



星期一

星期二

星期三

星期四

星期五

星期六

每周活动

家属
支援计划

小组心理治疗

L
11:00am - 12:00pm
太极小组

L **NY**
1:00pm - 4:00pm
身心驿站

L **Hybrid: MK**
11:00am - 12:00pm
肌筋膜伸展运动

L
2:00pm - 3:00pm
水彩画班

L **NY**
1:30pm - 3:30pm
玩乐暖寒冬
(2月19日)

L **NY**
12:30pm - 1:30pm
针线乐园
(2月26日)

L **NY**
1:30pm - 3:00pm
身心驿站

P **ENG**
4:00pm - 5:00pm
朋辈支援小组

L **DT**
10:00am - 11:30am
有趣的英语

L **DT**
11:45am - 12:45pm
身心驿站

L **NY**
1:00pm - 2:30pm
歌曲欣赏小组

P
3:30pm - 4:30pm
普通话朋辈支援小组

L
4:00pm - 5:00pm
健体课程

星期四 13
F
7:00pm - 9:00pm
家属健康教育讲座

星期六 22
F
10:00am - 12:00pm
公园郊游

星期二 4, 11, 18, 25
G
12:30pm - 2:30pm
康复之旅小组

星期四 6, 13, 20, 27
G
10:00am - 12:00pm
综合知行治疗小组

2025

FEBRUARY

PROGRAM CALENDAR
FOR MANDARIN-
SPEAKING COMMUNITY



HONG FOOK
MENTAL HEALTH ASSOCIATION
www.hongfook.ca 416-439-4242

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Programs

L
11:00am - 12:00pm
Tai Chi Group

L **Hybrid: MK**
11:00am - 12:00pm
Chair Myo Stretch

L **NY**
1:30pm - 3:30pm
Fun Day
(Feb 19)

L **NY**
1:30pm - 3:30pm
Holistic Drop-in

L **DT**
10:00am - 11:30am
Fun with English

L **NY**
1:00pm - 4:30pm
Holistic Drop-in

L
2:00pm - 3:00pm
Chinese Painting

L **NY**
12:30pm - 1:30pm
Sewing Club
(Feb 26)

P **ENG**
4:00pm - 5:00pm
Peer Support Group

L **DT**
11:45am - 12:45pm
Holistic Drop-in

L **NY**
1:00pm - 2:30pm
Music Appreciation

P
3:30pm - 4:30pm
Mandarin Peer
Support Group

L
4:00pm - 5:00pm
Fitness Group

Family
Support
Program

THURSDAY 13
F 7:00pm - 9:00pm
Psychoeducation
Group

SATURDAY 22
F 10:00am - 12:00pm
Monthly Outing to Park

Group
Psychotherapy

TUESDAY
4, 11, 18, 25
G 12:30pm - 2:30pm
Journey to Healing
Group

THURSDAY
6, 13, 20, 27
G
10:00am - 12:00pm
IBGT- Mood/Anxiety

2025 FEBRUARY



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>C Community and Wellness Program <i>To anyone interested in promoting mental wellness.</i> Please call 647-273-0954 to register.</p>	<p>C 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</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 复元课程 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</p>
<p>L Leisure Clubs <i>To clients in recovery.</i> Please call 647-267-5013 to register.</p>	<p>L 休闲俱乐部 适合康复中的人士 注册请拨打电话 647-267-5013</p>
<p>P Peer Support Groups <i>To peers with lived experience.</i> Please call 416-339-0029 to register or email msakal@hongfook.ca</p>	<p>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</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</p>
<p>F Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-261-6477 to register.</p>	<p>F 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</p>

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301