

	星期一	星期二	星期三	星期四	星期五	星期六
每週活動	<p><b>P</b> <b>NY</b> 10:00am - 12:00pm 男人的天空</p> <p><b>L</b> 11:00am - 12:00pm 太極小組</p> <p><b>L</b> <b>NY</b> 1:00pm - 4:00pm 身心驛站</p>	<p><b>L</b> 2:00pm - 3:00pm 水彩畫班</p>	<p><b>L</b> 12:50pm - 3:00pm 活力星期三</p> <p><b>L</b> <b>NY</b> 12:30pm - 1:30pm 針線樂園 (1月22)</p>	<p><b>P</b> 2:00pm - 3:00pm 朋輩支援小組</p> <p><b>P</b> <b>ENG</b> 4:00pm - 5:00pm 朋輩支援小組</p>	<p><b>L</b> <b>DT</b> 10:00am - 11:30am 英語的樂趣</p> <p><b>L</b> <b>DT</b> 11:45am - 12:45pm 身心驛站</p> <p><b>L</b> <b>NY</b> 1:00pm - 2:30pm 歌曲欣賞小組</p> <p><b>P</b> <b>DT</b> 1:30pm - 2:30pm Downtown 聯誼小組</p> <p><b>L</b> 4:00pm - 5:00pm 健體課程</p>	
復元學院		<p>星期二 28</p> <p><b>R</b> <b>ENG</b> Time/Place TBD New Year Celebration</p>				<p>星期六 11</p> <p><b>R</b> 10:00am - 11:30am 如何面對冬天情緒 低落 講者：阮翠儀</p>
家屬支援計劃		<p>星期二 7, 21</p> <p><b>F</b> 7:00pm - 9:00pm 家屬支援小組</p>				
小組心理治療			<p>星期三 15, 22</p> <p><b>G</b> <b>NY</b> 10:00am - 12:00pm 綜合知行治療小組 (A)</p> <p>星期三 15, 22</p> <p><b>G</b> <b>NY</b> 1:30pm - 3:30pm 綜合知行治療小組 (B)</p>			

# JANUARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Weekly Programs</b>	<p><b>P</b> <b>NY</b> 10:00am - 12:00pm Men's Sky</p> <p><b>L</b> 11:00am - 12:00pm Tai Chi Group</p> <p><b>L</b> <b>NY</b> 1:00pm - 4:00pm Holistic Drop-in</p>	<p><b>L</b> 2:00pm - 3:00pm Chinese Painting</p>	<p><b>L</b> 12:50pm - 3:00pm Active Wednesday</p> <p><b>L</b> <b>NY</b> 12:30pm - 1:30pm Sewing Club (Jan 22)</p>	<p><b>P</b> 2:00pm - 3:00pm Cantonese Peer Support Group</p> <p><b>P</b> <b>ENG</b> 4:00pm - 5:00pm Peer Support Group</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>P</b> <b>DT</b> 1:30pm - 2:30pm Downtown Social</p> <p><b>L</b> 4:00pm - 5:00pm Fitness Group</p>	
<b>Recovery College</b>		<p><b>TUESDAY 28</b> <b>R</b> <b>ENG</b> Time/Place TBD New Year Celebration</p>				<p><b>SATURDAY 11</b> <b>R</b> 10:00am - 11:30am Winter Blue Speaker: Tweety Yuen</p>
<b>Family Support Group</b>		<p><b>TUESDAY 7, 21</b> <b>F</b> 7:00pm - 9:00pm Family Support Program</p>				
<b>Group Psychotherapy</b>			<p><b>WEDNESDAY 15, 22</b> <b>G</b> <b>NY</b> 10:00am - 12:00pm IBGT (A) - Mood/Anxiety</p> <p><b>WEDNESDAY 15, 22</b> <b>G</b> <b>NY</b> 1:30pm - 3:30pm IBGT (B) - Mood/Anxiety</p>			

# 2025 JANUARY



**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><b>C</b> <b>Community and Wellness Program</b> <i>To anyone interested in promoting mental wellness.</i> Please call 647-278-5306 to register.</p>	<p><b>C</b> 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><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> 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><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> 休閒俱樂部 適合復元人士 註冊請撥打電話 647-267-5013</p>
<p><b>P</b> <b>Peer Support Groups</b> <i>To peers with lived experience.</i> Please call 647-339-0029 to register or email msakal@hongfook.ca</p>	<p><b>P</b> 朋輩支援小組 適合復元人士 註冊請撥打電話 647-339-0029</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> 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><b>F</b> <b>Family Support Groups</b> <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-921-9523 to register.</p>	<p><b>F</b> 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. 3<sup>rd</sup> Floor

**MK** 3621 Highway 7 East, Suite 301