

October 2021

Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none">C 10:00am-12:00pm Senior Wellness ClubL 11:00am-12:00pm Taichi GroupL 2:00pm-4:00pm Music SharingP 3:00pm-4:00pm Peer Support Group ENG	<ul style="list-style-type: none">L 11:00am-12:00pm Fitness GroupL 2:00pm-3:30pm Chinese Painting	<ul style="list-style-type: none">L 9:00am-10:00am Downtown SocialP 10:00am-11:00am Peer Support Group For WomenL 3:00pm-4:30pm Cook for Fun	<ul style="list-style-type: none">L 3:00pm-4:00pm Chinese Calligraphy	<ul style="list-style-type: none">L 11:00am-12:00pm Fitness Group ENGP 2:00pm-3:00pm Peer Support GroupL 3:00pm-4:00pm Self Help Group	

Recovery College

TUESDAY 5, 12, 19, 26	SUNDAY 24
<ul style="list-style-type: none">R 3:30pm-5:00pm Cultural Plaza	<ul style="list-style-type: none">C 10:00am-12:00pm Wellness Seminar: Workshop on Anxiety

Group Psychotherapy

TUESDAY 5, 12, 19, 26	THURSDAY 7, 14, 21, 28
<ul style="list-style-type: none">G 1:00pm-3:00pm IBGT Mood	<ul style="list-style-type: none">G 5:30pm-7:30pm IBGT Mood

Family Support Program

THURSDAY 14	SATURDAY 23
<ul style="list-style-type: none">F 7:00pm-9:00pm Family Support Group	<ul style="list-style-type: none">F 10:00am-12:00pm Seminar to Caregivers

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每周活动

星期一	星期二	星期三	星期四	星期五	星期六
<p>C 10:00am-12:00pm 华乐园 (55岁+)</p> <p>L 11:00am-12:00pm 太极小组</p> <p>L 2:00pm-4:00pm 音乐分享小组</p> <p>P 3:00pm-4:00pm 朋辈支援小组</p> <p>ENG</p>	<p>L 11:00am-12:00pm 健体课程</p> <p>L 2:00pm-3:30pm 国画课程</p>	<p>L 9:00am-10:00am DOWNTOWN 联谊小组</p> <p>P 10:00am-11:00am 女子双声道朋辈支持小组</p> <p>L 3:00pm-4:30pm 乐趣烹饪班</p>	<p>L 3:00pm-4:00pm 中国书法及素描课程</p>	<p>L 11:00am-12:00pm 健体课程</p> <p>ENG</p> <p>P 2:00pm-3:00pm 朋辈支援小组</p> <p>L 3:00pm-4:00pm 互助小组</p>	

复元学院

星期二 5, 12, 19, 26	星期日 24
R 3:30pm- 5:00pm 文化大观园	C 10:00am-12:00pm 焦虑症讲座

小组心理治疗

星期二 5, 12, 19, 26	星期四 7, 14, 21, 28
G 1:00pm-3:00pm IBGT- 情緒病小組	G 5:30pm-7:30pm IBGT- 情緒病小組

家属支援计划

星期四 14	星期六 23
F 7:00pm-9:00pm 家属朋辈互助小组	F 10:00am-12:00pm 家属健康教育讲座

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During the pandemic, most programs are delivered **VIRTUALLY**, except the one(s) with highlighted location. **ALL PARTICIPANTS ARE REQUIRED TO REGISTER BEFORE JOINING.** For indoor **ON-SITE** programs, a max limit of **5 PARTICIPANTS** are only allowed. To register, please call the corresponding contact numbers 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.

- C** **Community and Wellness Programs**
to anyone interested in promoting mental wellness.
☑ Please call 647-244-9854 to register.
- R** **Recovery College**
to anyone regardless of their diagnosis, background and experience.
☑ Please call 416-845-4184 to register.
- L** **Leisure Clubs**
to clients in recovery.
☑ Please call 416-845-4184 to register.
- P** **Peer Support Groups**
to peers with lived experience.
☑ Please call 416-845-4184 to register.
- G** **Group Psychotherapy**
to clients with diagnosis (doctor, psychiatrist or social worker referral needed).
☑ Please call 416-903-0283 to register.
- F** **Family Support Groups**
to caregivers supporting loved ones with diagnosis.
☑ Please call 647-261-6477 to register.

在新冠病毒疫情期间，除了那些有注明地点的活动之外，大部分活动都会以**网上视频**方式进行。所有参加者**必须在活动前登记**。至于在**室内实地进行**的活动，**每项最多只能容纳5位参加者**。有关活动查询及登记，请致电与负责活动同事联络。

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。

- C** **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647-244-9854。
- R** **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416-845-4184。
- L** **休闲俱乐部**
适合康复中的人士。
☑ 注册请拨打电话416-845-4184。
- P** **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416-845-4184。
- G** **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416-903-0283。
- F** **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。