

2025

# MARCH

康福心理健康协会  
普通话社区3月活动表



星期一

星期二

星期三

星期四

星期五

星期六

身心驿站

NY

1:30pm - 4:00pm  
身心驿站

NY

1:30pm - 4:00pm  
身心驿站

DT

10:30am - 12:00pm  
身心驿站

DT

11:45am - 12:45pm  
身心驿站

NY

1:30pm - 3:00pm  
身心驿站

复元学院活动

ZOOM

11:00am - 12:00pm  
太极小组

MK/ZOOM

11:00am - 12:00pm  
肌筋膜伸展运动

ZOOM

10:00am - 11:00am  
正念园艺简介会  
(3月19日)

ENG

ZOOM

4:00pm - 5:00pm  
朋辈支援小组

DT

10:00am - 11:30am  
有趣的英语

ZOOM

2:00pm - 3:00pm  
水彩画班

NY

12:30pm - 1:30pm  
针线乐园  
(3月26日)

NY

1:00pm - 2:30pm  
歌曲欣赏小组

ZOOM

10:00am - 11:00am  
Mood Walks 简介会  
(3月18日)

ZOOM

3:30pm - 4:30pm  
普通话朋辈支援小组

ENG

NY

1:30pm - 3:00pm  
Cross Community:  
Spring into your  
Senses  
(3月25日)

ZOOM

4:00pm - 5:00pm  
健体课程

家属支援计划

星期四

13

ZOOM

7:00pm - 9:00pm  
家属健康教育讲座

星期六

22

10:00am - 12:00pm  
公园郊游

小组心理治疗

星期二 4, 11, 18, 25

ZOOM

12:30pm - 2:30pm  
康复之旅小组

星期四

6, 13, 20, 27

ZOOM

10:00am - 12:00pm  
综合知行治疗小组

2025

# MARCH

**PROGRAM CALENDAR  
FOR MANDARIN-  
SPEAKING COMMUNITY**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In	<p><b>NY</b> 1:30pm - 4:00pm Holistic Drop-in</p>	<p><b>NY</b> 1:30pm - 4:00pm Holistic Drop-in</p>		<p><b>DT</b> 10:30am - 12:00pm Holistic Drop-in</p> <p><b>NY</b> 1:30pm - 3:30pm Holistic Drop-in</p>	<p><b>DT</b> 11:45am - 12:45pm Holistic Drop-in</p>	
Recovery College Programs	<p><b>ZOOM</b> 11:00am - 12:00pm Tai Chi Group</p>	<p><b>MK/ZOOM</b> 11:00am - 12:00pm Chair Myo Stretch</p> <p><b>ZOOM</b> 2:00pm - 3:00pm Chinese Painting</p> <p><b>ZOOM</b> 10:00am - 11:00am Mood Walks Information Session (Mar. 18)</p> <p><b>ENG NY</b> 1:30pm - 3:00pm Cross Community: Spring into your Senses (Mar. 25)</p>	<p><b>ZOOM</b> 10:00am - 11:00am Mindful Gardening Info Session (Mar. 19)</p> <p><b>NY</b> 12:30pm - 1:30pm Sewing Club (Mar. 26)</p>	<p><b>ENG ZOOM</b> 4:00pm - 5:00pm Peer Support Group</p>	<p><b>DT</b> 10:00am - 11:30am Fun with English</p> <p><b>NY</b> 1:00pm - 2:30pm Music Appreciation</p> <p><b>ZOOM</b> 3:30pm - 4:30pm Mandarin Peer Support Group</p> <p><b>ZOOM</b> 4:00pm - 5:00pm Fitness Group</p>	
Family Support Program				<p><b>THURSDAY 13</b> <b>ZOOM</b> 7:00pm - 9:00pm Psychoeducation Group</p>		<p><b>SATURDAY 22</b> 10:00am - 12:00pm Monthly Outing to Park</p>
Group Psychotherapy		<p><b>TUESDAY</b> 4, 11, 18, 25 <b>ZOOM</b> 12:30pm - 2:30pm Journey to Healing</p>		<p><b>THURSDAY</b> 6, 13, 20, 27 <b>ZOOM</b> 10:00am - 12:00pm IBGT- Mood/Anxiety</p>		

# 2025 MARCH



**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 Mandarin, except those specified with **ENG** are cross-cultural programs delivered in English.

Please find program description and eligibilities below.

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。

## Drop-In

*To clients in recovery.*

Please call **647-267-5013** to register.

**身心驿站** 适合康复中的人士

注册请拨打电话 **647-267-5013**

## Recovery College

*To anyone regardless of their diagnosis, background and experience.*

Please call **647-267-5013** to register.

**复元学院活动** 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 **647-267-5013**

## Family Support Groups

*To caregivers supporting loved ones with diagnosis.*

Please call **647-261-6477** to register.

**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**

## Group Psychotherapy

*To clients with diagnosis (doctor, psychiatrist or social worker referral needed).*

Please call **416-953-4621** to register.

**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**

**NY** 1751 Sheppard Ave. E G/F

**DT** 407 Huron St. 3<sup>rd</sup> Floor

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