

April 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 11:00am-12:00pm Peer Support Group for Women April 20 th , 27 th	L 10:00am-12:00pm ESL DT
L 1:00pm-4:30pm Holistic Drop In SCAR	L 3:30pm-4:30pm Fitness Group	L 12:50pm-3:00pm Active Wednesday	P 1:00pm-2:00pm Downtown Social Group April 6 th DT	L 9:30am-10:30am Fitness Group ENG
L 2:00pm-4:00pm Music Sharing		L 3:00pm-5:00pm Cook for Fun	L 1:30pm-3:30pm Holistic Drop In NY	L 12:00pm-4:00pm Holistic Drop In DT
			P 2:00pm-3:00pm Peer Support Group	P 1:00pm-2:00pm Peer Support Group
			L 3:00pm-4:00pm Chinese Calligraphy	
			P 4:00pm-5:15pm Peer Support Group ENG	

Family Support Program

TUESDAY 4	TUESDAY 18
F 7:00pm-9:00pm Family Support Group	F 7:00pm-9:00pm Seminar to Caregivers

Recovery College

FRIDAY 14, 21, 28	SATURDAY 15	WEDNESDAY 12, 19, 26	FRIDAY 7, 14, 21, 28
C 10:30am-12:00am Mental Health 101	C 10:00am-11:30am Wellness Seminar Fall Prevent & Exercise	R 11:00am-12:30pm Collaborative Collage NY	R 11:00am-12:30pm (A) 1:30pm-3:00pm (B) NY Compassion Practice via Music



April 2023

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 11:00am-12:00pm 女子雙聲道 4月20日, 27日	L 10:00am-12:00pm ESL英語課 DT
L 1:00pm-4:30pm 身心驛站 SCAR	L 3:30pm-4:30pm 健體課程慈	L 12:50pm-3:00pm 活力星期三	P 1:00pm-2:00pm Downtown聯誼小組 4月6日 DT	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	L 1:30pm-3:30pm 身心驛站 NY	L 12:00pm-4:00pm 身心驛站 DT
			P 2:00pm-3:00pm 朋輩支援小組	P 1:00pm-2:00pm 朋輩支援小組
			L 3:00pm-4:00pm 中國書法及素描課程	
			P 4:00pm-5:15pm 朋輩支援小組 ENG	

家屬支援計劃

星期二	4	星期二	18
F 7:00pm-9:00pm 家屬支援小組		F 7:00pm-9:00pm 家屬健康教育講座	

復元學院

星期五	14, 21, 28	星期六	15	星期三	12, 19, 26	星期五	7, 14, 21, 28
C 10:30am-12:00am 心理健康 101		C 10:00am-11:30am 防止摔倒的訣竅		R 11:00am-12:30pm 手作仔互助社 NY		R 11:00am-12:30pm (A組) 1:30pm-3:00pm (B組) 樂無窮齊齊唱 NY	



April 2023

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 416-845-4184 to register.
L	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call to 416-845-4184 register.
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call to 416-845-4184 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 416-845-4184
L	休閒俱樂部 適合復元人士 ☎ 註冊請撥打電話 416-845-4184
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