

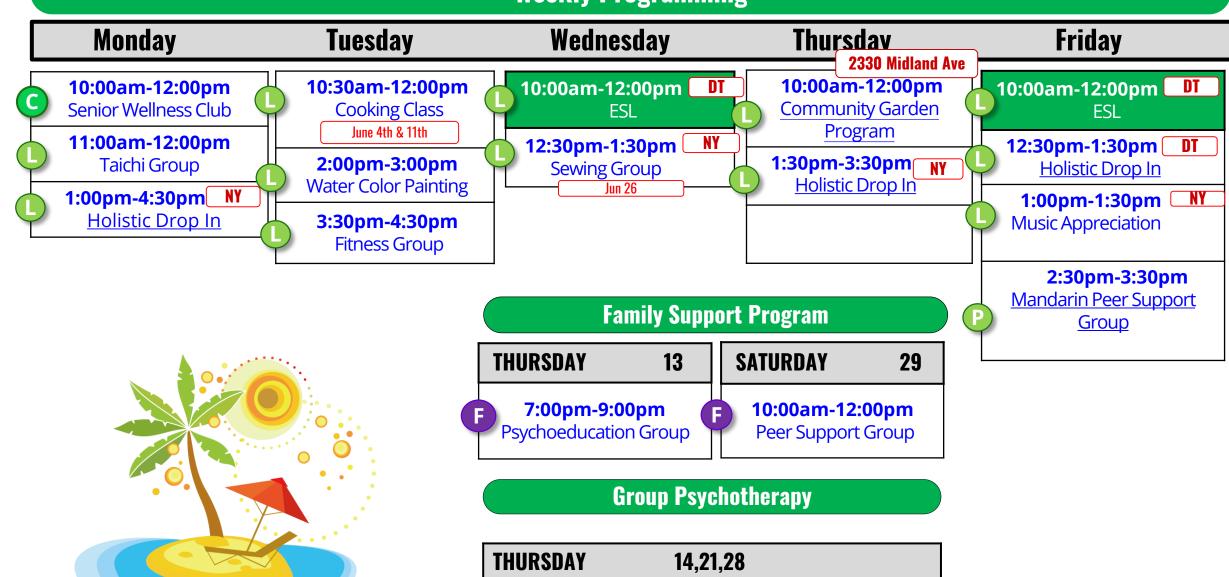
## 小组心理治疗

**星期四** 14,21,28

12:30pm-2:30pm
IBGT- 情绪病小组



# **Weekly Programming**





12:30pm-2:30pm **IBGT-Mood/Anxiety**  **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. Except the ones with a highlighted location, programs are delivered virtually on Zoom.

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。除了有标明地点的活动外,其他活动都是透过Zoom进行。

### **Community and Wellness Programs**

To anyone interested in promoting mental wellness.

Please call <u>647-273-0954</u> to register. For Senior Wellness Group, please call <u>647-273-0954</u>.

## **Recovery College**

To anyone regardless of their diagnosis, background and experience.

Please call **416-917-8503** to register.

#### **Leisure Clubs**

To clients in recovery.

Please call <u>647 267 5013</u> to register.

#### **Peer Support Groups**

To peers with lived experience.

Please call <u>416-339 0029</u> to or email <u>msakal@hongfook.ca</u> to register.

## Group Psychotherapy

To clients with diagnosis (doctor, psychiatrist or social worker referral needed.)
Please call <u>416-953-4621</u> to register.

## **Family Support Groups**

To caregivers supporting loved ones with diagnosis.

Please call <u>**647-261-6477**</u> to register.

#### 社区及身心健康活动 适合任何有兴趣认识及参与推广心理健康的人士。

注册请拨打电话 <u>647-273-0954</u> 华乐园,注册请拨打电话 <u>647-273-0954</u>

复元课程 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 **416-917-8503** 

休闲俱乐部 适合康复中的人士。

注册请拨打电话 647 267 5013

朋辈支援小组 适合有过心理疾病或遭遇的人士。

注册请拨打电话 416-339-0029

**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** 注册请拨打电话 **416-953-4621** 

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



