

# 2024 SEPTEMBER

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](http://www.hongfook.ca) 416-493-4242

	星期一	星期二	星期三	星期四	星期五	星期六	
每週活動	<p><b>L</b> <b>NY</b> 10:00am - 12:00pm 男人的天空</p> <p><b>L</b> 11:00am - 12:00pm 太極小組</p> <p><b>L</b> <b>NY</b> 1:00pm - 4:30pm 身心驛站</p>	<p><b>R</b> 10:30am - 12:00pm 烹飪班</p> <p><b>L</b> 2:00pm - 3:00pm 水彩畫班</p> <p><b>L</b> 3:30pm - 4:30pm 健體課程</p>	<p><b>P</b> <b>NY</b> 10:00am - 12:00pm 晨光下的晴心路</p> <p><b>L</b> <b>DT</b> 10:00pm - 12:00pm ESL</p> <p><b>L</b> 12:50pm - 3:00pm 活力星期三</p> <p><b>P</b> <b>DT</b> 1:00pm - 2:00pm Downtown 聯誼小組</p> <p><b>R</b> <b>ENG</b> <b>NY</b> 2:00pm - 3:30pm Conversation-Connect</p>	<p><b>P</b> 2:00pm - 3:00pm 朋輩支援小組</p> <p><b>P</b> <b>ENG</b> 4:00pm - 5:00pm 朋輩支援小組</p>	<p><b>L</b> <b>DT</b> 10:00pm - 12:00pm ESL</p> <p><b>L</b> <b>DT</b> 12:30pm - 1:30pm 身心驛站</p> <p><b>L</b> <b>NY</b> 1:00pm - 2:30pm 歌曲欣賞小組</p>		
復元學院		<p>星期二 17 <b>R</b> <b>MK</b> 1:30pm - 3:00pm 做自己情緒的主人 - 慢性疼痛的舒緩攻略!</p> <p>星期二 17 <b>R</b> <b>ENG</b> <b>NY</b> 1:30pm - 3:00pm 中秋聚會</p>	<p>星期三 25 <b>L</b> <b>NY</b> 12:30pm - 1:30pm 針線樂園</p>			<p>星期六 14 <b>R</b> 10:00am - 11:30pm 退而不憂 (講者:郭詠觀醫生)</p>	
家屬支援計劃		<p>星期二 3, 17 <b>F</b> 7:00pm - 9:00pm 家屬支援小組</p>					
小組心理治療			<p>星期三 11, 18, 25 <b>G</b> <b>NY</b> 1:30pm - 3:30pm 綜合知行治療小組</p> <p>星期三 25 <b>G</b> <b>NY</b> 10:00am - 12:00pm 康復之旅小組</p>				

# 2024 SEPTEMBER

PROGRAM CALENDAR  
FOR CANTONESE-  
SPEAKING COMMUNITY



**HONG FOOK**  
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Programs

**L** **NY**  
10:00am - 12:00pm  
Man's Sky

**R**  
10:30am - 12:00pm  
Cooking Class

**P** **NY**  
10:00am - 12:00pm  
Sunshine Support Circle

**P**  
2:00pm - 3:00pm  
Cantonese Peer Support Group

**L** **DT**  
10:00pm - 12:00pm  
ESL

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

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

**L** **DT**  
10:00pm - 12:00pm  
ESL

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

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

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

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

**L**  
12:50pm - 3:00pm  
Active Wednesday

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

**P** **DT**  
1:00pm - 2:00pm  
Downtown Social

**R** **ENG** **NY**  
2:00pm - 3:30pm  
Conversation-Connect

Recovery College

**TUESDAY** 17  
**R** **MK**  
1:30pm - 3:00pm  
Chronic Pain Impacts On Emotional Health

**WEDNESDAY** 25  
**L** **NY**  
12:30pm - 1:30pm  
Sewing Club

**SATURDAY** 14  
**R** 10:00am - 11:30pm  
Psychological Preparation for Retirement by Dr. Jason Kwok

**TUESDAY** 17  
**R** **ENG** **NY**  
1:30pm - 3:00pm  
Mid-Autumn Festival

Family Support Group

**TUESDAY** 3, 17  
**F** 7:00pm - 9:00pm  
Family Support Program

Group Psychotherapy

**WEDNESDAY** 11, 18, 25  
**G** **NY**  
1:30pm - 3:30pm  
IBGT- Mood/Anxiety

**WEDNESDAY** 25  
**G** **NY**  
10:00am - 12:00pm  
Journey to Healing

# 2024 SEPTEMBER



**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。

<p><b>C</b> <b>Community and Wellness Program</b> <i>To anyone interested in promoting mental wellness.</i> Please call <b>647-278-5306</b> to register.</p>	<p><b>C</b> 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 <b>647-278-5306</b></p>
<p><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.</p>	<p><b>R</b> 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 <b>416-917-8503</b></p>
<p><b>L</b> <b>Leisure Clubs</b> <i>To clients in recovery.</i> Please call <b>647-267-5013</b> to register.</p>	<p><b>L</b> 休閒俱樂部 適合復元人士 註冊請撥打電話 <b>647-267-5013</b></p>
<p><b>P</b> <b>Peer Support Groups</b> <i>To peers with lived experience.</i> Please call <b>647-339-0029</b> to register or email <a href="mailto:msakal@hongfook.ca">msakal@hongfook.ca</a></p>	<p><b>P</b> 朋輩支援小組 適合復元人士 註冊請撥打電話 <b>647-339-0029</b></p>
<p><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.</p>	<p><b>G</b> 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 <b>416-953-4621</b></p>
<p><b>F</b> <b>Family Support Groups</b> <i>To caregivers supporting loved ones with diagnosis.</i> Please call <b>647-921-9523</b> to register.</p>	<p><b>F</b> 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 <b>647-921-9523</b></p>

**NY** 1751 Sheppard Ave. E G/F

**DT** 407 Huron St. 3<sup>rd</sup> Floor

**MK** 3621 Highway 7 East, Suite 301