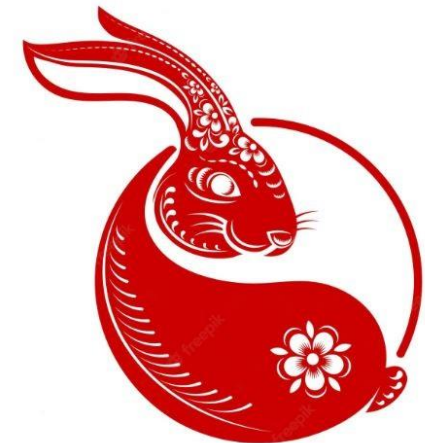
TUESDAY	7, 14, 21, 28
G 10:00am-12:00pm IBGT (A)- Mood/Anxiety	

WEDNESDAY	8, 15, 22
G 10:00am-12:00pm IBGT (B)- Mood/Anxiety	

### Family Support Program

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

TUESDAY	21
F 7:00pm-9:00pm Seminar to Caregivers	



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## 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	L 10:00am-12:00pm ESL英語課 DT	P 2:00pm-3:00pm 朋輩支援小組	L 10:00am-12:00pm ESL英語課 DT
L 1:00pm-3:00pm 針織俱樂部 SCAR	L 3:30pm-4:30pm 健體課程	L 12:50pm-3:00pm 活力星期三	L 3:00pm-4:00pm 中國書法及素描課程	L 9:30am-10:30am 健體課程 ENG
L 2:00pm-4:00pm 歌曲欣賞小組		L 3:00pm-5:00pm 樂趣烹飪班	P 4:00pm-5:15pm 朋輩支援小組 ENG	L 11:00am-12:30pm 康福慈樂無窮齊齊唱 由1月27日至2月17日 NY
L 3:00pm-4:30pm 興趣小組 SCAR				L 1:00pm-2:00pm 乒乓球俱樂部 DT
				P 1:00pm-2:00pm 朋輩支援小組
				P 2:00pm-3:00pm Downtown聯誼小組 DT

### 復元學院

星期六	18
C 10:00am-11:30am 如何應對新冠病毒與流感	

### 小組心理治療

星期二	7, 14, 21, 28
G 10:00am-12:00pm IBGT (A) - 情緒病	

星期三	8, 15, 22
G 10:00am-12:00pm IBGT (B) - 情緒病	

### 家屬支援計劃

星期二	7
F 7:00pm-9:00pm 家屬支援小組	

星期二	21
F 7:00pm-9:00pm 家屬健康教育講座	



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

<b>C</b>	<b>Community and Wellness Programs</b> <i>To anyone interested in promoting mental wellness.</i> ☎ Please call <b>647-278-5306</b> to register.
<b>R</b>	<b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call <b>647-921-9523</b> to register.
<b>L</b>	<b>Leisure Clubs</b> <i>To clients in recovery.</i> ☎ Please call <b>647-921-9523</b> to register. For ESL, Please call <b>647-921-9523</b> to register.
<b>P</b>	<b>Peer Support Groups</b> <i>To peers with lived experience.</i> ☎ Please call <b>416-845-4184</b> to register.
<b>G</b>	<b>Group Psychotherapy</b> <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call <b>647-241-9130</b> to register.
<b>F</b>	<b>Family Support Groups</b> <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call <b>647-921-9523</b> 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。

<b>C</b>	<b>社區及身心健康活動</b> 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 <b>647-278-5306</b>
<b>R</b>	<b>復元學院 – 復元課程</b> 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 <b>647-921-9523</b>
<b>L</b>	<b>休閒俱樂部</b> 適合復元人士 ☎ 註冊請撥打電話 <b>647-921-9523</b> ESL: 註冊請撥打電話 <b>647-921-9523</b>
<b>P</b>	<b>朋輩支援小組</b> 適合復元人士 ☎ 註冊請撥打電話 <b>416-845-4184</b>
<b>G</b>	<b>小組心理治療</b> 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 <b>647-241-9130</b>
<b>F</b>	<b>家庭支援小組</b> 適合負責照料患病親人的照顧者 ☎ 註冊請撥打電話 <b>647-921-9523</b>