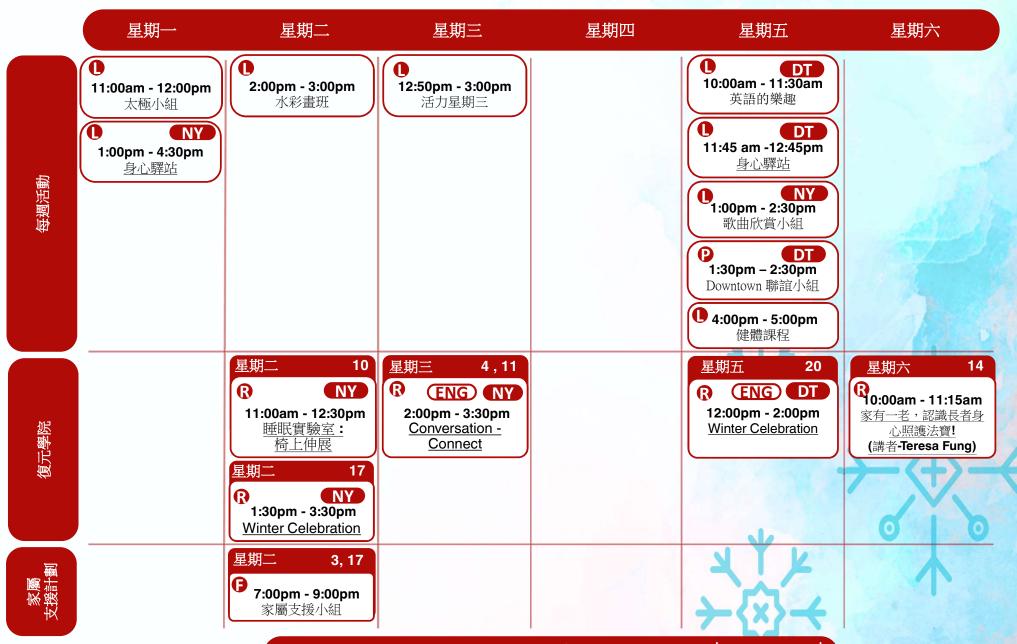
TOTAL TOTAL



www.hongfook.ca 416-493-4242

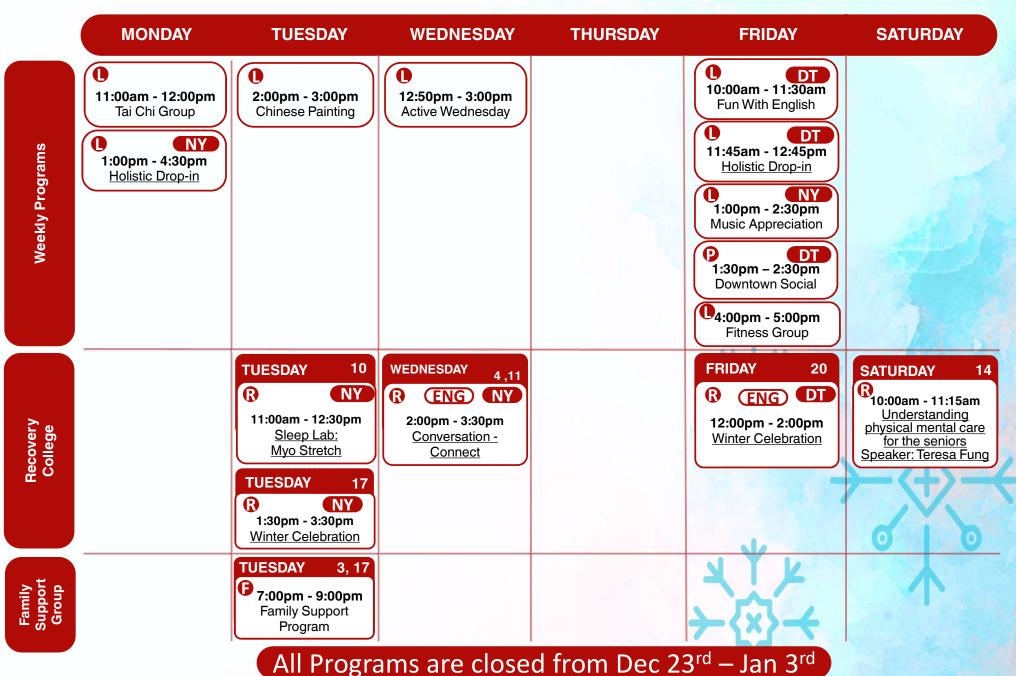


All Programs are closed from Dec 23rd – Jan 3rd

DECEMBER

PROGRAM CALENDAR FOR CANTONESE-SPEAKING COMMUNITY





DECEMBER



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。

Community and Wellness Program To anyone interested in promoting mental wellness. Please call 647-278-5306 to register. Community and Wellness Program To anyone interested in promoting mental wellness. Please call 647-278-5306 Recovery College To anyone regardless of their diagnosis, background and experience. Please call 416-917-8503 to register. Community and Wellness Program ★型用機能可能 ★型用機能可能 ★型用機能可能 ★母母素 人士

- To clients in recovery.
 Please call 647-267-5013 to register.

 休閒俱樂部 適合復元人士 註冊請撥打電話 647-267-5013
- Group Psychotherapy

 To clients with diagnosis (doctor, psychiatrist or social worker referral needed).
 Please call 416-953-4621 to register.

 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)
 注冊請撥打電話 416-953-4621