

2025 MARCH

康福心理健康協會
廣東話社區 3月活動表

	星期一	星期二	星期三	星期四	星期五	星期六
身心驛站	<p>NY 1:30pm - 4:00pm 身心驛站</p>	<p>NY 1:30pm - 4:00pm 身心驛站</p>		<p>DT 10:30am - 12:00pm 身心驛站</p> <p>NY 1:30pm - 3:00pm 身心驛站</p>	<p>DT 11:45am - 12:45pm 身心驛站</p>	
復元學院活動	<p>ZOOM 11:00am - 12:00pm 太極小組</p> <p>NY 10:00am - 12:00pm 男人的天空 (3月10, 24日)</p>	<p>ZOOM 2:00pm - 3:00pm 水彩畫班</p> <p>ZOOM 10:00am - 11:00am Mood Walks 簡介會 (3月18日)</p> <p>ENG NY 1:30pm - 3:00pm Cross Community: Spring into your senses (3月25日)</p>	<p>ZOOM 12:50pm - 3:00pm 活力星期三</p> <p>ZOOM 10:30am - 12:00pm 烹飪班 (3月5, 12日)</p> <p>ZOOM 10:00am - 11:00am 靜觀園藝簡介會 (3月19日)</p> <p>ZOOM 12:30pm - 1:30pm 針線樂園 (3月26日)</p>	<p>ZOOM 2:00pm - 3:00pm 朋輩支援小組</p> <p>ENG ZOOM 4:00pm - 5:00pm 朋輩支援小組</p>	<p>DT 10:00am - 11:30am 英語的樂趣</p> <p>NY 1:00pm - 2:30pm 歌曲欣賞小組</p> <p>DT 1:30pm - 2:30pm Downtown 聯誼小組</p> <p>ZOOM 4:00pm - 5:00pm 健體課程</p>	<p>星期六 1</p> <p>ZOOM 10:00am - 11:30am 接受與承諾治療和心 理健康 講者:馮溥倫精神科醫生</p>
家屬支援計劃		<p>星期二 17</p> <p>ZOOM 7:00pm - 9:00pm 家屬支援小組</p>				<p>星期六 1</p> <p>NY 10:30 am - 12:30pm 家屬支援小組</p>
小組心理治療			<p>星期三 5, 12, 19, 26</p> <p>NY 10:00am - 12:00pm 綜合知行治療小組 (A)</p> <p>星期三 5, 12, 19, 26</p> <p>NY 1:30pm - 3:30pm 綜合知行治療小組 (B)</p>			

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**PROGRAM CALENDAR
FOR CANTONESE-
SPEAKING COMMUNITY**



HONG FOOK
MENTAL HEALTH ASSOCIATION

www.hongfook.ca 416-493-4242

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In	<p>NY 1:30pm - 4:00pm Holistic Drop-in</p>	<p>NY 1:30pm - 4:00pm Holistic Drop-in</p>		<p>DT 10:30am - 12:00pm Holistic Drop-in</p> <p>NY 1:30pm - 3:00pm Holistic Drop-in</p>	<p>DT 11:45am - 12:45pm Holistic Drop-in</p>	
Recovery College Programs	<p>ZOOM 11:00am - 12:00pm Tai Chi Group</p>	<p>ZOOM 2:00pm - 3:00pm Chinese Painting</p>	<p>ZOOM 12:50pm - 3:00pm Active Wednesday</p>	<p>ZOOM 2:00pm - 3:00pm Cantonese Peer Support Group</p>	<p>DT 10:00am - 11:30am Fun With English</p>	<p>SATURDAY 1 ZOOM 10:00am - 11:30am Acceptance and Commitment Therapy & Mental Health Speaker: Dr. Kenneth Fung</p>
	<p>NY 10:00am - 12:00pm Men's Sky (Mar. 10, 24)</p>	<p>ZOOM 10:00am - 11:00am Mood Walks Information session (Mar. 18)</p>	<p>ZOOM 10:30am - 12:00pm Cooking Class (Mar. 5, 12)</p>	<p>ENG ZOOM 4:00pm - 5:00pm Peer Support Group</p>	<p>NY 1:00pm - 2:30pm Music Appreciation</p>	
		<p>ENG NY 1:30pm - 3:00pm Cross Community: Spring into your Senses (Mar. 25)</p>	<p>ZOOM 10:00am - 11:00am Mindful Gardening Info Session (Mar. 19)</p> <p>NY 12:30pm - 1:30pm Sewing Club (Mar. 26)</p>		<p>DT 1:30pm - 2:30pm Downtown Social</p> <p>ZOOM 4:00pm - 5:00pm Fitness Group</p>	
Family Support Group		<p>TUESDAY 18 ZOOM 7:00pm - 9:00pm Family Support Program</p>				<p>SATURDAY 1 NY 10:30am - 12:30pm Family Support Program</p>
Group Psychotherapy			<p>WEDNESDAY 5, 12, 19, 26 NY 10:00am - 12:00pm IBGT (A) - Mood/Anxiety</p>			
			<p>WEDNESDAY 5, 12, 19, 26 NY 1:30pm - 3:30pm IBGT (B) - Mood/Anxiety</p>			

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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.

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。

Drop-In <i>To clients in recovery.</i> Please call 647-267-5013 to register.	身心驛站 適合復元人士 註冊請撥打電話 647-267-5013
Recovery College Programs <i>To anyone regardless of their diagnosis, background and experience.</i> Please call 647-267-5013 to register.	復元學院活動 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 647-267-5013
Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-921-9523 to register.	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
Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> Please call 416-953-4621 to register.	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

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301