

# June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> L 11:00am-12:00pm <b>Fitness Group</b> G 1:00pm-3:00pm <a href="#">Journey to Healing</a> F 7:30pm-9:00pm <b>Family Support Group</b>	<b>2</b> L 9:00am-10:00am <b>DOWNTOWN Social</b> L 1:00pm-3:00pm <b>Active Wednesday</b> G 1:00pm-3:00pm <a href="#">IBGT Group</a> L 3:00pm-4:30pm <b>Cook for Fun</b>	<b>3</b> P 2:00pm-3:00pm <b>Peer Support Group</b> L 3:00pm-4:00pm <b>Chinese Calligraphy</b>	<b>4</b> C 10:00am-11:30am <b>PACER Training</b> L 11:00am-12:00pm <b>Fitness Group</b> ENG P 1:00pm-2:00pm <b>Peer Support Group</b>	<b>5</b>
<b>7</b> L 11:00am-12:00pm <b>Taichi Group</b> L 2:00pm-4:00pm <b>Music Sharing</b> R 3:00pm-4:30pm <b>Sharing via Writing</b>	<b>8</b> L 11:00am-12:00pm <b>Fitness Group</b> G 1:00pm-3:00pm <a href="#">Journey to Healing</a>	<b>9</b> L 9:00am-10:00am <b>DOWNTOWN Social</b> L 1:00pm-3:00pm <b>Active Wednesday</b> G 1:00pm-3:00pm <a href="#">IBGT Group</a> L 3:00pm-4:30pm <b>Cook for Fun</b>	<b>10</b> P 2:00pm-3:00pm <b>Peer Support Group</b> L 3:00pm-4:00pm <b>Chinese Calligraphy</b>	<b>11</b> C 10:00am-11:30am <b>PACER Training</b> L 11:00am-12:00pm <b>Fitness Group</b> ENG P 1:00pm-2:00pm <b>Peer Support Group</b>	<b>12</b> C 2:00pm-3:30pm <a href="#">Meridians for Emotional First Aid</a>
<b>14</b> L 11:00am-12:00pm <b>Taichi Group</b> L 2:00pm-4:00pm <b>Music Sharing</b> R 3:00pm-4:30pm <b>Sharing via Writing</b>	<b>15</b> L 11:00am-12:00pm <b>Fitness Group</b> G 1:00pm-3:00pm <a href="#">Journey to Healing</a> F 7:30p.-9:00pm <b>Seminar to Caregivers</b>	<b>16</b> L 9:00am-10:00am <b>DOWNTOWN Social</b> L 1:00pm-3:00pm <b>Active Wednesday</b> G 1:00pm-3:00pm <a href="#">IBGT Group</a> L 3:00pm-4:30pm <b>Cook for Fun</b>	<b>17</b> P 2:00pm-3:00pm <b>Peer Support Group</b> L 3:00pm-4:00pm <b>Chinese Calligraphy</b>	<b>18</b> C 10:00am-11:30am <b>PACER Training</b> L 11:00am-12:00pm <b>Fitness Group</b> ENG P 1:00pm-2:00pm <b>Peer Support Group</b>	<b>19</b>
<b>21</b> L 11:00am-12:00pm <b>Taichi Group</b> L 2:00pm-4:00pm <b>Music Sharing</b> R 3:00pm-4:30pm <b>Sharing via Writing</b>	<b>22</b> L 11:00am-12:00pm <b>Fitness Group</b>	<b>23</b> L 9:00am-10:00am <b>DOWNTOWN Social</b> L 1:00pm-3:00pm <b>Active Wednesday</b> G 1:00pm-3:00pm <a href="#">IBGT Group</a> L 3:00pm-4:30pm <b>Cook for Fun</b>	<b>24</b> P 2:00pm-3:00pm <b>Peer Support Group</b> L 3:00pm-4:00pm <b>Chinese Calligraphy</b>	<b>25</b> C 10:00am -12:00 pm <a href="#">Emotional Health and Resilience</a> L 11:00am-12:00pm <b>Fitness Group</b> ENG P 1:00pm-2:00pm <b>Peer Support Group</b>	<b>26</b>
<b>28</b> L 11:00am-12:00pm <b>Taichi Group</b> L 2:00pm-4:00pm <b>Music Sharing</b> R 3:00pm-4:30pm <b>Sharing via Writing</b>	<b>29</b> L 11:00am-12:00pm <b>Fitness Group</b>	<b>30</b> L 9:00am-10:00am <b>DOWNTOWN Social</b> L 1:00pm-3:00pm <b>Active Wednesday</b> G 1:00pm-3:00pm <a href="#">IBGT Group</a> L 3:00pm-4:30pm <b>Cook for Fun</b>			

