



July 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 NY</p>	<p>L 2:00pm-3:00pm 水彩畫班</p> <p>L 3:30pm-4:30pm 健體課程</p>	<p>P 10:00am-11:00am 朋輩支援小組 DT</p> <p>L 12:30pm-1:30pm NY 針線樂園 7月31日</p> <p>L 12:50pm-3:00pm 活力星期三</p> <p>P 1:00pm-2:00pm DT Downtown聯誼小組</p>	<p>L 10:00am-12:00pm 社區菜園計劃</p> <p>P 2:00pm-3:00pm 朋輩支援小組 ENG</p>	<p>L 12:30pm-1:30pm DT 身心驛站</p> <p>L 1:00pm-2:30pm NY 歌曲欣賞小組</p>
		<p>2330 Midland Ave</p> 		

家屬支援計劃



星期二	2, 16
F 7:00pm-9:00pm 家屬支援小組	

復元學院

星期三	17,24,31	星期六	13
C 10:30am -12:00pm 心理健康101 實體培訓課程 MK		C 10:00am - 11:30am 體味改變=身體警訊?! MK	

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Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p>L 11:00am-12:00pm Taichi Group</p> <p>L 1:00pm-4:30pm NY <u>Holistic Drop In</u></p>	<p>L 2:00pm-3:00pm Chinese Painting</p> <p>L 3:30pm-4:30pm Fitness Group</p>	<p>P 10:00am-11:00am <u>Peer Support Group</u></p> <p>L 12:30pm-1:30pm NY Sewing Club July 31th</p> <p>L 12:50pm-3:00pm Active Wednesday</p> <p>P 1:00pm-2:00pm DT Downtown Social Group</p>	<p>L 10:00am-12:00pm <u>Community Garden Program</u></p> <p>P 2:00pm-3:00pm <u>Peer Support Group</u></p>	<p>L 12:30pm-1:30pm DT <u>Holistic Drop In</u></p> <p>L 1:00pm-2:30pm NY Music Appreciation</p>
				

Family Support Program

TUESDAY	2, 16
F	7:00pm-9:00pm Family Support Group

Recovery College Program

WEDNESDAY 17, 24, 31	SATURDAY 13
C	C
10:30am-12:00pm MK <u>Mental Health 101</u>	10:00am-11:30am MK <u>How Body Odor Can Indicate Health Changes?!</u>

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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 416-917-8503 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 416-917-8503
L Leisure Clubs <i>To clients in recovery.</i> ☎ Please call to 647 267 5013 register.	L 休閒俱樂部 適合復元人士 ☎ 註冊請撥打電話 647 267 5013
P Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call to 647 339 0029 or email msakal@hongfook.ca to register.	P 朋輩支援小組 適合復元人士 ☎ 註冊請撥打電話 647-339 -0029
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