

May 2024

每週活動

星期一	星期二	星期三	星期四	星期五
<p>L 11:00am-12:00pm 太極小組</p> <p>L 1:00pm-4:30pm 身心驛站 NY</p>	<p>L 10:30am-12:00pm 烹飪班</p> <p>L 2:00pm-3:00pm 水彩畫班</p> <p>L 3:30pm-4:30pm 健體課程</p>	<p>L 10:00am-12:00pm DT ESL英語課</p> <p>P 10:30am-11:30am 朋輩支援小組</p> <p>L 12:30pm-1:30pm NY 針線樂園 5月29日</p> <p>L 12:50pm-3:00pm 活力星期三</p> <p>P 1:00pm-2:00pm DT Downtown聯誼小組</p>	<p>L 10:00am-12:00pm 社區菜園計劃</p> <p>P 2:00pm-3:00pm 朋輩支援小組 ENG</p> <p>P 4:00pm-5:00 pm 朋輩支援小組</p>	<p>L 10:00am-12:00pm DT ESL英語課</p> <p>L 12:30pm-2:30pm 身心驛站 DT</p> <p>L 1:00pm-2:30pm NY 歌曲欣賞小組</p>



家屬支援計劃

星期二 7, 21	星期二, 五 21, 24, 28, 31
F 7:00pm-9:00pm 家屬支援小組	F 1:30 pm-4:30pm 身心康復行動計畫課程

復元學院

星期六 25	星期六 25
C 10:00 am - 11:30 pm 遠離慢性疾病, 掌握自身健康!	C 2:00 pm - 5:00 pm NY 一人一故事劇場

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Weekly Programming

Monday	Tuesday	Wednesday	Thursday	Friday
L 11:00am-12:00pm Taichi Group	L 10:30am-12:00pm Cooking Class	L 10:00am-12:00pm DT ESL	L 10:00am-12:00pm Community Garden Program	L 10:00am-12:00pm DT ESL
L 1:00pm-4:30pm Holistic Drop In NY	L 2:00pm-3:00pm Chinese Painting	P 10:30am-11:30am Peer Support Group	P 2:00pm-3:00pm Peer Support Group	L 12:30pm-2:30pm DT Holistic Drop In
	L 3:30pm-4:30pm Fitness Group	L 12:30pm-1:30pm NY Sewing Club May 29th	P 4:00pm-5:00pm Peer Support Group ENG	L 1:00pm-2:30pm NY Music Appreciation
		L 12:50pm-3:00pm Active Wednesday		
		P 1:00pm-2:00pm DT Downtown Social Group		



Family Support Program

TUESDAY	7, 21	TUESDAY & FRIDAY	21, 24, 28, 31
F 7:00pm-9:00pm Family Support Group		F 1:30pm-4:30pm Wellness Recovery Action Plan	

Recovery College

SATURDAY	25	SATURDAY	25
C 10:00 am - 11:30 pm Take charge of our health, Stay away from chronic diseases		C 2:00 pm - 5:00 pm Playback Theater NY	

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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. Except the ones with a highlighted location, programs are delivered virtually on Zoom.

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。除了有標明地點的活動外，其他活動都系透過Zoom進行。

C	Community and Wellness Programs <i>To anyone interested in promoting mental wellness.</i> ☎ Please call 647-278-5306 to register.
R	Recovery College <i>To anyone regardless of their diagnosis, background and experience.</i> ☎ Please call 416-917-8503 to register.
L	Leisure Clubs <i>To clients in recovery.</i> ☎ Please call to 416-845-4184 register.
P	Peer Support Groups <i>To peers with lived experience.</i> ☎ Please call to 647 339 0029 or email msakal@hongfook.ca to register.
G	Group Psychotherapy <i>To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)</i> ☎ Please call 416-953-4621 to register.
F	Family Support Groups <i>To caregivers supporting loved ones with diagnosis.</i> ☎ Please call 647-921-9523 to register.

C	社區及身心健康活動 適合任何有興趣認識及參與推廣心理健康的人士 ☎ 註冊請撥打電話 647-278-5306
R	復元學院 - 復元課程 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 416-917-8503
L	休閒俱樂部 適合復元人士 ☎ 註冊請撥打電話 416-845-4184
P	朋輩支援小組 適合復元人士 ☎ 註冊請撥打電話 647-339 -0029
G	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 416-953-4621
F	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 647-921-9523