



Hong Fook: A Place for You Everyday

Join us Monday to Friday

See Drop-in Programs Below for more details

康福心理健康协会
普通话社区11月及
12月活动表



2025

November & December

星期一

星期二

星期三

星期四

星期五

星期六

身心驿站

ENG NY

Mindful Monday
1:30pm - 4:00pm
Knitting and
crochet

ENG NY

Together Tuesday
10:30am-12:00pm
Morning Club
(Starting on Oct 21)
1:30pm - 3:30pm
Arts and crafts and
board games

ENG NY

Thankful Thursday
1:30pm - 3:30pm
Dance! Every 1st
and 3rd week

ENG DT

Friendship Friday
11:30am - 12:30pm
Ping pong and
karaoke for everyone

复元学院活动

ZOOM

11:00am - 12:00pm
太极小组

ZOOM

2:00pm - 3:00pm
水彩画班

ENG NY

1:15pm - 2:30pm
针线乐园
(11月26日)

ENG ZOOM

4:00pm - 5:00pm
朋辈支援小组
(11月6,13,20,27日)

DT

10:00am - 11:15am
有趣的英語

ENG NY

12:00pm - 1:30pm
Ballroom Dance

11:00am - 1:00pm
Winter Celebration!
on Dec 16
(Register by Nov 24)

NY

1:00pm - 2:30pm
歌曲欣赏小组

ZOOM

3:30pm - 4:30pm
普通话朋辈支援小组

ZOOM

4:00pm - 5:00pm
健体课程

家属支援计划

ZOOM

7:00pm - 9:00pm
家属健康教育讲座
(11月13日)
(12月11日)

10:00am -
12:00pm
公园郊游
(11月29日)

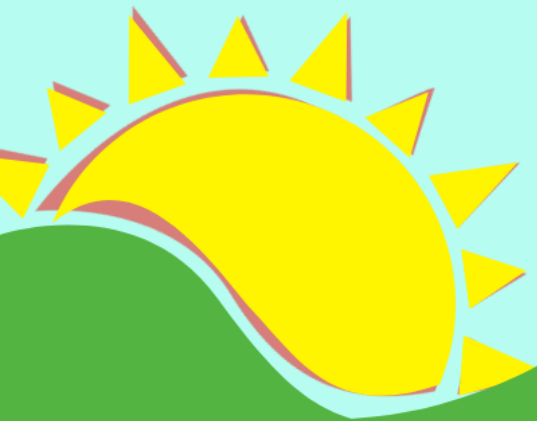
小组心理治疗

VIRTUAL

10:00am - 12:00pm
IBGT - 情緒病小組
(11月4,11,18,25日)
(12月2,9,16,23日)

VIRTUAL

10:00am - 12:00pm
J2H
(11月6,13,20,27日)
(12月4,11,18日)



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2025

November & December

**PROGRAM CALENDAR
FOR MANDARIN-
SPEAKING COMMUNITY**



HONG FOOK
MENTAL HEALTH ASSOCIATION
www.hongfook.ca 416-439-4242

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In	<p>ENG NY</p> <p>Mindful Monday 1:30pm - 4:00pm Knitting and crochet</p>	<p>ENG NY</p> <p>Together Tuesday 10:30am-12:00pm <u>Morning Club</u> (Starting on Oct 21) 1:30pm - 3:30pm Arts and crafts and board games</p>		<p>ENG NY</p> <p>Thankful Thursday 1:30pm-3:30pm Dance! Every 1st and 3rd week</p>	<p>ENG DT</p> <p>Friendship Friday 11:30am - 12:30pm Ping pong and karaoke</p>	
Recovery College Programs	<p>ZOOM</p> <p>11:00am - 12:00pm <u>Tai Chi Group</u></p>	<p>ZOOM</p> <p>2:00pm - 3:00pm <u>Chinese Painting</u></p>	<p>ENG NY</p> <p>1:15pm - 2:30pm <u>Sewing Club</u> (Nov 26)</p>	<p>ENG ZOOM</p> <p>4:00pm - 5:00pm <u>Peer Support Group</u> (Nov 6, 13, 20, 27)</p>	<p>DT</p> <p>10:00am - 11:15am <u>Fun with English</u></p>	
	<p>ENG NY</p> <p>12:00 pm - 1:30 pm <u>Ballroom Dance</u></p>	<p>11:00am - 1:00pm <u>Winter Celebration!</u> on Dec 16 (Register by Nov 24)</p>			<p>NY</p> <p>1:00pm - 2:30pm <u>Music Appreciation</u></p>	<p>ZOOM</p> <p>3:30pm - 4:30pm <u>Mandarin Peer Support Group</u></p>
Family Support Program				<p>ZOOM</p> <p>7:00pm - 9:00pm <u>Psychoeducation Group</u> (Nov 13) (Dec 11)</p>		<p>10:00am - 12:00pm <u>Monthly Outing to Park (Nov 29)</u></p>
Group Psychotherap y		<p>VIRTUAL</p> <p>10:00am - 12:00pm <u>IBGT - Mood/Anxiety</u> (Nov 4, 11, 18, 25) (Dec 2, 9, 16, 23)</p>		<p>VIRTUAL</p> <p>10:00am - 12:00pm <u>J2H</u> (Nov 6, 13, 20, 27) (Dec 4, 11, 18)</p>		

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2025 **November & December**



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 Mandarin, except those specified with **ENG** are cross-cultural programs delivered in English.

Please find program description and eligibilities below.

所有参与者都必须在加入前注册。要注册，请拨打下面列出的相应联系电话。

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。

Drop-In

To clients in recovery.

Please call **647-267-5013** to register.

身心驿站 适合康复中的人士

注册请拨打电话 **647-267-5013**

Recovery College

To anyone regardless of their diagnosis, background and experience.

Please call **647-267-5013** to register.

复元学院活动 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 **647-267-5013**

Family Support Groups

To caregivers supporting loved ones with diagnosis.

Please call **647-261-6477** to register.

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**

Group Psychotherapy

To clients with diagnosis (doctor, psychiatrist or social worker referral needed).

Please call **647-281-6031** to register.

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 **647-281-6031**

NY 1751 Sheppard Ave. E G/F

DT 407 Huron St. 3rd Floor

MK 3621 Highway 7 East, Suite 301