



Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

2025

JUNE

康福心理健康协会
普通话社区6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
(June 3, 24)
Board games (June 10)
Dim sum (June 17)

ENG

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

复元学院活动

ZOOM

11:00am - 12:00pm
太极小组

ENG

10:00am - 12:00pm
Mood Walks
(6月2, 9日)

ZOOM

2:00pm - 3:00pm
水彩画班

ENG

2330 MIDLAND AVE

10:00am - 12:00pm
正念园艺

NY

1:15pm - 2:30pm
针线乐园
(6月25日)

DT

10:00am - 11:15am
有趣的英語

NY

1:00pm - 2:30pm
歌曲欣赏小组

ZOOM

3:30pm - 4:30pm
普通话朋辈支援小组

ZOOM

4:00pm - 5:00pm
健体课程

家属
支援计划

ZOOM

7:00pm - 9:00pm
家属健康教育讲座
(6月12日)

10:00am - 12:00pm
公园郊游
(6月28日)

小组心理治疗

VIRTUAL

12:30pm - 2:30pm
綜合知行治療小組
(6月3, 10, 17, 24日)

VIRTUAL

10:00am - 12:00pm
康復之旅小組
(6月5, 12, 19, 26日)



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JUNE

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
(June 3, 24)
Board games (June 10)
Dim sum (June 17)

ENG

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

Recovery
College Programs

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

10:00am - 11:00am
Mood Walks
(June 2, 9)

NY

1:15pm - 2:30pm
Sewing Club
(June 25)

DT

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

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
(June 13)

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

VIRTUAL

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

VIRTUAL

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

Group
Psychotherapy



2025 JUNE



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 <i>To clients in recovery.</i> 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 <i>To anyone regardless of their diagnosis, background and experience.</i> 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 <i>To caregivers supporting loved ones with diagnosis.</i> 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 <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed).</i> 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

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301