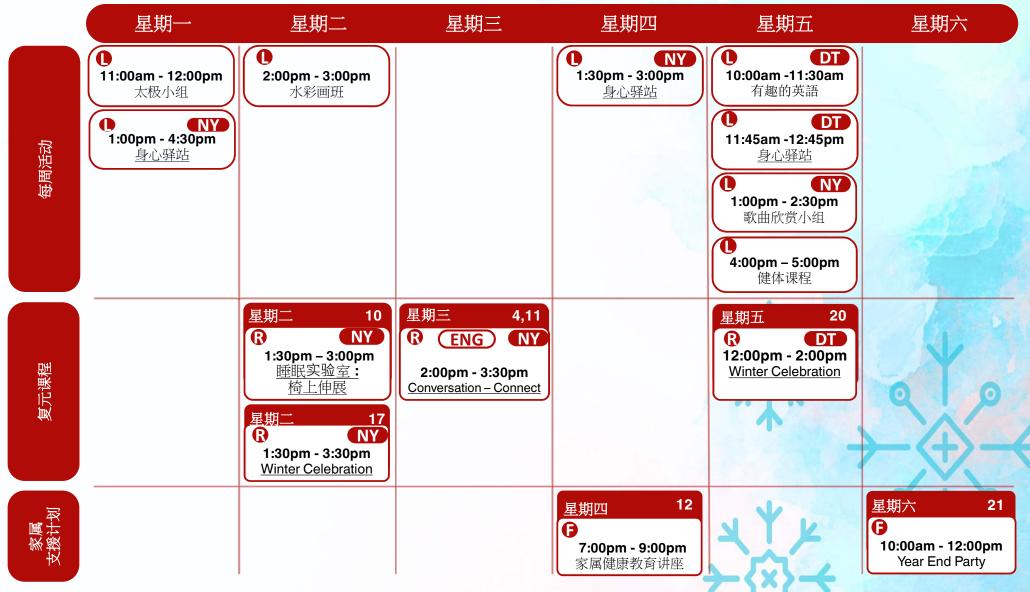
DECEMBER

康福心理健康协会 普通话社区**12**月活动表



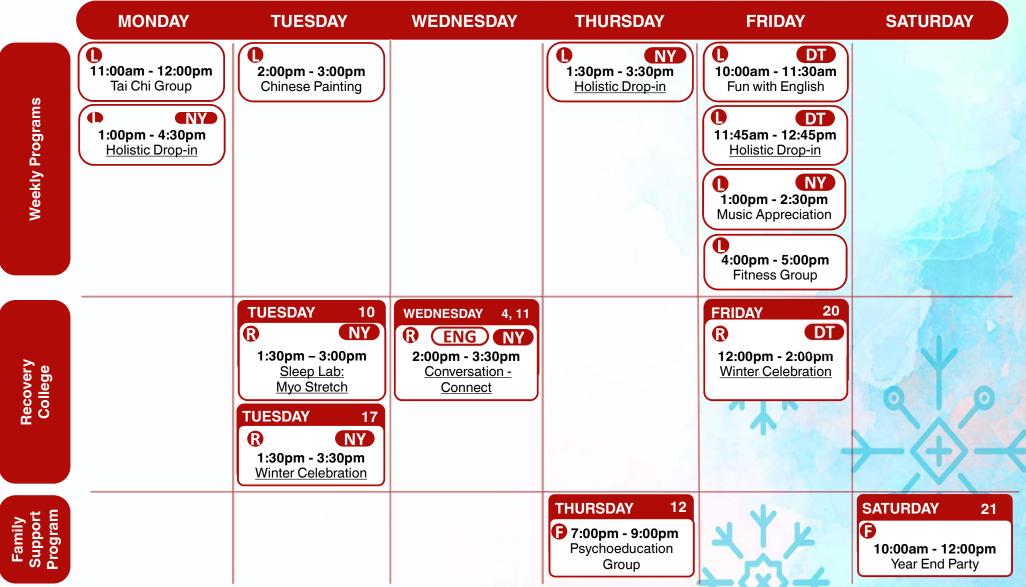


All Programs are closed from Dec 23rd – Jan 3rd

DECEMBER

PROGRAM CALENDAR
FOR MANDARINSPEAKING COMMUNITY





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

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

Community and Wellness Program

To anyone interested in promoting mental wellness. Please call 647-273-0954 to register.

Recovery College

- To anyone regardless of their diagnosis, background and experience. Please call 416-917-8503 to register.
 - Leisure Clubs
- To clients in recovery.
 Please call 647-267-5013 to register.
 - Peer Support Groups
- To peers with lived experience.
 Please call 416-339-0029 to register or email msakal@hongfook.ca
 - Group Psychotherapy
 - To clients with diagnosis (doctor, psychiatrist or social worker referral needed). Please call 416-953-4621 to register.
 - Family Support Groups
 - To caregivers supporting loved ones with diagnosis. Please call 647-261-6477 to register.



www.hongfook.ca 416-439-4242

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。

- **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
- **夏元课程** 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**
- **休闲俱乐部** 适合康复中的人士 注册请拨打电话 **647-267-5013**
- **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**
 - 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
- **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**

407 Huron St. 3rd Floor