

November 2021

Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>L 11:00am-12:00pm Taichi Group</p> <p>L 2:00pm-4:00pm Music Sharing</p> <p>P 2:00pm-3:00pm Peer Support Group ENG</p>	<p>L 11:00am-12:00pm Fitness Group</p> <p>L 2:00pm-3:30pm Chinese Painting</p>	<p>L 9:00am-10:00am Downtown Social</p> <p>P 10:00am-11:00pm Peer Support Group For Women</p> <p>L 1:00pm-3:00pm Active Wednesday</p> <p>L 3:00pm-4:30pm Cook for Fun</p>	<p>P 2:00pm-3:00pm Peer Support Group</p> <p>L 3:00pm-4:00pm Chinese Calligraphy</p>	<p>L 11:00am-12:00pm Fitness Group ENG</p> <p>P 1:00pm-2:00pm Peer Support Group</p>	

Recovery College

MONDAY 1, 8, 15, 22, 29	SATURDAY 6
<p>R 3:00pm-4:30pm Sharing via Writing</p>	<p>C 10:30am-11:30am Wellness Seminar: Diet Moods</p>

Group Psychotherapy

TUESDAY 2, 9, 16, 23, 30	THURSDAY 4, 18, 25
<p>G 1:00pm-3:00pm Journey to Healing</p>	<p>G 5:00pm-7:00pm IBGT Mood</p>

Family Support Program

TUESDAY 2	WEDNESDAY 17
<p>F 7:00pm-9:00pm Family Support Group</p>	<p>F 7:00pm-9:00pm Seminar to Caregivers</p>

Community Training

FRIDAY 5, 12, 19, 26
<p>C 10:00am-12:00pm MENTAL HEALTH AMBASSADOR BASIC TRAINING</p>

每週活動

星期一	星期二	星期三	星期四	星期五	星期六
<ul style="list-style-type: none"> L 11:00am-12:00pm 太極小組 L 2:00pm-4:00pm 歌曲欣賞小組 P 2:00pm-3:00pm 朋輩支援小組 <p>ENG</p>	<ul style="list-style-type: none"> L 11:00am-12:00pm 健體課程 L 2:00pm-3:30pm 中國國畫課程 	<ul style="list-style-type: none"> L 9:00am-10:00am Downtown聯誼小組 P 10:00am-11:00am 女子雙聲道朋輩支援小組 L 1:00pm-3:00pm 活力星期三 L 3:00pm-4:30pm 樂趣烹飪班 	<ul style="list-style-type: none"> P 2:00pm-3:00pm 朋輩支援小組 L 3:00pm-4:00pm 中國書法及素描課程 	<ul style="list-style-type: none"> L 11:00am-12:00pm 健體課程 <p>ENG</p> <ul style="list-style-type: none"> P 1:00pm-2:00pm 朋輩支援小組 	

復元學院

星期一 1, 8, 15, 22, 29	星期六 6
<ul style="list-style-type: none"> R 3:00pm-4:30pm 趣聚 - 互動小組 	<ul style="list-style-type: none"> C 10:30am-11:30am 快樂食物 - 讓你告別壓力和憂鬱

小組心理治療

星期二 2, 9, 16, 23, 30	星期四 4, 18, 25
<ul style="list-style-type: none"> G 1:00pm-3:00pm J2H 康復之旅 	<ul style="list-style-type: none"> G 5:00pm-7:00pm IBGT- 情緒病

家屬支援計劃

星期二 2	星期三 17
<ul style="list-style-type: none"> F 7:00pm-9:00pm 家屬支援小組 	<ul style="list-style-type: none"> F 7:00pm-9:00pm 家屬健康教育講座

社區培訓

星期五 5, 12, 19, 26
<ul style="list-style-type: none"> C 10:00am-12:00pm 心理健康推廣大使培訓基本課程

November 2021

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 **Cantonese**, 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 647-278-5306 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 647-241-9130 to register.
- F** **Family Support Groups**
to caregivers supporting loved ones with diagnosis.
☑ Please call 647-921-9523 to register.

在新冠病毒疫情期間，除了那些有注明地點的活動之外，大部分活動都會以**網上視訊方式**進行。**所有參加者必須在活動前登記**。至於在室內**實地**進行的活動，每項最多只能容納**5位參加者**。有關活動查詢及登記，請致電與負責活動同事聯絡。

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。

- 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416-845-4184。
- 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416-845-4184。
- 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647-241-9130。
- 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。