

October 2023

Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p>L 11:00am-12:00pm Taichi Group</p> <p>L 1:00pm-4:30pm NY Holistic Drop In</p> <p>L 2:00pm-4:00pm Music Sharing</p>	<p>L 1:00pm-3:00pm Chinese Painting</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>L 10:00am-12:00pm DT ESL</p> <p>L 12:30pm-1:30pm NY Sewing Club October 18th</p> <p>L 12:50pm-3:00pm Active Wednesday</p> <p>P 1:00pm-2:00pm DT Downtown Social Group</p>	<p>L 1:30pm-3:30pm NY Holistic Drop In</p> <p>P 2:00pm-3:00pm NY Peer Support Group</p> <p>P 4:00pm-5:15pm ENG Peer Support Group</p>	<p>L 10:00am-12:00pm DT ESL</p> <p>L 9:30am-10:30am ENG Fitness Group</p> <p>L 12:30pm-4:00pm DT Holistic Drop In</p> <p>P 1:00pm-2:00pm Peer Support Group</p>

October 9th (Closed)
Thanks Giving Day 



Recovery College

WENDESDAY 4, 11, 18	SATURDAY 14
<p>R 2:00pm-3:30pm NY <u>Let's Walk the English Talk</u></p>	<p>C 10:00am-11:30am Wellness Seminar: <u>Talk to a pharmacist about medications</u></p>

Group Psychotherapy


TUESDAY 3,10,17,24,31	WENDESDAY 4, 11, 18, 25
<p>G 1:00pm-3:00pm <u>Journey to Healing</u></p>	<p>G 10:00am-12:00pm <u>IBGT - Mood/Anxiety</u></p>

Family Support Program

TUESDAY 3	TUESDAY, FRIDAY 20, 24, 27, 31
<p>F 7:00pm-9:00pm Family Support Group</p>	<p>F 1:30pm-4:30pm <u>Family Wellness and Recovery Plan</u></p>

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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 1:00pm-3:00pm 中國國畫課程	L 10:00am-12:00pm DT ESL英語課	L 1:30pm-3:30pm NY 身心驛站	L 10:00am-12:00pm DT ESL英語課
L 1:00pm-4:30pm NY 身心驛站	L 3:30pm-4:30pm 健體課程	L 12:30pm-1:30pm NY 針線樂園 10月18日	P 2:00pm-3:00pm NY 朋輩支援小組	L 9:30am-10:30am ENG 健體課程
L 2:00pm-4:00pm 歌曲欣賞小組		L 12:50pm-3:00pm 活力星期三	P 4:00pm-5:15pm ENG 朋輩支援小組	L 12:30pm-4:00pm DT 身心驛站
October 9th (Closed) Thanks Giving Day 		P 1:00pm-2:00pm DT Downtown聯誼小組		P 1:00pm-2:00pm 朋輩支援小組



復元學院

星期三	4, 11, 18	星期六	14
R 2:00pm-3:30pm NY 讓我們跟英語同行吧		C 10:00am-11:30am 心理健康講座: 和藥劑師談談藥物	

小組心理治療

星期二	3, 10, 17, 24, 31	星期三	4, 11, 18, 25
G 1:00pm-3:00pm J2H -康復之旅		G 10:00am-12:00pm IBGT -情緒病	

家屬支援計劃

星期二	3	星期二, 星期五	20, 24, 27, 31
F 7:00pm-9:00pm 家屬支援小組		F 1:30pm-4:30pm 身心康復行動計劃課程	

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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. Except the ones with a highlighted location, programs are delivered virtually on Zoom.

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。除了有標明地點的活動外，其他活動都系透過Zoom進行。

C	Community and Wellness Programs <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-278-5306 to register.	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	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 416-845-4184 to register.	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	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call to 416-845-4184 register.	L	休閒俱樂部 適合復元人士 ☎ 註冊請撥打電話 416-845-4184
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call to 416-845-4184 register.	P	朋輩支援小組 適合復元人士 ☎ 註冊請撥打電話 416-845-4184
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 416-953-4621 to register.	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 416-953-4621
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call 647-921-9523 to register.	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