

2024 NOVEMBER

康福心理健康協會
廣東話社區11月活動表



	星期一	星期二	星期三	星期四	星期五	星期六
每週活動	<p>P NY 10:00am - 12:00pm 男人的天空</p> <p>L 11:00am - 12:00pm 太極小組</p> <p>L NY 1:00pm - 4:30pm 身心驛站</p>	<p>L 10:30am - 12:00pm 烹飪班</p> <p>L 2:00pm - 3:00pm 水彩畫班</p>	<p>P NY 10:00am - 12:00pm 晨光下的晴心路</p> <p>L 12:50pm - 3:00pm 活力星期三</p> <p>P DT 1:00pm - 2:00pm Downtown 聯誼小組</p> <p>L NY 12:30pm - 1:30pm 針線樂園 (11月27)</p>	<p>P 2:00pm - 3:00pm 朋輩支援小組</p> <p>P ENG 4:00pm - 5:00pm 朋輩支援小組</p>	<p>L DT 10:00pm - 12:00pm 英語的樂趣</p> <p>L DT 12:30pm - 1:30pm 身心驛站</p> <p>L NY 1:00pm - 2:30pm 歌曲欣賞小組</p> <p>L 4:00pm - 5:00pm 健體課程</p>	
復元學院		<p>星期二 19</p> <p>R DT 10:30am - 1:00pm 金秋美食坊</p>	<p>星期三 6, 13, 20, 27</p> <p>R ENG NY 2:00pm - 3:30pm Conversation - Connect</p>	<p>星期四 21</p> <p>R ENG NY 1:00pm - 3:00pm 韓國泡菜製作日</p>		<p>星期六</p> <p>R 10:00am - 11:00am 譫妄症 講者：老洪達精神科 醫生</p>
家屬支援計劃		<p>星期二 5, 19</p> <p>F 7:00pm - 9:00pm 家屬支援小組</p>				
小組心理治療			<p>星期三 6, 13, 20, 27</p> <p>G NY 10:00am - 12:00pm 康復之旅小組</p> <p>星期三 6, 13, 20, 27</p> <p>G NY 1:30pm - 3:30pm 綜合知行治療小組</p>			

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**PROGRAM CALENDAR
FOR CANTONESE-
SPEAKING COMMUNITY**



HONG FOOK
MENTAL HEALTH ASSOCIATION

www.hongfook.ca 416-493-4242

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Weekly Programs	<p>P NY 10:00am - 12:00pm Men's Sky</p> <p>L 11:00am - 12:00pm Tai Chi Group</p> <p>L NY 1:00pm - 4:30pm Holistic Drop-in</p>	<p>L 10:30am - 12:00pm Cooking Class</p> <p>L 2:00pm - 3:00pm Chinese Painting</p>	<p>P NY 10:00am - 12:00pm Sunshine Support Circle</p> <p>L 12:50pm - 3:00pm Active Wednesday</p> <p>P DT 1:00pm - 2:00pm Downtown Social</p> <p>L NY 12:30pm - 1:30pm Sewing Club (Nov 27) R</p>	<p>P 2:00pm - 3:00pm Cantonese Peer Support Group</p> <p>P ENG 4:00pm - 5:00pm Peer Support Group</p>	<p>L DT 10:00am - 12:00pm Fun With English</p> <p>L DT 12:30pm - 1:30pm Holistic Drop-in</p> <p>L NY 1:00pm - 2:30pm Music Appreciation</p> <p>L 4:00pm - 5:00pm Fitness Group</p>		
Recovery College		<p>TUESDAY 19 R DT 10:30am - 1:00pm Cooking Workshop</p>	<p>WEDNESDAY 6, 13, 20, 27 R ENG NY 2:00pm - 3:30pm Conversation - Connect</p>	<p>THURSDAY 21 R ENG NY 1:00pm - 3:00pm Korean Kim Chi Making Day</p>		<p>SATURDAY 26 R 10:00am - 11:00am Delirium Speaker: Dr. Ted Lo</p>	
Family Support Group		<p>TUESDAY 5, 19 F 7:00pm - 9:00pm Family Support Program</p>					
Group Psychotherapy			<p>WEDNESDAY 6, 13, 20, 27 G NY 10:00am - 12:00pm Journey to Healing</p> <p>WEDNESDAY 6, 13, 20, 27 G NY 1:30pm - 3:30pm IBGT- Mood/Anxiety</p>				

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

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