

2024 SEPTEMBER

康福心理健康协会
普通话社区9月活动表



星期一

星期二

星期三

星期四

星期五

星期六

每周活动

复元课程

家属支援计划

小组心理治疗

| | | | | | |
|--|---|---|---|--|--|
| | <p>L 11:00am - 12:00pm 太极小组</p> <p>L NY 1:00pm - 4:30pm 身心驿站</p> | <p>L 2:00pm - 3:00pm 水彩画班</p> <p>L 3:30pm - 4:30pm 健体课程</p> | <p>P NY 10:00am - 12:00pm 晨光下的晴心路</p> <p>L DT 10:00pm - 12:00pm ESL</p> <p>R ENG NY 2:00pm - 3:30pm Conversation Connect</p> <p>L NY 12:30pm - 1:30pm 针线乐园 (9月25日)</p> | <p>L NY 1:30pm - 3:30pm 身心驿站</p> <p>P ENG 4:00pm - 5:00pm 朋辈支援小组</p> | <p>L DT 10:00pm - 12:00pm ESL</p> <p>L DT 12:30pm - 1:30pm 身心驿站</p> <p>L NY 1:00pm - 2:30pm 歌曲欣赏小组</p> <p>P 3:30pm - 4:30pm 普通话朋辈支援小组</p> |
| | | <p>星期二 17</p> <p>R ENG NY 1:30pm - 3:00pm 中秋聚会</p> | | <p>星期四 12</p> <p>G 7:00pm - 9:00pm 家属健康教育讲座</p> | |
| | | | <p>星期三 4, 11, 18</p> <p>1:30pm - 4:30pm 身心康复行动计划小组</p> | <p>星期四 5, 12, 19</p> <p>1:30pm - 4:30pm 身心康复行动计划小组</p> | <p>星期六 28</p> <p>F 10:00am - 12:00pm 家属支援小组</p> |
| | <p>星期二 10, 17, 24</p> <p>G 12:30pm - 2:30pm 综合知行治疗小组</p> | | | <p>星期四 12, 19, 26</p> <p>G 10:00am - 12:00pm 综合知行治疗小组</p> | |

2024 SEPTEMBER

**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 | P NY 10:00am - 12:00pm Sunshine Support Circle | L NY 1:30pm - 3:30pm Holistic Drop-in | L DT 10:00pm - 12:00pm ESL | |
| | L NY 1:00pm - 4:30pm Holistic Drop-in | L 3:30pm - 4:30pm Fitness Group | 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 | |
| | | | R ENG NY 2:00pm - 3:30pm Conversation Connect | | L NY 1:00pm - 2:30pm Music Appreciation | |
| | | | L NY 12:30pm - 1:30pm Sewing Club (Sep 25) | | P 3:30pm - 4:30pm Mandarin Peer Support Group | |
| Recovery College | | TUESDAY 17 R ENG NY 1:30pm - 3:00pm Mid-Autumn Festival | | THURSDAY 12 G 7:00pm - 9:00pm Psychoeducation Group | | |
| Family Support Program | | | WEDNESDAY 4, 11, 18 1:30pm - 4:30pm Wellness Recovery Action Plan | THURSDAY 5, 12, 19 1:30pm - 4:30pm Wellness Recovery Action Plan | | SATURDAY 28 F 10:00am - 12:00pm Peer Support Group |
| Group Psychotherapy | | TUESDAY 10, 17, 24 G 12:30pm - 2:30pm IBGT- Mood/Anxiety | | THURSDAY 12, 19, 26 G 10:00am - 12:00pm IBGT- Mood/Anxiety | | |

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> |