

February 2023

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 3:00pm-4:30pm Interest Club SCAR</p>	<p>L 2:00pm-3:30pm Chinese Painting</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>L 10:00am-12:00pm ESL DT</p> <p>L 3:00pm-5:00pm Cook for Fun</p>	<p>P 1:30pm-3:00pm Peer Support Group Feb 2nd & 16th NY</p> <p>L 1:30pm-3:00pm Mandarin Fitness Group Feb 9th & 23rd NY</p> <p>L 3:00pm-4:00pm Chinese Calligraphy</p> <p>P 4:00pm-5:15pm Peer Support Group ENG</p>	<p>L 10:00am-12:00pm ESL DT</p> <p>L 9:30am-10:30am Fitness Group ENG</p> <p>L 2:00pm-4:00pm Online Support Group</p>

Group Psychotherapy

TUESDAY 7, 14, 21, 28	THURSDAY 2, 9, 16, 23
G 12:30pm-2:30pm Journey to Healing	G 10:00am-12:00pm IBGT-Mood/Anxiety

Recovery College

SUNDAY 26
C 10:00am-12:00pm Eating Disorder (7)

Family Support Program

THURSDAY 2	SATURDAY 25
F 7:00pm-9:00pm Psychoeducation Group	F 10:00am-12:00pm Peer Support Group



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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 2:00pm-3:30pm 中国国画课程</p>	<p>L 10:00am-12:00pm ESL英语课 DT</p>	<p>P 1:30pm-3:00pm 朋辈支援小组 NY 2月2日, 2月16日</p>	<p>L 10:00am-12:00pm ESL英语课 DT</p>
<p>L 11:00am-12:00pm 太极小组</p>	<p>L 3:30pm-4:30pm 健体课程</p>	<p>L 3:00pm-5:00pm 乐趣烹饪班</p>	<p>L 1:30pm-3:00pm 普通话健体课程 NY 2月9日, 2月23日</p>	<p>L 9:30am-10:30am 健体课程 ENG</p>
<p>L 1:00pm-3:00pm 针织俱乐部 SCAR</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>P 4:00pm-5:15pm 朋辈支援小组 ENG</p>	
<p>L 3:00pm-4:30pm 兴趣小组 SCAR</p>				

小组心理治疗

星期二	7, 14, 21, 28
G 12:30pm-2:30pm 康復之旅小組	

星期四	2, 9, 16, 23
G 10:00am-12:00pm IBGT 情緒病小組	

星期日	26
C 10:00am-12:00pm 饮食障碍症 (7)	

复元学院

家属支援计划

星期四	9
F 7:00pm-9:00pm 家属健康教育讲座	

星期六	25
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