

# Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

# 2025 APRIL

康福心理健康協會  
廣東話社區 4月活動表



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION

[www.hongfook.ca](http://www.hongfook.ca) 416-493-4242

星期一

星期二

星期三

星期四

星期五

星期六

身心驛站

**ENG NY**

**Mindful Monday**  
1:30pm - 4:00pm  
Knitting and  
crochet

**ENG NY**

**Together Tuesday**  
1:30pm - 4:00pm  
Arts and crafts and  
board games for  
everyone!

**ENG DT**  
**Thankful Thursday**

10:30am - 12:00pm  
Music  
1:30pm-4:00pm  
Dance!

**ENG DT**

**Friendship Friday**  
11:30am - 12:30pm  
Ping pong and  
karaoke for  
everyone

復元學院活動

**ZOOM**

11:00am - 12:00pm  
太極小組

**ZOOM**

10:30pm - 12:00pm  
烹飪班  
(4月8, 15日)

**ZOOM**

12:50pm - 3:00pm  
活力星期三

**ZOOM**

2:00pm - 3:00pm  
朋輩支援小組

**DT**

10:00am - 11:15am  
英語的樂趣

**NY**

10:00am - 12:00pm  
男人的天空  
(4月7, 14日)

**ZOOM**

2:00pm - 3:00pm  
水彩畫班

**ENG**

2330 MIDLAND AVE

10:00am - 11:00am  
靜觀園藝  
(4月9, 23日)

**ENG ZOOM**

4:00pm - 5:00pm  
朋輩支援小組

**NY**

1:00pm - 2:30pm  
歌曲欣賞小組

**ENG**

10:00am - 12:00pm  
Mood Walks  
(4月28日)

**ZOOM**

12:30pm - 1:30pm  
針線樂園  
(4月23日)

**DT**

1:30pm - 2:30pm  
Downtown 聯誼小組

**ENG DT**

1:30pm - 3:00pm  
Cross Community:  
Cambodian New  
Year Celebration  
(4月25日)

**ZOOM**

4:00pm - 5:00pm  
健體課程

家屬  
支援計劃

**ZOOM**

7:00pm - 9:00pm  
家屬支援小組  
(4月15日)

**NY**

10:30 am - 12:30pm  
家屬支援小組  
(4月5日)

小組心理治療

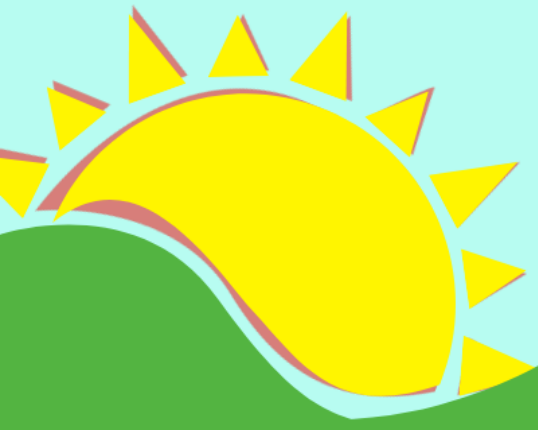
**ZOOM**

10:00am - 12:00pm  
綜合知行治療小組 (A)  
(4月2, 9, 16日)

**ZOOM**

1:30pm - 3:30pm  
綜合知行治療小組 (B)  
(4月2, 9, 16日)





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2025 **APRIL**

**PROGRAM CALENDAR  
FOR CANTONESE-  
SPEAKING COMMUNITY**



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In	<p><b>ENG NY</b></p> <p><b>Mindful Monday</b> 1:30pm - 4:00pm Knitting and crochet</p>	<p><b>ENG NY</b></p> <p><b>Together Tuesday</b> 1:30pm - 4:00pm Arts and crafts and board games for everyone!</p>		<p><b>ENG DT</b></p> <p><b>Thankful Thursday</b> 10:30am - 12:00pm Music 1:30pm-4:00pm Dance!</p>	<p><b>ENG DT</b></p> <p><b>Friendship Friday</b> 11:30am - 12:30pm Ping pong and karaoke for everyone</p>	
Recovery College Programs	<p><b>ZOOM</b></p> <p>11:00am - 12:00pm Tai Chi Group</p>	<p><b>ZOOM</b></p> <p>10:30pm - 12pm Cooking Class (Apr. 8 &amp; 15)</p>	<p><b>ZOOM</b></p> <p>12:50pm - 3:00pm Active Wednesday</p>	<p><b>ZOOM</b></p> <p>2:00pm - 3:00pm Cantonese Peer Support Group</p>	<p><b>DT</b></p> <p>10:00am - 11:15am Fun With English</p>	
	<p><b>NY</b></p> <p>10:00am - 12:00pm Men's Sky (Apr. 7, 14)</p>	<p><b>ZOOM</b></p> <p>2:00pm - 3:00pm Chinese Painting</p>	<p><b>ENG</b></p> <p>2330 MIDLAND AVE</p> <p>10:00am - 12:00pm Mindful Gardening (Apr 9, 23)</p>	<p><b>ENG ZOOM</b></p> <p>4:00pm - 5:00pm Peer Support Group</p>	<p><b>NY</b></p> <p>1:00pm - 2:30pm Music Appreciation</p>	
	<p><b>ENG</b></p> <p>10:00am - 12:00pm Mood Walks (Apr. 28)</p>		<p><b>NY</b></p> <p>12:30pm - 1:30pm Sewing Club (Apr. 23)</p>		<p><b>DT</b></p> <p>1:30pm - 2:30pm Downtown Social</p>	<p><b>ENG DT</b></p> <p>1:30pm - 3:00pm Cross Community: Cambodian New Year Celebration (Apr 25)</p>
Family Support Group		<p><b>ZOOM</b></p> <p>7:00pm - 9:00pm Family Support Program (Apr. 15)</p>				<p><b>NY</b></p> <p>10:30am -12:30pm Family Support Program (Apr. 5)</p>
Group Psychotherapy			<p><b>ZOOM</b></p> <p>10:00am - 12:00pm IBGT (A) - Mood/Anxiety (Apr. 2, 9, 16)</p>			
			<p><b>ZOOM</b></p> <p>1:30pm - 3:30pm IBGT (B) - Mood/Anxiety (Apr. 2, 9, 16)</p>			





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# 2025 APRIL



**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

*To clients in recovery.*

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

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

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

*To caregivers supporting loved ones with diagnosis.*

Please call **647-267-5013** 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 **647-267-5013**

### Group Psychotherapy

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

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. 3<sup>rd</sup> Floor

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