



星期一

星期二

星期三

星期四

星期五

星期六

每周活动

L 11:00am - 12:00pm
太极小组

L 2:00pm - 3:00pm
健体课程

L 12:30pm - 1:30pm **NY**
针线乐园 (8月28日)

L 1:30pm - 3:30pm **NY**
身心驿站

L 12:30pm - 1:30pm **DT**
身心驿站

L 1:00pm - 4:30pm **NY**
身心驿站

L 3:30pm - 4:30pm
水彩画班

P 4:00pm - 5:00pm **ENG**
朋辈支援小组

L 1:00pm - 2:30pm **NY**
歌曲欣赏小组

P 3:30pm - 4:30pm
普通话朋辈支援小组

复元课程

星期一 12, 19
R **ENG** **MK**
10:00am - 12:00pm
Artistry In Nature

星期一 26
R **NY**
2:00pm - 4:00pm
盛夏好时光

星期一 26
R 7:30pm - 9:00pm
精神疾病的急诊
(主讲人: 项硕医生)

星期四 8, 22
R 2330 Midland Ave
10:00am - 12:00pm
社区菜园计划

星期六 10, 17,
24 & 31
R 10:30am - 1:00pm
康福慈心课程

家属支援计划

星期四 8
F 7:00pm - 9:00pm
家属健康教育讲座

星期六 31
F 10:00am - 12:00pm
家属支援小组

2024

AUGUST

PROGRAM CALENDAR FOR MANDARIN- SPEAKING COMMUNITY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Programs

L 11:00am - 12:00pm
Tai Chi Group

L 2:00pm - 3:00pm
Chinese Painting

L 12:30pm - 1:30pm **NY**
Sewing Club (Aug 28)

L 1:30pm - 3:30pm **NY**
Holistic Drop-in

L 12:30pm - 1:30pm **DT**
Holistic Drop-in

L 1:00pm - 4:30pm **NY**
Holistic Drop-in

L 3:30pm - 4:30pm
Fitness Group

P 4:00pm - 5:00pm **ENG**
Peer Support Group

L 1:00pm - 2:30pm **NY**
Music Appreciation

P 3:30pm - 4:30pm
Mandarin Peer Support Group

Recovery College

MONDAY 12, 19
R **ENG** **MK**
10:00am - 12:00pm
Artistry In Nature

THURSDAY 8, 22
R 2330 Midland Ave
10:00am - 12:00pm
Community Garden Program

SATURDAY 10, 17, 24 & 31
R
10:30am - 1:00pm
Compassion Course

MONDAY 26
R **NY**
2:00pm - 4:00pm
Mandarin Group Fun Day

MONDAY 26
R 7:30pm - 9:00pm
Monthly Wellness Seminar
Emergency for Mental Illness, Speaker: Dr. Xiang

Family Support Program

THURSDAY 8
F 7:00pm - 9:00pm
Psychoeducation Group

SATURDAY 31
F 10:00am - 12:00pm
Peer Support Group

2024 AUGUST

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。

<p>C Community and Wellness Program <i>To anyone interested in promoting mental wellness.</i> Please call 647-273-0954 to register.</p>	<p>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</p>
<p>R Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> Please call 416-917-8503 to register.</p>	<p>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 416-917-8503</p>
<p>L Leisure Clubs <i>To clients in recovery.</i> Please call 647-267-5013 to register.</p>	<p>L 休闲俱乐部 适合康复中的人士 注册请拨打电话 647-267-5013</p>
<p>P Peer Support Groups <i>To peers with lived experience.</i> Please call 416-339-0029 to register or email msakal@hongfook.ca</p>	<p>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 416-339-0029</p>
<p>G Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> Please call 416-953-4621 to register.</p>	<p>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 416-953-4621</p>
<p>F Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-261-6477 to register.</p>	<p>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</p>