

2024

JUNE



# 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> 10:30am-12:00pm 烹饪班 <b>6月4、11日</b></p> <p><b>L</b> 2:00pm-3:00pm 水彩画班</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 <b>6月26日</b></p>	<p><b>L</b> 10:00am-12:00pm 社区菜园计划 <b>2330 Midland Ave</b></p> <p><b>L</b> 1:30pm-3:30pm <b>NY</b> 身心驿站</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>DT</b> 身心驿站</p> <p><b>L</b> 1:00pm-2:30pm <b>NY</b> 音乐分享小组</p> <p><b>P</b> 2:30pm-3:30pm 普通话朋辈支援小组</p>

## 家属支援计划

星期四	13	星期六	29
<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	

## 小组心理治疗

星期四	14,21,28
<b>G</b> 12:30pm-2:30pm IBGT- 情绪病小组	

# 2024 June

## 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> <a href="#">Holistic Drop In</a></p>	<p><b>L</b> 10:30am-12:00pm Cooking Class <b>June 4th &amp; 11th</b></p> <p><b>L</b> 2:00pm-3:00pm Water Color 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 <b>Jun 26</b></p>	<p><b>L</b> 10:00am-12:00pm <a href="#">Community Garden Program</a></p> <p><b>L</b> 1:30pm-3:30pm <b>NY</b> <a href="#">Holistic Drop In</a></p>	<p><b>L</b> 10:00am-12:00pm <b>DT</b> ESL</p> <p><b>L</b> 12:30pm-1:30pm <b>DT</b> <a href="#">Holistic Drop In</a></p> <p><b>L</b> 1:00pm-1:30pm <b>NY</b> Music Appreciation</p> <p><b>P</b> 2:30pm-3:30pm <a href="#">Mandarin Peer Support Group</a></p>

2330 Midland Ave

### Family Support Program

THURSDAY	13	SATURDAY	29
<b>F</b> 7:00pm-9:00pm <a href="#">Psychoeducation Group</a>		<b>F</b> 10:00am-12:00pm <a href="#">Peer Support Group</a>	

### Group Psychotherapy

THURSDAY	14,21,28
<b>G</b> 12:30pm-2:30pm <a href="#">IBGT-Mood/Anxiety</a>	



# June 2024

**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.

<b>C</b>	<b>Community and Wellness Programs</b> <i>To anyone interested in promoting mental wellness.</i> ☎ Please call <b>647-273-0954</b> to register. For Senior Wellness Group, please call <b>647-273-0954</b> .
<b>R</b>	<b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call <b>416-917-8503</b> to register.
<b>L</b>	<b>Leisure Clubs</b> <i>To clients in recovery.</i> ☎ Please call <b>647 267 5013</b> to register.
<b>P</b>	<b>Peer Support Groups</b> <i>To peers with lived experience.</i> ☎ Please call <b>416-339 0029</b> to or email <a href="mailto:msakal@hongfook.ca">msakal@hongfook.ca</a> to 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>647-261-6477</b> 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。

<b>C</b>	<b>社区及身心健康活动</b> 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 <b>647-273-0954</b> 华乐园，注册请拨打电话 <b>647-273-0954</b>
<b>R</b>	<b>复元课程</b> 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 <b>416-917-8503</b>
<b>L</b>	<b>休闲俱乐部</b> 适合康复中的人士。 ☎ 注册请拨打电话 <b>647 267 5013</b>
<b>P</b>	<b>朋辈支援小组</b> 适合有过心理疾病或遭遇的人士。 ☎ 注册请拨打电话 <b>416-339-0029</b>
<b>G</b>	<b>小组心理治疗</b> 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 <b>416-953-4621</b>
<b>F</b>	<b>家庭支持小组</b> 适合负责照料患病亲人的照顾者。 ☎ 注册请拨打电话 <b>647-261-6477</b>