

# October 2023

## Weekly Programming

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

**October 9<sup>th</sup> (Closed)**  
Thanks Giving Day 



### Recovery College

WENDESDAY 4, 11, 18	SATURDAY 28
<p><b>R</b> 2:00pm-3:30pm <b>NY</b> Let's Walk the English Talk</p>	<p><b>C</b> 10:00am-12:00am Wellness Seminar: Seminar on mental illness</p>

### Group Psychotherapy

TUESDAY 3, 10, 17, 24, 31	THURSDAY 5, 12, 19, 26
<p><b>G</b> 12:30pm-2:30pm IBGT-Mood/Anxiety (1)</p>	<p><b>G</b> 10:00am-12:00pm IBGT-Mood/Anxiety (2)</p>

### Family Support Program

THURSDAY 12	SATURDAY 28
<p><b>F</b> 7:00pm-9:00pm Psychoeducation Group</p>	<p><b>F</b> 10:00am-12:00pm Peer Support Group</p>

# October 2023

## 每周活动

星期一	星期二	星期三	星期四	星期五
<p><b>C</b> 10:00am-12:00pm 华乐园 (55岁+)</p> <p><b>L</b> 11:00am-12:00pm 太极小组</p> <p><b>L</b> 1:00pm- 4:30pm <b>NY</b> 身心驿站</p> <p><b>L</b> 2:00pm-4:00pm 音乐分享小组</p>	<p><b>L</b> 1:00pm-3:00pm 国画课程</p> <p><b>L</b> 3:30pm-4:30pm 健体课程</p>	<p><b>L</b> 10:00am-12:00pm <b>DT</b> ESL英语课</p> <p><b>L</b> 12:30pm-1:30pm <b>NY</b> 针线乐园 10月18日</p>	<p><b>L</b> 12:00pm- 4:00pm <b>NY</b> 身心驿站</p> <p><b>P</b> 4:00pm-5:15pm <b>ENG</b> 朋辈支援小组</p>	<p><b>L</b> 10:00am-12:00pm <b>DT</b> ESL英语课</p> <p><b>L</b> 9:30am-10:30am <b>ENG</b> 健体课程</p> <p><b>L</b> 12:30pm- 4:00pm <b>DT</b> 身心驿站</p> <p><b>L</b> 2:00pm-4:00pm 线上互助小组</p>

October 9<sup>th</sup> (Closed)  
Thanks Giving Day 



## 复元学院

星期三	4, 11, 18	星期六	28
<b>R</b> 2:00pm-3:30pm <b>NY</b> 让我们跟英语同行吧		<b>C</b> 10:00am-12:00pm 项硕医生心理疾病讲座	

## 小组心理治疗

星期二	3, 10, 17, 24, 31	星期四	5, 12, 19, 26
<b>G</b> 12:30pm-2:30pm IBGT- 情绪病小组(1)		<b>G</b> 10:00am-12:00pm IBGT- 情绪病小组(2)	

## 家属支援计划

星期四	12	星期六	28
<b>F</b> 7:00pm-9:00pm 家属健康教育讲座		<b>F</b> 10:00am-12:00pm 家属支援小组	

# October 2023

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

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。除了有标明地点的活动外，其他活动都是透过Zoom进行。

**Community and Wellness Programs**  
*To anyone interested in promoting mental wellness.*

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

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

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

**L** **Leisure Clubs**  
*To clients in recovery.*

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

**P** **Peer Support Groups**  
*To peers with lived experience.*

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

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

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

**F** **Family Support Groups**  
*To caregivers supporting loved ones with diagnosis.*

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

**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**

**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**

**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**