

2024 July

每周活动

星期一                      星期二                      星期三                      星期四                      星期五

L	11:00am-12:00pm 太极小组
L	1:00pm- 4:30pm 身心驿站 <span style="border: 1px solid red; padding: 2px;">NY</span>

L	2:00pm-3:00pm 水彩画班
L	3:30pm-4:30pm 健体课程

L	12:30pm-1:30pm 针线乐园 <span style="border: 1px solid red; padding: 2px;">NY</span>
	<span style="border: 1px solid red; padding: 2px;">7月31日</span>

	<span style="border: 1px solid red; padding: 2px;">2330 Midland Ave</span>
L	10:00am-12:00pm 社区菜园计划
L	1:30pm-3:00pm 身心驿站 <span style="border: 1px solid red; padding: 2px;">NY</span>

L	10:00 am -12:00 pm 和谐粉彩工作坊 <span style="border: 1px solid red; padding: 2px;">NY</span>
	<span style="border: 1px solid red; padding: 2px;">7月5日及12日</span>
L	12:30pm- 1:30pm 身心驿站 <span style="border: 1px solid red; padding: 2px;">NY</span>
L	1:00pm-2:30pm 音乐分享小组



小组心理治疗

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

家属支援计划

星期四	11	星期六	27
F	7:00pm-9:00pm 家属健康教育讲座	F	10:00am-12:00pm 家属支援小组

# July 2024

## Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>L</b> 11:00am-12:00pm Taichi Group</p> <p><b>L</b> 1:00pm-4:30pm <b>NY</b> <u>Holistic Drop In</u></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> 12:30pm-1:30pm <b>NY</b> Sewing Group <b>July 31</b></p>	<p><b>L</b> 10:00am-12:00pm <b>2330 Midland Ave</b> <u>Community Garden Program</u></p> <p><b>L</b> 1:30pm-3:30pm <b>NY</b> <u>Holistic Drop In</u></p>	<p>10:00 am -12:00 pm <u>Pastel Nagomi Art Workshop</u> <b>July 5 &amp; 12</b></p> <p><b>L</b> 12:30pm-1:30pm <b>DT</b> <u>Holistic Drop In</u></p> <p><b>L</b> 1:00pm-2:30pm <b>NY</b> Music Appreciation</p>



### Group Psychotherapy

**THURSDAY** 14,21,28

**G** 12:30pm-2:30pm  
IBGT-Mood/Anxiety

### Family Support Program

**THURSDAY** 11

**F** 7:00pm-9:00pm  
Psychoeducation Group

**SATURDAY** 27

**F** 10:00am-12:00pm  
Peer Support Group

# July 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.

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>Community and Wellness Programs</b> <i>To anyone interested in promoting mental wellness.</i> ☎ Please call <b>647-273-0954</b> to register.
<b>R</b>	<b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call <b>416-917-8503</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.

<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>
<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>