

April 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-4:30pm Holistic Drop In SCAR</p> <p>L 2:00pm-4:00pm Music Sharing</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>L 1:30pm-3:30pm Holistic Drop In 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 12:00pm-4:00pm Holistic Drop In DT</p> <p>L 2:00pm-4:00pm Online Support Group</p>

Recovery College

WEDNESDAY 12, 19, 26

R 11:00am-12:30pm
Collaborative Collage
NY

Group Psychotherapy

THURSDAY 6, 13

G 10:00am-12:00pm
IBGT-Mood/Anxiety

Family Support Program

THURSDAY 13

F 7:00pm-9:00pm
Psychoeducation Group

SATURDAY 29

F 10:00am-12:00pm
Peer Support Group



April 2023

每周活动

星期一	星期二	星期三	星期四	星期五
C 10:00am-12:00pm 华乐园 (55岁+)	L 2:00pm-3:30pm 中国国画课程	L 10:00am-12:00pm ESL英语课 DT	L 12:00pm- 4:00pm 身心驿站 NY	L 10:00am-12:00pm ESL英语课 DT
L 11:00am-12:00pm 太极小组	L 3:30pm-4:30pm 健体课程	L 3:00pm-5:00pm 乐趣烹饪班	L 3:00pm-4:00pm 中国书法及素描课程	L 9:30am-10:30am 健体课程 ENG
L 1:00pm- 4:30pm 身心驿站 SCAR			P 4:00pm-5:15pm 朋辈支援小组 ENG	L 12:00pm- 4:00pm 身心驿站 DT
L 2:00pm-4:00pm 音乐分享小组				L 2:00pm-4:00pm 线上互助小组

复元学院

星期三	12, 19, 26
R 11:00am-12:30pm 手作仔互助社 NY	

小组心理治疗

星期四	6, 13
G 10:00am-12:00pm IBGT 情绪病小组	

家属支援计划

星期四	13	星期六	29
F 7:00pm-9:00pm 家属健康教育讲座		F 10:00am-12:00pm 家属支援小组	



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

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。

Community and Wellness Programs

To anyone interested in promoting mental wellness.

C Please call **647-244-9854** to register.
For Senior Wellness Group, please call **647-273-0954**.

Recovery College

To anyone regardless of their diagnosis, background and experience.

R Please call **416-845-4184** to register.

Leisure Clubs

To clients in recovery.

L Please call **416-845-4184** to register.

Peer Support Groups

To peers with lived experience.

P Please call **416-845-4184** to register.

Group Psychotherapy

To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)

G Please call **416-903-0283** to register.

Family Support Groups

To caregivers supporting loved ones with diagnosis.

F Please call **647-261-6477** to register.

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。

C 注册请拨打电话 **647-244-9854**
华乐园，注册请拨打电话 **647-273-0954**

复元课程 适合任何人士，不论他们的诊断情况、背景和经历。

R 注册请拨打电话 **416-845-4184**

休闲俱乐部 适合康复中的人士。

L 注册请拨打电话 **416-845-4184**

朋辈支援小组 适合有过心理疾病或遭遇的人士。

P 注册请拨打电话 **416-845-4184**

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)。

G 注册请拨打电话 **416-903-0283**

家庭支持小组 适合负责照料患病亲人的照顾者。

F 注册请拨打电话 **647-261-6477**