



Hong Fook: A Place for You Everyday

Join us Monday to Friday

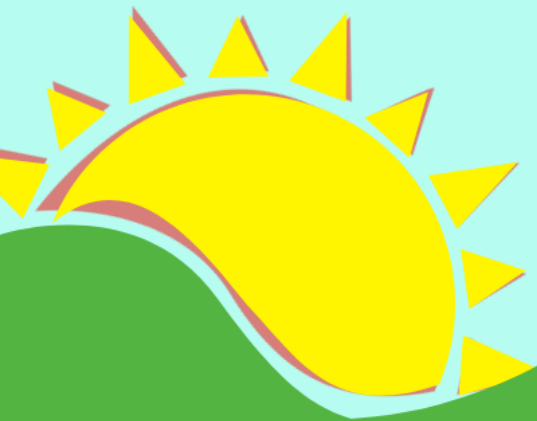
See Drop-in Programs Below for more details

2025 **MAY**

康福心理健康协会
普通话社区5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	<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>		
复元学院活动	<p>ZOOM</p> <p>11:00am - 12:00pm 太极小组</p> <p>ENG</p> <p>10:00am - 12:00pm Mood Walks (5月5, 12, 26日)</p>	<p>ZOOM</p> <p>2:00pm - 3:00pm 水彩画班</p>	<p>ENG</p> <p>2330 MIDLAND AVE</p> <p>10:00am - 12:00pm 正念园艺</p> <p>NY</p> <p>12:30pm - 1:30pm 针线乐园 (5月28日)</p>	<p>ENG ZOOM</p> <p>4:00pm - 5:00pm 朋辈支援小组</p>	<p>DT NY</p> <p>10:00am - 11:15am 有趣的英語</p> <p>NY</p> <p>1:00pm - 2:30pm 歌曲欣赏小组</p> <p>ZOOM</p> <p>3:30pm - 4:30pm 普通话朋辈支援小组</p> <p>ZOOM</p> <p>4:00pm - 5:00pm 健体课程</p>		
家属支援计划				<p>ZOOM</p> <p>7:00pm - 9:00pm 家属健康教育讲座 (5月8日)</p>		<p>10:00am - 12:00pm 公园郊游 (5月24日)</p>	
小组心理治疗		<p>VIRTUAL</p> <p>12:30pm - 2:30pm 综合知行治疗小组 (5月13, 20, 27日)</p>		<p>VIRTUAL</p> <p>10:00am - 12:00pm 康復之旅小组 (5月22, 29日)</p>			



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2025

MAY

**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

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

ZOOM

11:00am - 12:00pm
Tai Chi Group

ZOOM

2:00pm - 3:00pm
Chinese Painting

ENG

2330 MIDLAND AVE

10:00am - 12:00pm
Mindful Gardening

ENG

ZOOM

4:00pm - 5:00pm
Peer Support Group

DT

10:00am - 11:15am
Fun with English

ENG

10:00am - 11:00am
Mood Walks
(May 5, 12, 26)

NY

12:30pm - 1:30pm
Sewing Club
(May 28)

NY

1:00pm - 2:30pm
Music Appreciation

ZOOM

3:30pm - 4:30pm
Mandarin Peer
Support Group

ZOOM

4:00pm - 5:00pm
Fitness Group

Family
Support
Program

ZOOM

7:00pm - 9:00pm
Psychoeducation
Group
(May 8)

10:00am - 12:00pm
Monthly Outing to
Park
(May 24)

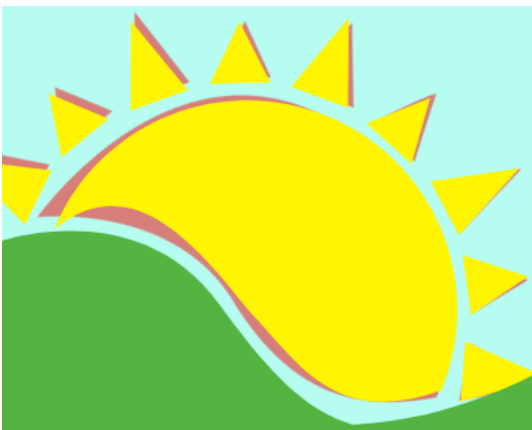
VIRTUAL

12:30pm - 2:30pm
IBGT – Mood/Anxiety
(May 13, 20, 27)

VIRTUAL

10:00am - 12:00pm
Journey to Healing
(May 22, 29)

Group
Psychotherapy



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2025 MAY



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 647-281-6031 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 647-281-6031</p>

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301