

# JUNE 2023

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
L 11:00am-12:00pm Taichi Group	L 3:30pm-4:30pm Fitness Group	L 10:00am-12:00pm ESL DT	P 1:00pm-2:00pm Peer Support Group for Women	L 10:00am-12:00pm ESL DT
L 1:00pm-4:30pm Holistic Drop In SCAR		L 12:50pm-3:00pm Active Wednesday	P 1:00pm-2:00pm DT Downtown Social Group	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 12:30pm-4:00pm Holistic Drop In DT
			P 2:00pm-3:00pm Peer Support Group NY	P 1:00pm-2:00pm Peer Support Group
			P 4:00pm-5:15pm Peer Support Group ENG	

## Recovery College

SATURDAY 3	TUESDAY 6, 13, 20, 27	FRIDAY 9, 16, 30	FRIDAY 9, 16, 23, 30
C 10:00am-11:00am Wellness Seminar: Healthy Living	R 10:00am-12:00pm ENG Connect with your Roots 2330 Midland Avenue	R 2:00pm-4:30pm NY Compassion Course	R 11:00am-12:30pm NY Compassionate Crochet

## Group Psychotherapy

TUESDAY 6, 13, 20, 27	WEDNESDAY 7, 14, 21, 28
G 1:00pm-3:00pm IBGT - Mood/Anxiety	G 10:00am-12:00pm Journey to Healing

## Family Support Program

TUESDAY 6	TUESDAY 20
F 7:00pm-9:00pm Family Support Group	F 7:00pm-9:00pm Seminar to Caregivers

# JUNE 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 3:30pm-4:30pm 健體課程慈	L 10:00am-12:00pm ESL英語課 DT	P 1:00pm-2:00pm 女子雙聲道	L 10:00am-12:00pm ESL英語課 DT
L 1:00pm-4:30pm 身心驛站 SCAR		L 12:50pm-3:00pm 活力星期三	P 1:00pm-2:00pm Downtown聯誼小組 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 12:30pm-4:00pm 身心驛站 DT
			P 2:00pm-3:00pm 朋輩支援小組 NY	P 1:00pm-2:00pm 朋輩支援小組
			P 4:00pm-5:15pm 朋輩支援小組 ENG	

## 復元學院

星期六 3	星期二 6, 13, 20, 27	星期五 9, 16, 30	星期五 9, 16, 23, 30
C 10:00am-11:00am 心理健康講座 健康生活樂頤年	R 10:00am-12:00pm 菜園尋根 ENG 2330 Midland Avenue	R 2:00pm-4:30pm 康福慈心課程 NY	R 11:00am-12:30pm 鈎樂天課程 NY

## 小組心理治療

星期二 6, 13, 20, 27	星期三 7, 14, 21, 28
G 1:00pm-3:00pm IBGT -情緒病	G 10:00am-12:00pm J2H -康復之旅

## 家屬支援計劃

星期二 6	星期二 20
F 7:00pm-9:00pm 家屬支援小組	F 7:00pm-9:00pm 家屬健康教育講座

# June 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.


## Community and Wellness Programs

*To anyone interested in promoting mental wellness.*

 Please call **647-278-5306** to register.


## Recovery College

*To anyone regardless of their diagnosis, background and experience.*

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


## Leisure Clubs

*To clients in recovery.*

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


## Peer Support Groups

*To peers with lived experience.*

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


## Group Psychotherapy

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

 Please call **416-953-4621** to register.

## 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。


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**


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**


休閒俱樂部 適合復元人士

 註冊請撥打電話 **416-845-4184**


朋輩支援小組 適合復元人士

 註冊請撥打電話 **416-845-4184**

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 **416-953-4621**

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**