

2024 November

康福心理健康协会
普通话社区11月活动表



HONG FOOK
MENTAL HEALTH ASSOCIATION
www.hongfook.ca 416-439-4242

	星期一	星期二	星期三	星期四	星期五	星期六	
每周活动	<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 10:30am - 12:00pm 烹饪班</p> <p>L 2:00pm - 3:00pm 水彩画班</p>	<p>P NY 10:00am - 12:00pm 晨光下的晴心路</p> <p>L NY 12:30pm - 1:30pm 针线乐园 (11月27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 有趣的英语</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>L 4:00pm - 5:00pm 健体课程</p>		
复元课程		<p>星期二 19 R DT 10:30am - 1:00pm 金秋美食坊</p>	<p>星期三 6, 13, 20, 27 R ENG NY 2:00pm - 3:30pm Conversation - Connect</p>	<p>星期四 21 R NY 1:00pm - 3:00pm 韩国泡菜制作日</p>			
家属支援计划				<p>星期四 14 F 7:00pm - 9:00pm 家属健康教育讲座</p>		<p>星期六 30 F 10:00am - 12:00pm 公园郊游</p>	
小组心理治疗		<p>星期二 5, 12, 19, 26 G 12:30pm - 2:30pm 综合知行治疗小组</p>		<p>星期四 7, 14, 21, 28 G 10:00am - 12:00pm 综合知行治疗小组</p>			

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**PROGRAM CALENDAR
FOR MANDARIN-
SPEAKING COMMUNITY**



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Weekly Programs	<p>L 11:00am - 12:00pm Tai Chi Group</p> <p>L NY 1:00pm - 4:30pm <u>Holistic Drop-in</u></p>	<p>L 10:00am - 12:00pm Cooking Class</p> <p>L 2:00pm - 3:00pm Chinese Painting</p>	<p>P NY 10:00am - 12:00pm <u>Sunshine Support Circle</u></p> <p>L NY 12:30pm - 1:30pm Sewing Club (Nov 27)</p>	<p>L NY 1:30pm - 3:30pm <u>Holistic Drop-in</u></p> <p>P ENG 4:00pm - 5:00pm Peer Support Group</p>	<p>L DT 10:00pm - 12:00pm Fun with English</p> <p>L DT 12:30pm - 1:30pm <u>Holistic Drop-in</u></p> <p>L NY 1:00pm - 2:30pm Music Appreciation</p> <p>P 3:30pm - 4:30pm <u>Mandarin Peer Support Group</u></p> <p>L 4:00pm - 5:00pm Fitness Group</p>	
	Recovery College		<p>TUESDAY 19</p> <p>R DT 10:30am - 1:00pm <u>Cooking Workshop</u></p>	<p>WEDNESDAY 6, 13, 20, 27</p> <p>R ENG NY 2:00pm - 3:30pm <u>Conversation - Connect</u></p>	<p>THURSDAY 21</p> <p>R 1:00pm - 3:00pm <u>Korean Kim Chi Making Day</u></p>	
Family Support Program				<p>THURSDAY 14</p> <p>F 7:00pm - 9:00pm Psychoeducation Group</p>		<p>SATURDAY 30</p> <p>F 10:00am - 12:00pm Monthly Outing to Park</p>
Group Psychotherapy		<p>TUESDAY 5, 12, 19, 26</p> <p>G 12:30pm - 2:30pm IBGT- Mood/Anxiety</p>		<p>THURSDAY 7, 14, 21, 28</p> <p>G 10:00am - 12:00pm 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>