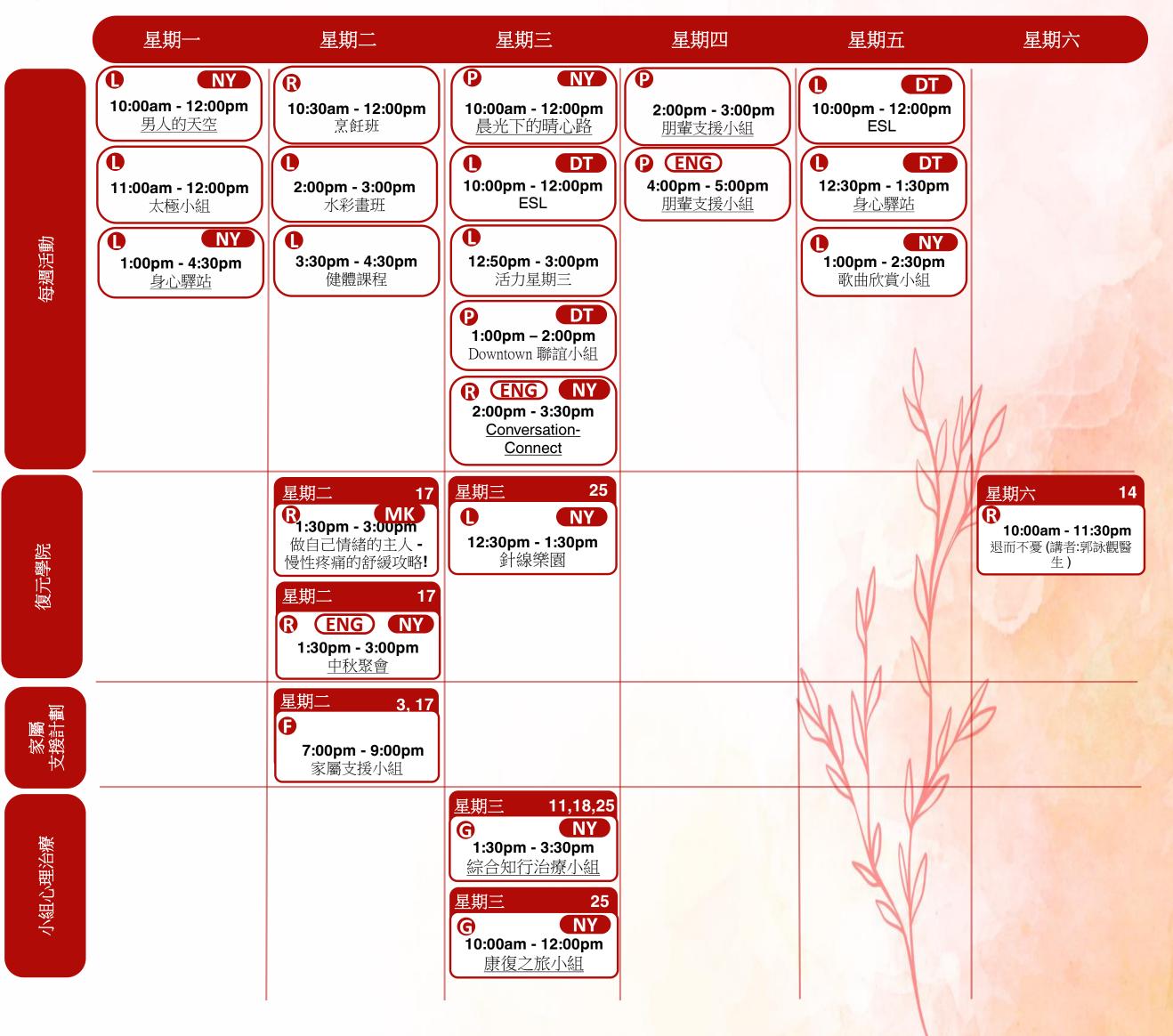
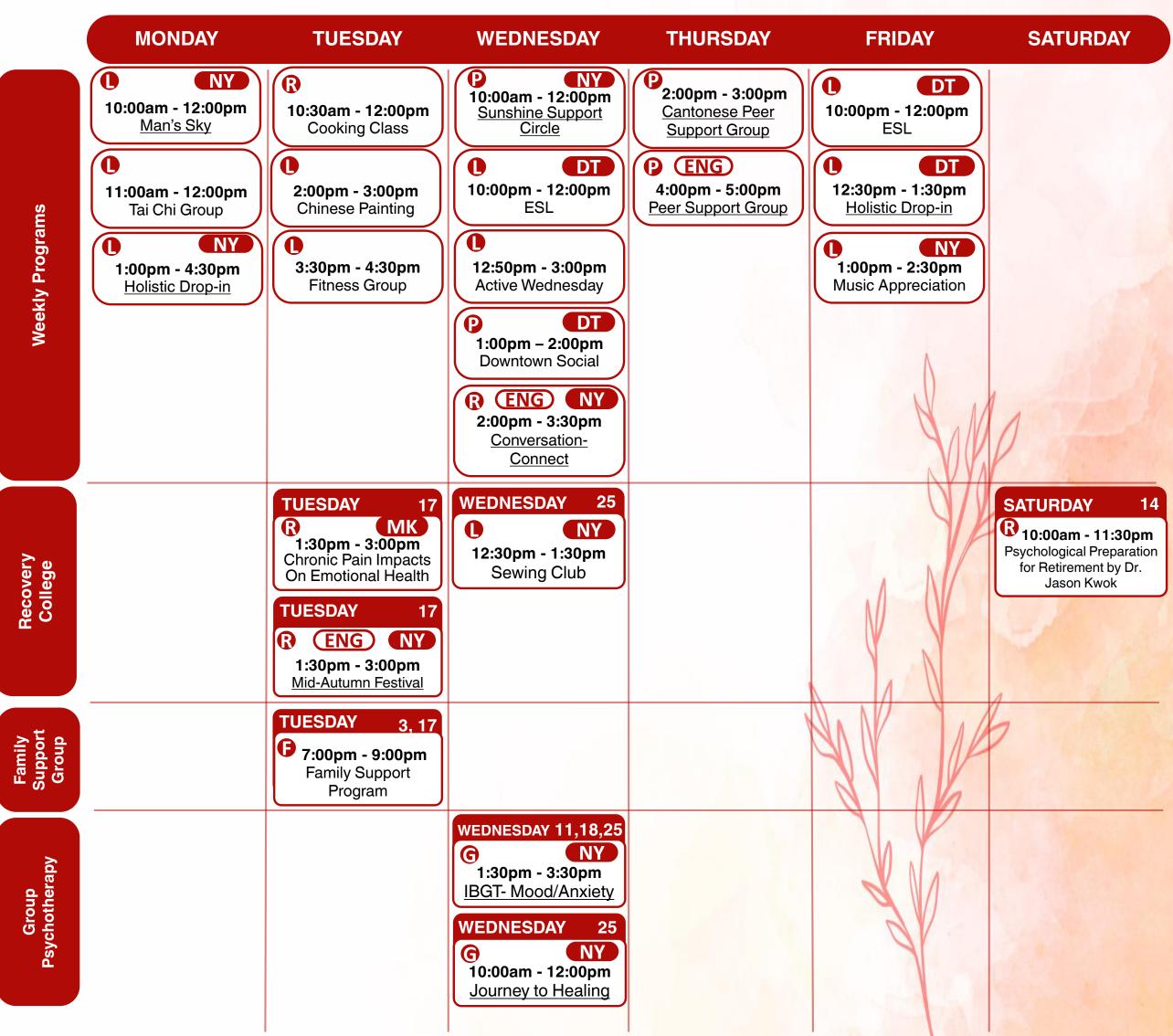
SEPTENBER康福心理健康協會 廣東話社區8月活動表 HONG FOOK MENTAL HEALTH ASSOCIATION www.hongfook.ca 416-493-4242



SEPTEMBER PROGRAM CALENDAR FOR CANTONESE-SPEAKING COMMUNITY

HONG FOOK MENTAL HEALTH ASSOCIATION www.hongfook.ca_416-493-4242



EPTEMBER 02

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.

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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。

0	Community and Wellness Program <i>To anyone interested in promoting mental wellness.</i> Please call 647-278-5306 to register.	0	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.	ß	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
0	Leisure Clubs <i>To clients in recovery.</i> Please call 647-267-5013 to register.	0	休閒俱樂部 適合復元人士 註冊請撥打電話 647-267-5013
2	Peer Support Groups <i>To peers with lived experience.</i> Please call 647-339-0029 to register or email msakal@hongfook.ca	P	朋輩支援小組 適合復元人士 註冊請撥打電話 647-339-0029
6	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
3	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-921-9523 to register.	G	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

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301