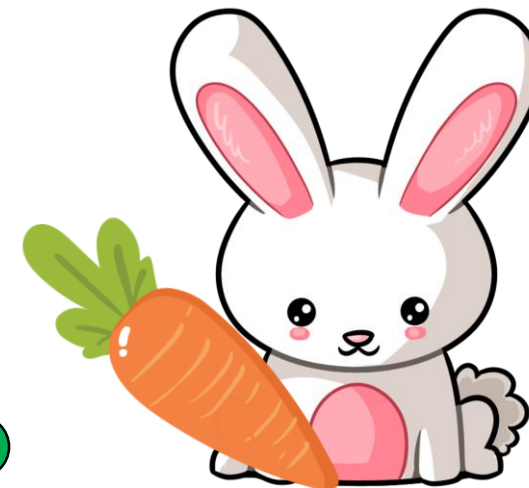


April 2024

每週活動

星期一	星期二	星期三	星期四	星期五
<div>L</div> <div>11:00am-12:00pm 太極小組</div> <div>L</div> <div>1:00pm-4:30pm 身心驛站 NY</div>	<div>L</div> <div>10:30am-12:00pm 烹飪班</div> <div>L</div> <div>2:00pm-3:00pm 水彩畫班</div> <div>L</div> <div>3:30pm-4:30pm 健體課程</div>	<div>L</div> <div>10:00am-12:00pm DT ESL英語課</div> <div>P</div> <div>10:30am-11:30am 朋輩支援小組</div> <div>L</div> <div>12:30pm-1:30pm NY 針線樂園 4月 24日</div> <div>L</div> <div>12:50pm-3:00pm 活力星期三</div> <div>P</div> <div>1:00pm-2:00pm DT Downtown聯誼小組</div>	<div>P</div> <div>2:00pm-3:00pm 朋輩支援小組</div> <div>P</div> <div>4:00pm-5:00 pm 朋輩支援小組 ENG</div>	<div>L</div> <div>10:00am-12:00pm DT ESL英語課</div> <div>L</div> <div>12:30pm-2:30pm DT 身心驛站</div> <div>L</div> <div>1:00pm-2:30pm NY 歌曲欣賞小組</div>



家屬支援計劃

星期二

2, 16

F

7:00pm-9:00pm
家屬支援小組

April 2024

Weekly Programming

Monday

L

11:00am-12:00pm
Taichi Group

L

1:00pm-4:30pm
Holistic Drop In

NY



Tuesday

L

10:30am-12:00pm
Cooking Class

L

2:00pm-3:00pm
Chinese Painting

L

3:30pm-4:30pm
Fitness Group



Wednesday

L

10:00am-12:00pm **DT**
ESL

P

10:30am-11:30am
Peer Support Group

L

12:30pm-1:30pm **NY**
Sewing Club

April 24th

L

12:50pm-3:00pm
Active Wednesday

P

1:00pm-2:00pm **DT**
Downtown Social Group

Thursday

P

2:00pm-3:00pm
Peer Support Group

P

4:00pm-5:00pm
Peer Support Group

ENG

L

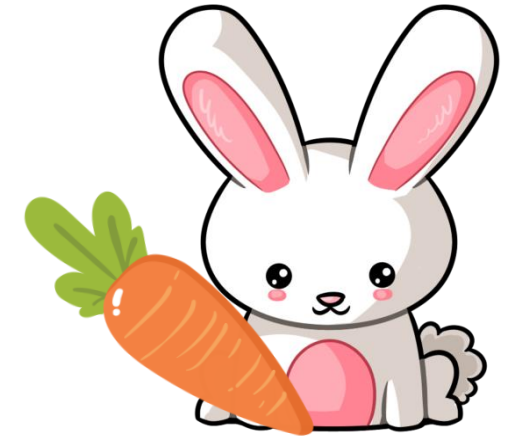
10:00am-12:00pm **DT**
ESL

L

12:30pm-2:30pm **DT**
Holistic Drop In

L

1:00pm-2:30pm **NY**
Music Appreciation



Family Support Program

TUESDAY

02, 16

F

7:00pm-9:00pm
Family Support Group

April 2024

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