

December 2021

Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 (Open 7th, 14th)</p> <p>Dec 21st Cancelled</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 (Open 3rd, 10th, 17th)</p> <p>Dec 24th Cancelled</p> <p>P 1:00pm-2:00pm Peer Support Group</p>

Recovery College

MONDAY 6, 13, 20	SATURDAY 4
<p>R 3:00pm-4:30pm Sharing via Writing</p>	<p>C 10:30pm-11:30pm Mental Wellness Seminar: Brain Beat Dance Canada Seniors Association</p>

Group Psychotherapy

TUESDAY 7	THURSDAY 2, 9
<p>G 1:00pm-3:00pm Journey to Healing</p>	<p>G 5:00pm-7:00pm IBGT Mood</p>

Family Support Program

TUESDAY 7	TUESDAY 21
<p>F 7:00pm-9:00pm Family Support Group</p>	<p>F 7:00pm-9:00pm Family Group Holiday Celebration</p>



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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 2:00pm-4:00pm 歌曲欣賞小組</p> <p>P 2:00pm-3:00pm 朋輩支援小組 ENG</p>	<p>L 11:00am-12:00pm 健體課程 (7, 14日开放)</p> <p>21日 取消</p> <p>L 2:00pm-3:30pm 中國國畫課程</p>	<p>L 9:00am-10:00am Downtown 聯誼小組</p> <p>P 10:00am-11:00pm <u>女子雙聲道朋輩支援小組</u></p> <p>L 1:00pm-3:00pm 活力星期三</p> <p>L 3:00pm-4:30pm 樂趣烹飪班</p>	<p>P 2:00pm-3:00pm 朋輩支援小組</p> <p>L 3:00pm-4:00pm 中國書法及素描課程</p>	<p>L 11:00am-12:00pm ENG 健體課程 (3, 10, 17日开放)</p> <p>24日 取消</p> <p>P 1:00pm-2:00pm 朋輩支援小組</p>

復元學院

星期一 6, 13, 20	星期六 4
<p>R 3:00pm-4:30pm <u>趣聚 - 互動小組</u></p>	<p>C 10:30pm-11:30pm <u>腦保健舞 - 改善您的腦健康</u> 加拿大腦保健舞蹈學會</p>

小組心理治療

星期二 7	星期四 2, 9
<p>G 1:00pm-3:00pm <u>J2H 康復之旅</u></p>	<p>G 5:00pm-7:00pm <u>IBGT- 情緒病</u></p>

家屬支援計劃

星期二 7	星期二 21
<p>F 7:00pm-9:00pm 家屬支援小組</p>	<p>F 7:00pm-9:00pm 家屬小組節日派對</p>



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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 **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。