

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

L **NY**
12:30pm - 1:30pm
针线乐园
(1月22日)

L **NY**
1:30pm - 3:00pm
身心驿站

L **DT**
10:00am - 11:30am
有趣的英语

L **NY**
1:00pm - 4:00pm
身心驿站

L
2:00pm - 3:00pm
水彩画班

P **ENG**
4:00pm - 5:00pm
朋辈支援小组

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

复元课程

星期二 28
R **ENG**
Time/Place TBD
New Year Celebration

家属支援计划

星期四 9
F
7:00pm - 9:00pm
家属健康教育讲座

小组心理治疗

星期二 21
G
12:30pm - 2:30pm
康复之旅小组

星期四 16, 23
G
10:00am - 12:00pm
综合知行治疗小组

JANUARY



	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 Hybrid: MK 11:00am - 12:00pm Chair Myo Stretch</p> <p>L 2:00pm - 3:00pm Chinese Painting</p>	<p>L NY 12:30pm - 1:30pm Sewing Club (Jan 22)</p>	<p>L NY 1:30pm - 3:30pm Holistic Drop-in</p> <p>P ENG 4:00pm - 5:00pm Peer Support Group</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 3:30pm - 4:30pm Mandarin Peer Support Group</p> <p>L 4:00pm - 5:00pm Fitness Group</p>	
	Recovery College		<p>TUESDAY 28</p> <p>R ENG Time/Place TBD New Year Celebration</p>			
Family Support Program				<p>THURSDAY 9</p> <p>F 7:00pm - 9:00pm Psychoeducation Group</p>		
Group Psychotherapy		<p>TUESDAY 21</p> <p>G 12:30pm - 2:30pm Journey to Healing</p>		<p>THURSDAY 16, 23</p> <p>G 10:00am - 12:00pm IBGT- 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>