

June 2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p>1</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting P 3:00pm-4:00pm Peer Support Group ENG 	<p>2</p> <ul style="list-style-type: none"> L 9:30am-10:30am Downtown Social 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group L 3:00pm-4:00pm Self Help Group 	<p>5</p>
<p>7</p> <ul style="list-style-type: none"> C 10:00am-12:00pm Senior Wellness Club L 11:00am-12:00pm Taichi Group L 2:00pm-4:00pm Music Sharing 	<p>8</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting P 3:00pm-4:00pm Peer Support Group ENG 	<p>9</p> <ul style="list-style-type: none"> L 9:30am-10:30am Downtown Social 	<p>10</p> <ul style="list-style-type: none"> F 6:00pm – 9:00pm Family Support Group 	<p>11</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group L 3:00pm-4:00pm Self Help Group 	<p>12</p>
<p>14</p> <ul style="list-style-type: none"> C 10:00am-12:00pm Senior Wellness Club L 11:00am-12:00pm Taichi Group L 2:00pm-4:00pm Music Sharing 	<p>15</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting P 3:00pm-4:00pm Peer Support Group ENG 	<p>16</p> <ul style="list-style-type: none"> L 9:30am-10:30am Downtown Social 	<p>17</p> <ul style="list-style-type: none"> G 2:15pm – 4:15pm Journey to Healing 	<p>18</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group L 3:00pm-4:00pm Self Help Group 	<p>19</p> <ul style="list-style-type: none"> C 10:00am-11:00am Bone Health
<p>21</p> <ul style="list-style-type: none"> C 10:00am-12:00pm Senior Wellness Club L 11:00am-12:00pm Taichi Group L 2:00pm-4:00pm Music Sharing 	<p>22</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting P 3:00pm-4:00pm Peer Support Group ENG 	<p>23</p> <ul style="list-style-type: none"> L 9:30am-10:30am Downtown Social 	<p>24</p> <ul style="list-style-type: none"> G 2:15pm – 4:15pm Journey to Healing 	<p>25</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group ENG P 2:00pm-3:00pm Peer Support Group L 3:00pm-4:00pm Self Help Group 	<p>26</p> <ul style="list-style-type: none"> F 9:00am-12:00pm Family Support Group
<p>28</p> <ul style="list-style-type: none"> C 10:00am-12:00pm Senior Wellness Club L 11:00am-12:00pm Taichi Group L 2:00pm-4:00pm Music Sharing 	<p>29</p> <ul style="list-style-type: none"> L 11:00am-12:00pm Fitness Group G 1:00pm-3:00pm IBGT Group L 2:00pm-3:00pm Chinese Painting P 3:00pm-4:00pm Peer Support Group ENG 	<p>30</p> <ul style="list-style-type: none"> L 9:30am-10:30am Downtown Social 			

June 2021

星期一

星期二

星期三

星期四

星期五

星期六

1 **L** 11:00am-12:00pm
健体课程
G 1:00pm-3:00pm
综合知行治疗小组
L 1:30pm-3:30pm
国画课程
P 2:00pm-3:00pm
朋辈支援小组 **ENG**

2 **L** 9:30am-10:30am
DOWNTOWN
联谊小组

3

4 **L** 11:00am-12:00pm
健体课程 **ENG**
P 2:00pm-3:00pm
朋辈支援小组
L 3:00pm-4:00pm
互助小组

5

7 **C** 10:00am-12:00pm
华乐园 (55岁+)
L 11:00am-12:00pm
太极小组
L 2:00pm-4:00pm
音乐分享小组

8 **L** 11:00am-12:00pm
健体课程
G 1:00pm-3:00pm
综合知行治疗小组
L 1:30pm-3:30pm
国画课程
P 2:00pm-3:00pm
朋辈支援小组 **ENG**

9 **L** 9:30am-10:30am
DOWNTOWN
联谊小组

10 **F** 6:00pm - 9:00pm
家属朋辈互助小组

11 **L** 11:00am-12:00pm
健体课程 **ENG**
P 2:00pm-3:00pm
朋辈支援小组
L 3:00pm-4:00pm
互助小组

12

14 **C** 10:00am-12:00pm
华乐园 (55岁+)
L 11:00am-12:00pm
太极小组
L 2:00pm-4:00pm
音乐分享小组

15 **L** 11:00am-12:00pm
健体课程
G 1:00pm-3:00pm
综合知行治疗小组
L 1:30pm-3:30pm
国画课程
P 2:00pm-3:00pm
朋辈支援小组 **ENG**

16 **L** 9:30am-10:30am
DOWNTOWN
联谊小组

17 **G** 2:15pm to 4:15pm
康复之旅

18 **L** 11:00am-12:00pm
健体课程 **ENG**
P 2:00pm-3:00pm
朋辈支援小组
L 3:00pm-4:00pm
互助小组

19 **C** 10:00am-11:00am
骨保健

21 **C** 10:00am-12:00pm
华乐园 (55岁+)
L 11:00am-12:00pm
太极小组
L 2:00pm-4:00pm
音乐分享小组

22 **L** 11:00am-12:00pm
健体课程
G 1:00pm-3:00pm
综合知行治疗小组
L 1:30pm-3:30pm
国画课程
P 2:00pm-3:00pm
朋辈支援小组 **ENG**

23 **L** 9:30am-10:30am
DOWNTOWN
联谊小组

24 **G** 2:15pm to 4:15pm
康复之旅

25 **L** 11:00am-12:00pm
健体课程 **ENG**
P 2:00pm-3:00pm
朋辈支援小组
L 3:00pm-4:00pm
互助小组

26 **F** 6:00pm - 9:00pm
家属朋辈互助小组

28 **C** 10:00am-12:00pm
华乐园 (55岁+)
L 11:00am-12:00pm
太极小组
L 2:00pm-4:00pm
音乐分享小组

29 **L** 11:00am-12:00pm
健体课程
G 1:00pm-3:00pm
综合知行治疗小组
L 1:30pm-3:30pm
国画课程
P 2:00pm-3:00pm
朋辈支援小组 **ENG**

30 **L** 9:30am-10:30am
DOWNTOWN
联谊小组



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。