

2024

# OCTOBER

康福心理健康協會  
廣東話社區10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

**L** **NY**  
10:00am - 12:00pm  
男人的天空

**L**  
11:00am - 12:00pm  
太極小組

**L** **NY**  
1:00pm - 4:30pm  
身心驛站

**R**  
10:30am - 12:00pm  
烹飪班

**L**  
2:00pm - 3:00pm  
水彩畫班

**L**  
3:30pm - 4:30pm  
健體課程

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

**P** **NY**  
10:00am - 12:00pm  
晨光下的晴心路

**L**  
12:50pm - 3:00pm  
活力星期三

**P** **DT**  
1:00pm - 2:00pm  
Downtown 聯誼小組

**L** **NY**  
12:30pm - 1:30pm  
針線樂園  
(10月23)

**P**  
2:00pm - 3:00pm  
朋輩支援小組

**P** **ENG**  
4:00pm - 5:00pm  
朋輩支援小組

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

**L** **DT**  
12:30pm - 1:30pm  
身心驛站

**L** **NY**  
1:00pm - 2:30pm  
歌曲欣賞小組

復元學院

星期三 23

**R** **NY**  
2:30pm - 4:30pm  
慈樂無窮齊齊唱

星期三 30

**R** **ENG** **NY**  
1:00pm - 3:00pm  
韓國泡菜製作日

星期六 26

**R**  
10:00am - 11:30am  
骨骼健康：  
對您有何影響？

家屬支援計劃

星期二 1, 15

**F**  
7:00pm - 9:00pm  
家屬支援小組

小組心理治療

星期三 2, 9, 16, 23, 30

**G** **NY**  
10:00am - 12:00pm  
康復之旅小組

星期三 2, 9, 16, 23, 30

**G** **NY**  
1:30pm - 3:30pm  
綜合知行治療小組

# 2024 OCTOBER

PROGRAM CALENDAR  
FOR CANTONESE-  
SPEAKING COMMUNITY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Programs

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

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

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

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

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

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

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

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

**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

**L** **NY**  
12:30pm - 1:30pm  
Sewing Club  
(Oct 23)

**WEDNESDAY 23**  
**R** **NY**  
2:30pm - 4:30pm  
Singing With  
Compassion

**WEDNESDAY 30**  
**R** **ENG** **NY**  
1:00pm - 3:00pm  
Korean Kim Chi  
Making Day

**SATURDAY 26**  
**R**  
10:00am - 11:30am  
Bone Health : What It  
Means to You  
Speaker : Karen  
Cheng

Recovery  
College

Family  
Support  
Group

Group  
Psychotherapy

**TUESDAY 1, 15**  
**F**  
7:00pm - 9:00pm  
Family Support  
Program

**WEDNESDAY**  
2, 9, 16, 23, 30  
**G** **NY**  
10:00am - 12:00pm  
Journey to Healing

**WEDNESDAY**  
2, 9, 16, 23, 30  
**G** **NY**  
1:30pm - 3:30pm  
IBGT- Mood/Anxiety



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**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