

2024

# DECEMBER

康福心理健康协会  
普通话社区12月活动表



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION  
[www.hongfook.ca](http://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

**L** 11:00am - 12:00pm  
太极小组

**L** **NY** 1:00pm - 4:30pm  
身心驿站

**L** 2:00pm - 3:00pm  
水彩画班

**L** **NY** 1:30pm - 3:00pm  
身心驿站

**L** **DT** 10:00am - 11:30am  
有趣的英語

**L** **DT** 11:45am - 12:45pm  
身心驿站

**L** **NY** 1:00pm - 2:30pm  
歌曲欣赏小组

**L** 4:00pm - 5:00pm  
健体课程

复元课程

星期二 10  
**R** **NY** 1:30pm - 3:00pm  
睡眠实验室：  
椅上伸展

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

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

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

家属支援计划

星期四 12  
**F** 7:00pm - 9:00pm  
家属健康教育讲座

星期六 21  
**F** 10:00am - 12:00pm  
Year End Party

All Programs are closed from Dec 23<sup>rd</sup> – Jan 3<sup>rd</sup>

# 2024 DECEMBER

**PROGRAM CALENDAR  
FOR MANDARIN-  
SPEAKING COMMUNITY**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Weekly Programs	<p><b>L</b> 11:00am - 12:00pm Tai Chi Group</p> <p><b>L</b> <b>NY</b> 1:00pm - 4:30pm Holistic Drop-in</p>	<p><b>L</b> 2:00pm - 3:00pm Chinese Painting</p>		<p><b>L</b> <b>NY</b> 1:30pm - 3:30pm Holistic Drop-in</p>	<p><b>L</b> <b>DT</b> 10:00am - 11:30am Fun with English</p> <p><b>L</b> <b>DT</b> 11:45am - 12:45pm Holistic Drop-in</p> <p><b>L</b> <b>NY</b> 1:00pm - 2:30pm Music Appreciation</p> <p><b>L</b> 4:00pm - 5:00pm Fitness Group</p>	
Recovery College		<p><b>TUESDAY</b> 10 <b>R</b> <b>NY</b> 1:30pm - 3:00pm Sleep Lab: Myo Stretch</p>	<p><b>WEDNESDAY</b> 4, 11 <b>R</b> <b>ENG</b> <b>NY</b> 2:00pm - 3:30pm Conversation - Connect</p>		<p><b>FRIDAY</b> 20 <b>R</b> <b>DT</b> 12:00pm - 2:00pm Winter Celebration</p>	
Family Support Program		<p><b>TUESDAY</b> 17 <b>R</b> <b>NY</b> 1:30pm - 3:30pm Winter Celebration</p>		<p><b>THURSDAY</b> 12 <b>F</b> 7:00pm - 9:00pm Psychoeducation Group</p>		<p><b>SATURDAY</b> 21 <b>F</b> 10:00am - 12:00pm Year End Party</p>

All Programs are closed from Dec 23<sup>rd</sup> – Jan 3<sup>rd</sup>

# 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><b>C</b> <b>Community and Wellness Program</b> <i>To anyone interested in promoting mental wellness.</i> Please call 647-273-0954 to register.</p>	<p><b>C</b> <b>社区及身心健康活动</b> 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 <b>647-273-0954</b></p>
<p><b>R</b> <b>Recovery College</b> <i>To anyone regardless of their diagnosis, background and experience.</i> Please call 416-917-8503 to register.</p>	<p><b>R</b> <b>复元课程</b> 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 <b>416-917-8503</b></p>
<p><b>L</b> <b>Leisure Clubs</b> <i>To clients in recovery.</i> Please call 647-267-5013 to register.</p>	<p><b>L</b> <b>休闲俱乐部</b> 适合康复中的人士 注册请拨打电话 <b>647-267-5013</b></p>
<p><b>P</b> <b>Peer Support Groups</b> <i>To peers with lived experience.</i> Please call 416-339-0029 to register or email <a href="mailto:msakal@hongfook.ca">msakal@hongfook.ca</a></p>	<p><b>P</b> <b>朋辈支援小组</b> 适合有过心理疾病或遭遇的人士 注册请拨打电话 <b>416-339-0029</b></p>
<p><b>G</b> <b>Group Psychotherapy</b> <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> Please call 416-953-4621 to register.</p>	<p><b>G</b> <b>小组心理治疗</b> 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 <b>416-953-4621</b></p>
<p><b>F</b> <b>Family Support Groups</b> <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-261-6477 to register.</p>	<p><b>F</b> <b>家庭支持小组</b> 适合负责照料患病亲人的照顾者 注册请拨打电话 <b>647-261-6477</b></p>