

2024

DECEMBER

康福心理健康協會
廣東話社區12月活動表



HONG FOOK
MENTAL HEALTH ASSOCIATION

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
11:00am - 12:00pm
太極小組

L **NY**
1:00pm - 4:30pm
身心驛站

L
2:00pm - 3:00pm
水彩畫班

L
12:50pm - 3:00pm
活力星期三

L **DT**
10:00am - 11:30am
英語的樂趣

L **DT**
11:45 am - 12:45pm
身心驛站

L **NY**
1:00pm - 2:30pm
歌曲欣賞小組

P **DT**
1:30pm - 2:30pm
Downtown 聯誼小組

L
4:00pm - 5:00pm
健體課程

復元學院

星期二 10
R **NY**
11:00am - 12:30pm
睡眠實驗室：
椅上伸展

星期三 4, 11
R **ENG** **NY**
2:00pm - 3:30pm
Conversation -
Connect

星期五 20
R **ENG** **DT**
12:00pm - 2:00pm
Winter Celebration

星期六 14
R
10:00am - 11:15am
家有一老，認識長者身
心照護法寶！
(講者-Teresa Fung)

星期二 17
R **NY**
1:30pm - 3:30pm
Winter Celebration

家屬支援計劃

星期二 3, 17
F
7:00pm - 9:00pm
家屬支援小組

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

2024 DECEMBER

**PROGRAM CALENDAR
FOR CANTONESE-
SPEAKING COMMUNITY**



	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 Holistic Drop-in</p>	<p>L 2:00pm - 3:00pm Chinese Painting</p>	<p>L 12:50pm - 3:00pm Active Wednesday</p>		<p>L DT 10:00am - 11:30am Fun With English</p> <p>L DT 11:45am - 12:45pm Holistic Drop-in</p> <p>L NY 1:00pm - 2:30pm Music Appreciation</p> <p>P DT 1:30pm - 2:30pm Downtown Social</p> <p>L 4:00pm - 5:00pm Fitness Group</p>	
Recovery College		<p>TUESDAY 10 R NY 11:00am - 12:30pm Sleep Lab: Myo Stretch</p>	<p>WEDNESDAY 4, 11 R ENG NY 2:00pm - 3:30pm Conversation - Connect</p>		<p>FRIDAY 20 R ENG DT 12:00pm - 2:00pm Winter Celebration</p>	<p>SATURDAY 14 R 10:00am - 11:15am Understanding physical mental care for the seniors Speaker: Teresa Fung</p>
Family Support Group		<p>TUESDAY 3, 17 F 7:00pm - 9:00pm Family Support Program</p>				

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

2024 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。

<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>

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301