

February 2024

每周活动

星期一	星期二	星期三	星期四	星期五
<p>C 10:00am-12:00pm 华乐园 (55岁+)</p>	<p>L 2:00pm-3:00pm 水彩画班</p>	<p>L 10:00am-12:00pm DT ESL英语课</p>	<p>L 1:30pm-3:30pm NY 身心驿站</p>	<p>L 10:00am-12:00pm DT ESL英语课</p>
<p>L 11:00am-12:00pm 太极小组</p>	<p>L 3:30pm-4:30pm 健体课程</p>	<p>L 12:30pm-1:30pm NY 针线乐园 2月26日</p>	<p>P 4:00pm-5:15pm ENG 朋辈支援小组</p>	<p>L 12:30pm- 2:30pm DT 身心驿站</p>
<p>L 1:00pm- 4:30pm NY 身心驿站</p>				<p>L 2:00pm-4:00pm 线上互助小组</p>
				<p>L 1:00pm-2:30pm NY 音乐分享小组</p>

家属支援计划

星期四 8	星期六 24
<p>F 7:00pm-9:00pm 家属健康教育讲座</p>	<p>F 10:00am-12:00pm 家属支援小组</p>

小组心理治疗

星期二 6, 13, 20, 27	星期 1, 8, 15, 22, 29
<p>G 12:30pm-2:30pm 康复之旅</p>	<p>G 10:00am-12:00pm IBGT- 情绪病小组</p>



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Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p>C 10:00am-12:00pm Senior Wellness Club</p>	<p>L 2:00pm-3:00pm Water Color Painting</p>	<p>L 10:00am-12:00pm DT ESL</p>	<p>L 1:30pm-3:30pm NY Holistic Drop In</p>	<p>L 10:00am-12:00pm DT ESL</p>
<p>L 11:00am-12:00pm Taichi Group</p>	<p>L 3:30pm-4:30pm Fitness Group</p>	<p>L 12:30pm-1:30pm NY Sewing Group <small>February 26 th</small></p>	<p>P 4:00pm-5:15pm Peer Support Group</p>	<p>L 12:30pm-2:30pm DT Holistic Drop In</p>
<p>L 1:00pm-4:30pm NY Holistic Drop In</p>			<p>ENG</p>	<p>L 2:00pm-4:00pm Online Support Group</p>
				<p>L 1:00pm-2:30pm NY Music Appreciation</p>



Family Support Program

THURSDAY	8	SATURDAY	24
F 7:00pm-9:00pm Psychoeducation Group		F 10:00am-12:00pm Peer Support Group	

Group Psychotherapy

TUESDAY 6,13, 20, 27	THUR 1, 8, 15, 22, 29
G 12:30pm-2:30pm Journey to Healing	G 10:00am-12:00pm IBGT-Mood/Anxiety



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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 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.

C	Community and Wellness Programs <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-273-0954 to register. For Senior Wellness Group, please call 647-273-0954 .
R	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 416-845-4184 to register.
L	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call 416-845-4184 to register.
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call 416-845-4184 to register.
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 416-903-0283 to register.
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call 647-261-6477 to register.

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。

C	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。 ☎ 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