

Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

JUNE

康福心理健康协会 普通话社区**6**月活动表

(6月5, 12, 19, 26日)



www.hongfook.ca 416-439-4242 星期一 星期二 星期三 星期五 星期六 星期四 ENG NY ENG NY **ENG** ENG) Thankful Thursday 身心骚站 **Together Tuesday** Friendship Friday 10:30am - 12:00pm 11:30am - 12:30pm 1:30pm - 4:00pm Mindful Monday Ping pong and Arts and crafts <u>Music</u> 1:30pm - 4:00pm karaoke for (June 3, 24) Knitting and Board games (June 10) 1:30pm-4:00pm everyone crochet Dim sum (June 17) Dance! DT **ENG** ZOOM ZOOM 11:00am - 12:00pm 2:00pm - 3:00pm 10:00am - 11:15am 2330 MIDLAND AVE 太极小组 水彩画班 有趣的英語 10:00am - 12:00pm 正念园艺 (ENG) NY 10:00am - 12:00pm 1:00pm - 2:30pm Mood Walks NY 歌曲欣赏小组 复元学院活动 (6月2,9日) 1:15pm - 2:30pm 针线乐园 ZOOM (6月25日) 3:30pm - 4:30pm 普通话朋辈支援小组 ZOOM 4:00pm - 5:00pm 健体课程 ZOOM 10:00am - 12:00pm 7:00pm - 9:00pm 公园郊游 家属健康教育讲座 (6月28日) (6月12日) VIRTUAL 小组心理治疗 VIRTUAL 12:30pm - 2:30pm 10:00am - 12:00pm 康復之旅小組 綜合知行治療小組

(6月3, 10, 17, 24日)

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JUNE

PROGRAM CALENDAR FOR MANDARIN-



SPEAKING COMMUNITY MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY** SATURDAY ENG (ENG) ENG NY ENG) Thankful Thursday Friendship Friday **Together Tuesday** Mindful Monday 11:30am - 12:30pm 10:30am - 12:00pm 1:30pm - 4:00pm 1:30pm - 4:00pm Ping pong and Music Arts and crafts Knitting and karaoke for (June 3, 24) crochet 1:30pm-4:00pm everyone Board games (June 10) Dance! Dim sum (June 17) DT **ENG** ZOOM ZOOM 2:00pm - 3:00pm 2330 MIDLAND AVE 10:00am - 11:15am 11:00am - 12:00pm **Chinese Painting** Tai Chi Group Fun with English 10:00am - 12:00pm Mindful Gardening NY College Programs (ENG) 1:00pm - 2:30pm NY Recovery Music Appreciation 10:00am - 11:00am 1:15pm - 2:30pm Mood Walks Sewing Club (June 2, 9) ZOOM (June 25) 3:30pm - 4:30pm

Group Psychotherapy

VIRTUAL 12:30pm - 2:30pm IBGT - Mood/Anxiety (June 3, 10, 17, 24)

ZOOM 7:00pm - 9:00pm Psychoeducation Group (June 13)

10:00am - 12:00pm Journey to Healing (June 5, 12, 19, 26)

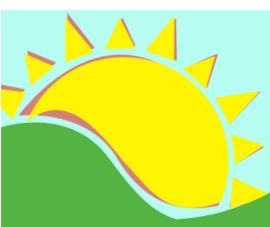
VIRTUAL

ZOOM

Mandarin Peer Support Group

4:00pm - 5:00pm Fitness Group

> 10:00am - 12:00pm Monthly Outing to Park (June 28)



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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 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 647-281-6031 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 647-281-6031

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