



Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

2025

APRIL

康福心理健康协会
普通话社区4月活动表



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

星期一

星期二

星期三

星期四

星期五

星期六

身心驿站

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

Thankful Thursday
DT
10:30am - 12:00pm
Music
NY
1:30pm-4:00pm
Dance!

ENG DT

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

ZOOM

11:00am - 12:00pm
太极小组

ZOOM

2:00pm - 3:00pm
水彩画班

ENG

2330 MIDLAND AVE

10:00am - 12:00pm
正念园艺
(4月9, 23)

ENG ZOOM

4:00pm - 5:00pm
朋辈支援小组

DT

10:00am - 11:15am
有趣的英語

ENG

10:00am - 12:00pm
Mood Walks
(4月28日)

NY

12:30pm - 1:30pm
针线乐园
(4月23日)

NY

1:00pm - 2:30pm
歌曲欣赏小组

ENG DT

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

ZOOM

3:30pm - 4:30pm
普通话朋辈支援小组

ZOOM

4:00pm - 5:00pm
健体课程

复元学院活动

家属
支援计划

ZOOM

7:00pm - 9:00pm
家属健康教育讲座
(4月10日)

10:00am - 12:00pm
公园郊游
(4月26日)

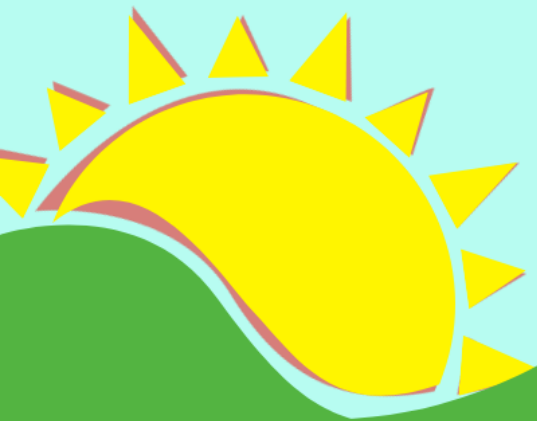
小组心理治疗

ZOOM

12:30pm - 2:30pm
康復之旅小组
(4月8, 15日)

ZOOM

10:00am - 12:00pm
綜合知行治療小组
(4月10, 17日)



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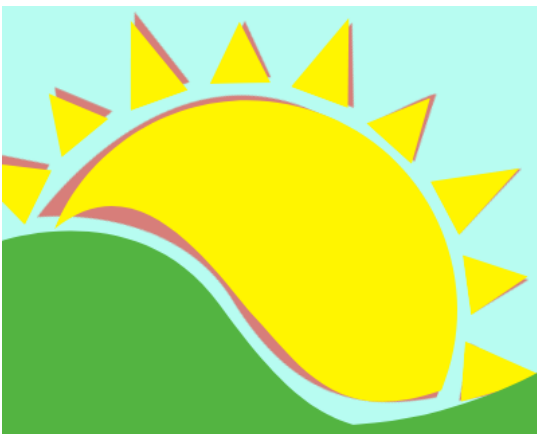
APRIL

**PROGRAM CALENDAR
FOR MANDARIN-
SPEAKING COMMUNITY**



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In	<p>ENG NY</p> <p>Mindful Monday 1:30pm - 4:00pm Knitting and crochet</p>	<p>ENG NY</p> <p>Together Tuesday 1:30pm - 4:00pm Arts and crafts and board games for everyone!</p>		<p>ENG DT</p> <p>Thankful Thursday 10:30am - 12:00pm Music</p> <p>NY</p> <p>1:30pm-4:00pm Dance!</p>	<p>ENG DT</p> <p>Friendship Friday 11:30am - 12:30pm Ping pong and karaoke for everyone</p>	
Recovery College Programs	<p>ZOOM</p> <p>11:00am - 12:00pm Tai Chi Group</p>	<p>ZOOM</p> <p>2:00pm - 3:00pm Chinese Painting</p>	<p>ENG</p> <p>2330 MIDLAND AVE</p> <p>10:00am - 12:00pm Mindful Gardening (Apr. 9, 24)</p>	<p>ENG ZOOM</p> <p>4:00pm - 5:00pm Peer Support Group</p>	<p>DT</p> <p>10:00am - 11:15am Fun with English</p>	
	<p>ENG</p> <p>10:00am - 11:00am Mood Walks (Apr. 28)</p>		<p>NY</p> <p>12:30pm - 1:30pm Sewing Club (Apr. 23)</p>		<p>NY</p> <p>1:00pm - 2:30pm Music Appreciation</p>	<p>ENG DT</p> <p>1:30pm - 3:00pm Cross Community: Cambodian New Year Celebration (Apr 25)</p>
Family Support Program					<p>ZOOM</p> <p>3:30pm - 4:30pm Mandarin Peer Support Group</p>	
				<p>ZOOM</p> <p>7:00pm - 9:00pm Psychoeducation Group (Apr. 10)</p>	<p>ZOOM</p> <p>4:00pm - 5:00pm Fitness Group</p>	<p>10:00am - 12:00pm Monthly Outing to Park (Apr. 26)</p>
Group Psychotherapy		<p>ZOOM</p> <p>12:30pm - 2:30pm Journey to Healing (Apr. 8, 15)</p>		<p>ZOOM</p> <p>10:00am - 12:00pm IBGT- Mood/Anxiety (Apr. 10, 17)</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 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。

<p>Drop-In <i>To clients in recovery.</i> Please call 647-267-5013 to register.</p>	<p>身心驿站 适合康复中的人士 注册请拨打电话 647-267-5013</p>
<p>Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> Please call 647-267-5013 to register.</p>	<p>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</p>
<p>Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-261-6477 to register.</p>	<p>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>
<p>Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> Please call 416-953-4621 to register.</p>	<p>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>

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301