

# February 2024

## 每週活動

星期一	星期二	星期三	星期四	星期五
<p>L 11:00am-12:00pm 太極小組</p> <p>L 1:00pm-4:30pm 身心驛站 <b>NY</b></p> <p>L</p>	<p>L 10:30am-12:00pm 烹飪班</p> <p>L 2:00pm-3:00pm 水彩畫班</p> <p>L 3:30pm-4:30pm 健體課程</p>	<p>L 10:00am-12:00pm <b>DT</b> ESL英語課</p> <p>P 10:30am-11:30am 朋輩支援小組</p> <p>L 12:30pm-1:30pm <b>NY</b> 針線樂園 2月26日</p> <p>L 12:50pm-3:00pm 活力星期三</p> <p>P 1:00pm-2:00pm <b>DT</b> Downtown聯誼小組</p>	<p>P 2:00pm-3:00pm 朋輩支援小組</p> <p>P 4:00pm-5:15pm 朋輩支援小組 <b>ENG</b></p>	<p>L 10:00am-12:00pm <b>DT</b> ESL英語課</p> <p>L 12:30pm-2:30pm <b>DT</b> 身心驛站</p> <p>L 1:00pm-2:30pm <b>NY</b> 歌曲欣賞小組</p>



### 小組心理治療

<p>星期三 7, 14, 21, 28</p> <p>G 10:00am-12:00pm IBGT(A) -情緒病</p>	<p>星期三 7, 14, 21, 28</p> <p>G 1:00pm-3:00pm IBGT(B) -情緒病</p>
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### 家屬支援計劃

<p>星期二 13, 27</p> <p>F 7:00pm-9:00pm 家屬支援小組</p>
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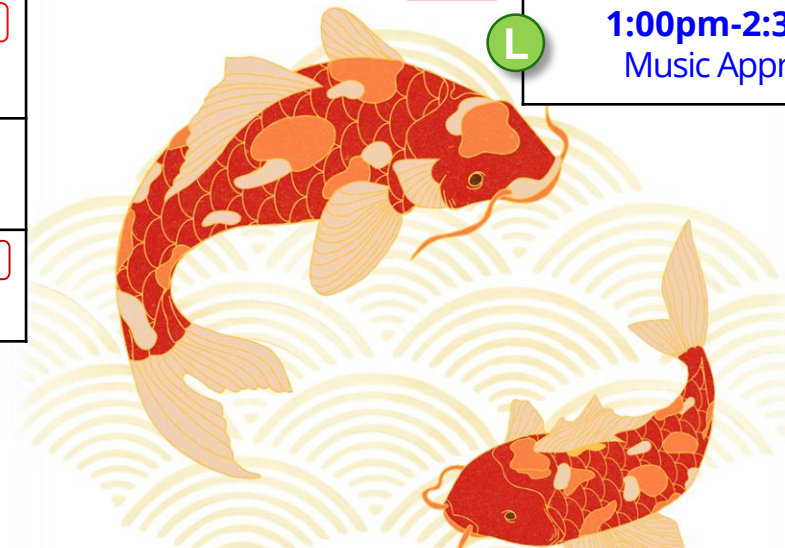
### 復元學院

<p>星期六 3</p> <p>C 10:00am-11:30am 心理健康講座</p>	<p>星期三 7, 14, 21, 28</p> <p>L 2:30pm-4:00pm <b>DT</b> 學習使用智能功能</p>
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# February 2024

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
L 11:00am-12:00pm Taichi Group	L 10:30am-12:00pm Cooking Class	L 10:00am-12:00pm DT ESL	P 2:00pm-3:00pm Peer Support Group	L 10:00am-12:00pm DT ESL
L 1:00pm-4:30pm Holistic Drop In NY	L 2:00pm-3:00pm Chinese Painting	P 10:30am-11:30am Peer Support Group	P 4:00pm-5:15pm Peer Support Group ENG	L 12:30pm-2:30pm DT Holistic Drop In
L	L 3:30pm-4:30pm Fitness Group	L 12:30pm-1:30pm NY Sewing Club February 26th		L 1:00pm-2:30pm NY Music Appreciation
		L 12:50pm-3:00pm Active Wednesday		
		P 1:00pm-2:00pm DT Downtown Social Group		



### Group Psychotherapy

WEDNESDAY 7, 14, 21,28	WEDNESDAY 7, 14, 21,28
G 10:00am-12:00pm IBGT(A) – Mood/Anxiety	G 1:00pm-3:00pm IBGT(B) – Mood/Anxiety

### Family Support Program

TUESDAY	13, 27
F 7:00pm-9:00pm Family Support Group	

### Recovery College

SATURDAY	3	WEDNESDAY 7, 14, 21,28
C 10:00am-11:30am Wellness Seminar: Non stop Depressive Moods		2:30pm-4:00p Learn to use Smart Function DT

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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。

<b>C</b>	<b>Community and Wellness Programs</b> <i>To anyone interested in promoting mental wellness.</i> ☎ Please call <b>647-278-5306</b> to register.
<b>R</b>	<b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call <b>416-845-4184</b> to register.
<b>L</b>	<b>Leisure Clubs</b> <i>To clients in recovery.</i> ☎ Please call to <b>416-845-4184</b> register.
<b>P</b>	<b>Peer Support Groups</b> <i>To peers with lived experience.</i> ☎ Please call to <b>416-845-4184</b> register.
<b>G</b>	<b>Group Psychotherapy</b> <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call <b>416-953-4621</b> to register.
<b>F</b>	<b>Family Support Groups</b> <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call <b>647-921-9523</b> to register.

<b>C</b>	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 <b>647-278-5306</b>
<b>R</b>	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 <b>416-845-4184</b>
<b>L</b>	休閒俱樂部 適合復元人士 ☎ 註冊請撥打電話 <b>416-845-4184</b>
<b>P</b>	朋輩支援小組 適合復元人士 ☎ 註冊請撥打電話 <b>416-845-4184</b>
<b>G</b>	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 <b>416-953-4621</b>
<b>F</b>	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 <b>647-921-9523</b>