# June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>L</b> 11:00am-12:00pm 健體課程 <b>G</b> 1:00pm-3:00pm 康復之旅 <b>F</b> 7:30pm-9:00pm 家屬支援小組	<b>2</b> <b>L</b> 9:00am-10:00am DOWNTOWN聯誼小組 <b>L</b> 1:00pm-3:00pm 活力星期三 <b>G</b> 1:00pm-3:00pm 綜合知行治療小組 <b>L</b> 3:00pm-4:30pm 樂趣烹飪班	<b>3</b> <b>P</b> 2:00pm-3:00pm 朋輩支援小組 <b>L</b> 3:00pm-4:00pm 中國書法及素描課程	<b>4</b> <b>C</b> 10:00am-11:30am PACER課程 <b>L</b> 11:00am-12:00pm 健體課程 <b>ENG</b> <b>P</b> 1:00pm-2:00pm 朋輩支援小組	<b>5</b>
<b>7</b> <b>L</b> 11:00am-12:00pm 太極小組 <b>L</b> 2:00pm-4:00pm 歌曲欣賞小組 <b>R</b> 3:00pm-4:30pm 趣聚 - 互動小組	<b>8</b> <b>L</b> 11:00am-12:00pm 健體課程 <b>G</b> 1:00pm-3:00pm 康復之旅	<b>9</b> <b>L</b> 9:00am-10:00am DOWNTOWN聯誼小組 <b>L</b> 1:00pm-3:00pm 活力星期三 <b>G</b> 1:00pm-3:00pm 綜合知行治療小組 <b>L</b> 3:00pm-4:30pm 樂趣烹飪班	<b>10</b> <b>P</b> 2:00pm-3:00pm 朋輩支援小組 <b>L</b> 3:00pm-4:00pm 中國書法及素描課程	<b>11</b> <b>C</b> 10:00am-11:30am PACER課程 <b>L</b> 11:00am-12:00pm 健體課程 <b>ENG</b> <b>P</b> 1:00pm-2:00pm 朋輩支援小組	<b>12</b> <b>C</b> 2:00pm - 2:30pm 十二經絡 - 情緒急救法
<b>14</b> <b>L</b> 11:00am-12:00pm 太極小組 <b>L</b> 2:00pm-4:00pm 歌曲欣賞小組 <b>R</b> 3:00pm-4:30pm 趣聚 - 互動小組	<b>15</b> <b>L</b> 11:00am-12:00pm 健體課程 <b>G</b> 1:00pm-3:00pm 康復之旅 <b>F</b> 7:30pm-9:00pm 家屬健康教育講座	<b>16</b> <b>L</b> 9:00am-10:00am DOWNTOWN聯誼小組 <b>L</b> 1:00pm-3:00pm 活力星期三 <b>G</b> 1:00pm-3:00pm 綜合知行治療小組 <b>L</b> 3:00pm-4:30pm 樂趣烹飪班	<b>17</b> <b>P</b> 2:00pm-3:00pm 朋輩支援小組 <b>L</b> 3:00pm-4:00pm 中國書法及素描課程	<b>18</b> <b>C</b> 10:00am-11:30am PACER課程 <b>L</b> 11:00am-12:00pm 健體課程 <b>ENG</b> <b>P</b> 1:00pm-2:00pm 朋輩支援小組	<b>19</b>
<b>21</b> <b>L</b> 11:00am-12:00pm 太極小組 <b>L</b> 2:00pm-4:00pm 歌曲欣賞小組 <b>R</b> 3:00pm-4:30pm 趣聚 - 互動小組	<b>22</b> <b>L</b> 11:00am-12:00pm 健體課程	<b>23</b> <b>L</b> 9:00am-10:00am DOWNTOWN聯誼小組 <b>L</b> 1:00pm-3:00pm 活力星期三 <b>G</b> 1:00pm-3:00pm 綜合知行治療小組 <b>L</b> 3:00pm-4:30pm 樂趣烹飪班	<b>24</b> <b>P</b> 2:00pm-3:00pm 朋輩支援小組 <b>L</b> 3:00pm-4:00pm 中國書法及素描課程	<b>25</b> <b>C</b> 10:00am-12:00pm 疫情抗逆力 <b>L</b> 11:00am-12:00pm 健體課程 <b>ENG</b> <b>P</b> 1:00pm-2:00pm 朋輩支援小組	<b>26</b>
<b>28</b> <b>L</b> 11:00am-12:00pm 太極小組 <b>L</b> 2:00pm-4:00pm 歌曲欣賞小組 <b>R</b> 3:00pm-4:30pm 趣聚 - 互動小組	<b>29</b> <b>L</b> 11:00am-12:00pm 健體課程	<b>30</b> <b>L</b> 9:00am-10:00am DOWNTOWN聯誼小組 <b>L</b> 1:00pm-3:00pm 活力星期三 <b>G</b> 1:00pm-3:00pm 綜合知行治療小組 <b>L</b> 3:00pm-4:30pm 樂趣烹飪班			

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 – Recovery Courses  
*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**網上視頻方式**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。