

Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

2025 MAY

康福心理健康協會
廣東話社區 5月活動表



HONG FOOK
MENTAL HEALTH ASSOCIATION

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

Thankful Thursday
DT
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

NY

10:30am - 1:00pm
烹飪班
(5月20日)

ZOOM

12:50pm - 3:00pm
活力星期三

ZOOM

1:00pm - 2:00pm
輕輕鬆鬆一個鐘
(5月8, 29日)

DT

10:00am - 11:15am
英語的樂趣

ZOOM

10:00am - 11:30am
聽力損失和心理健康
講者 Ms.Cherish Ho
(5月3日)

ENG

10:00am - 12:00pm
Mood Walks
(5月5, 12, 26日)

ZOOM

2:00pm - 3:00pm
水彩畫班

ENG

2330 MIDLAND AVE
10:00am - 11:00am
靜觀園藝

ZOOM

2:00pm - 3:00pm
朋輩支援小組

NY

1:00pm - 2:30pm
歌曲欣賞小組

DT

1:00pm - 2:00pm
Downtown 聯誼小組

ZOOM

12:30pm - 1:30pm
針線樂園
(5月28日)

ZOOM

4:00pm - 5:00pm
朋輩支援小組

ZOOM

4:00pm - 5:00pm
健體課程

NY

1:00pm - 3:00pm
輝黃歌曲導賞遊
(5月21日)

家屬支援計劃

ZOOM

7:00pm - 9:00pm
家屬支援小組
(5月20日)

NY

10:00 am - 12:00pm
家屬支援小組
(5月3日)

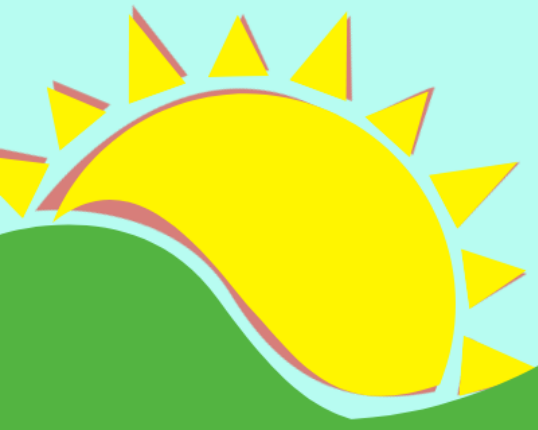
小組心理治療

VIRTUAL

10:00am - 12:00pm
康復之旅小組
(5月28日)

VIRTUAL

1:30pm - 3:30pm
綜合知行治療小組
(5月14, 21, 28日)



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2025 **MAY**

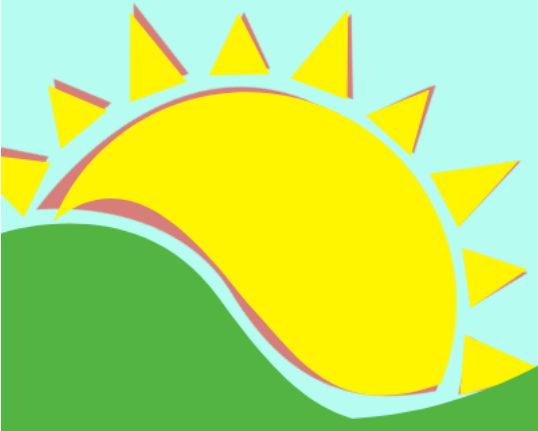
**PROGRAM CALENDAR
FOR CANTONESE-
SPEAKING COMMUNITY**



HONG FOOK
MENTAL HEALTH ASSOCIATION

www.hongfook.ca 416-493-4242

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--|---|--|--|---|---|
| Drop-In | <p>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 NY</p> <p>Thankful Thursday 10:30am - 12:00pm Music 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>NY</p> <p>10:30am - 1:00pm <u>Cooking Class</u> (May 20)</p> | <p>ZOOM</p> <p>12:50pm - 3:00pm Active Wednesday</p> | <p>ZOOM</p> <p>1:00pm - 2:00pm <u>Take it easy for an hour</u> (May 8 & 29)</p> | <p>DT</p> <p>10:00am - 11:15am Fun With English</p> | <p>ZOOM</p> <p>10:00am 11:30am <u>Hearing Loss and Mental Health</u> Speaker: <u>Ms.Cherish Ho</u> (May 3)</p> |
| | <p>ENG</p> <p>10:00am - 12:00pm <u>Mood Walks</u> (May 5, 12, 26)</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 <u>Mindful Gardening</u></p> | <p>ZOOM</p> <p>2:00pm - 3:00pm <u>Cantonese Peer Support Group</u></p> | <p>NY</p> <p>1:00pm - 2:30pm Music Appreciation</p> | |
| | | | <p>NY</p> <p>12:30pm - 1:30pm Sewing Club (May 28)</p> | <p>ZOOM</p> <p>4:00pm - 5:00pm Peer Support Group</p> | <p>DT</p> <p>1:00pm - 2:00pm Downtown Social</p> | |
| Family Support Group | | <p>ZOOM</p> <p>7:00pm - 9:00pm Family Support Program (May 20)</p> | | | | <p>NY</p> <p>10:00am -12:00pm Family Support Program (May 3)</p> |
| Group Psychotherapy | | | <p>VIRTUAL</p> <p>10:00am - 12:00pm Journey to Healing (May 28)</p> | | | |
| | | | <p>VIRTUAL</p> <p>1:30pm - 3:30pm IBGT - Mood/Anxiety (May 14, 21, 28)</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。

| | |
|--|--|
| <p>Drop-In <i>To clients in recovery.</i> Please call 647-267-5013 to register.</p> | <p>身心驛站 適合復元人士 註冊請撥打電話 647-267-5013</p> |
| <p>Recovery College Programs <i>To anyone regardless of their diagnosis, background and experience.</i> Please call 647-267-5013 to register.</p> | <p>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</p> |
| <p>Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> Please call 647-267-5013 to register.</p> | <p>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</p> |
| <p>Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> Please call 647-281-6031 to register.</p> | <p>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 647-281-6031</p> |

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301