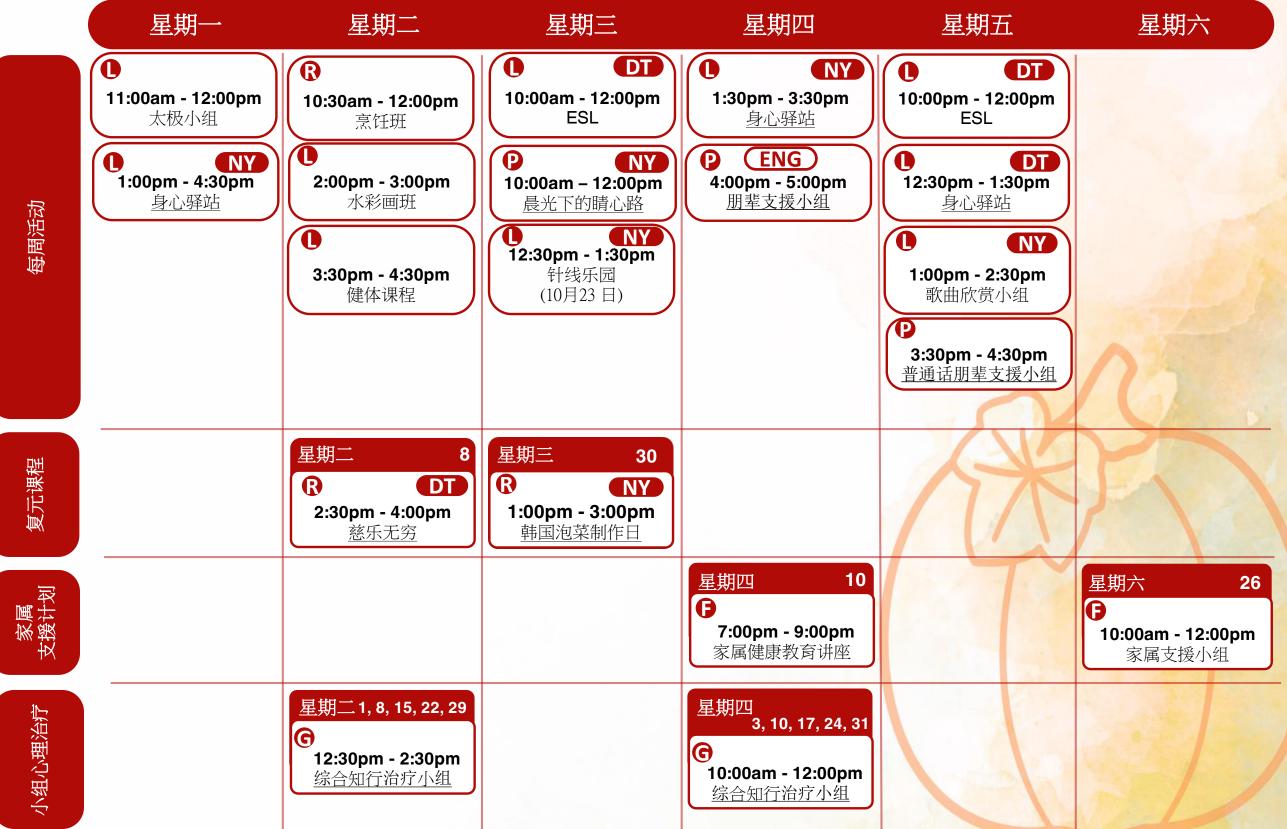
## **October**





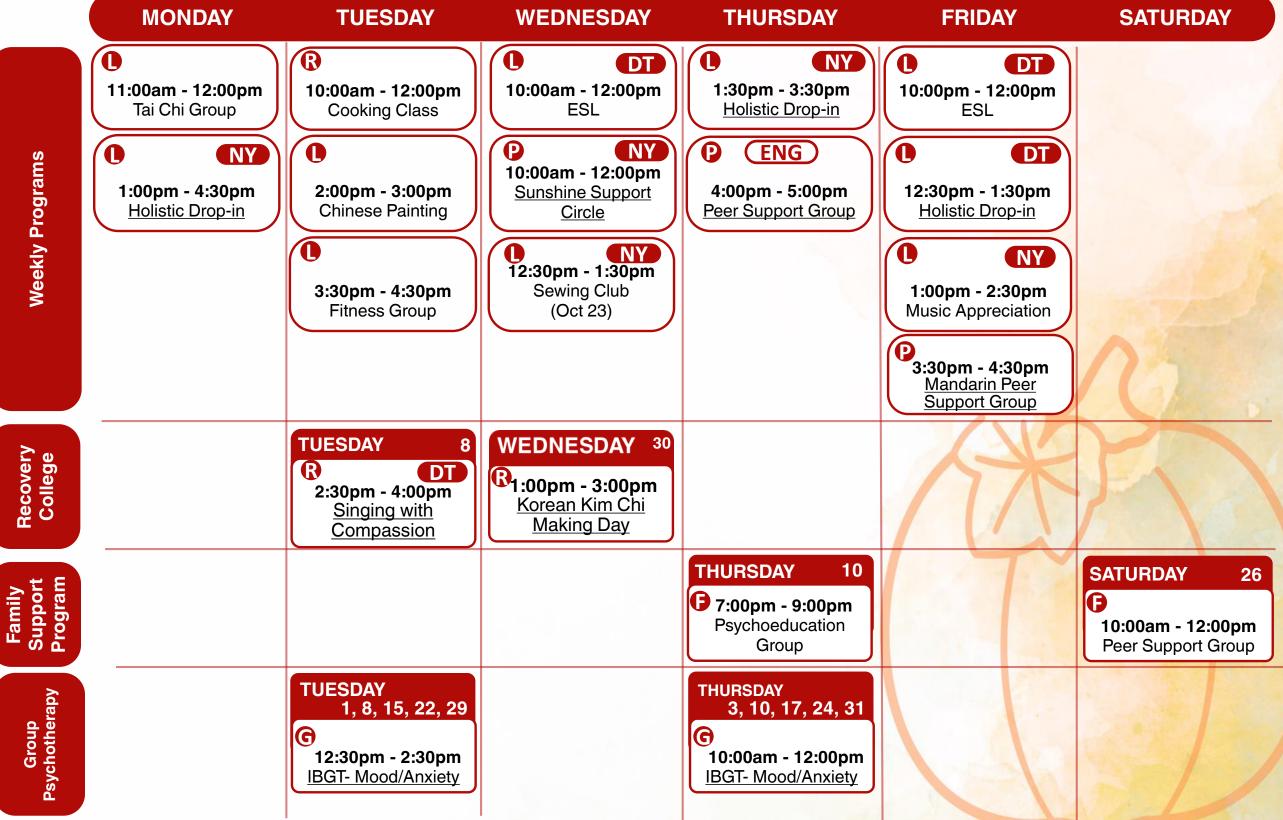


## **October**

PROGRAM CALENDAR FOR MANDARIN-







## **October**

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。

C	<b>Community and Wellness Program</b> <i>To anyone interested in promoting mental wellness.</i> Please call <b>647-273-0954</b> to register.	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
R	<b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> Please call <b>416-917-8503</b> to register.	ß	<b>复元课程</b> 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
0	<b>Leisure Clubs</b> <i>To clients in recovery.</i> Please call <b>647-267-5013</b> to register.	0	<b>休闲俱乐部</b> 适合康复中的人士 注册请拨打电话 647-267-5013
9	<b>Peer Support Groups</b> <i>To peers with lived experience.</i> Please call <b>416-339-0029</b> to register or email msakal@hongfook.ca	P	<b>朋辈支援小组</b> 适合有过心理疾病或遭遇的人士注册请拨打电话 416-339-0029
G	<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.	G	<b>小组心理治疗</b> 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 <b>416-953-4621</b>
6	Family Support Groups To caregivers supporting loved ones with diagnosis. Please call 647-261-6477 to register.	G	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





