

**Caregiver Education & Support Services
October Programs**

**护老教育及支援服务
10 月活动**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**7 动起来...综合养生运动
Get Moving...Health Exercise**

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Stella Ng 吴惠嫦女士 (Community Exercise Program Instructor 社区运动导师)

备注:参加者须穿着舒适衣着,运动鞋,预留小活动空间及准备一张稳固有椅背的椅子

[Click here for Registration 请按此处登记](#)

**8 高血压的健康饮食建议
Healthy Eating for High Blood Pressure**

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Jennifer Xu (RD and Certified Diabetes Educator from West Toronto DEP)
Abida Rahman (RN and Certified Diabetes Educator from West Toronto DEP)

[Click JSS to Register 请按 JSS](#)

**9 如果处理昏厥及休克?
Fainting and Shock: How to Handle?**

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Peter Lam 林传赐先生
(Experienced First-aid Instructor 资深急救导师)

Address/ 地址: North York Chinese Baptist Church
2/F, 685 Sheppard Ave. East, Toronto

备注:此为免费讲座,查询或报名请致电 416-710-9978
To register: Please call 416-710-9978

**9 用药资源,您用上了吗?(实体)
Getting the Most from Your Medications
(In-person workshop)**

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Angela Guo 郭伟女士
(Social Worker at Yee Hong Centre 頤康中心安省注册社工)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
现场讲座请致电:416-412-4571 内线 2363

**14 给护老者:认识及预防虐待长者
For Caregivers: Understanding Elder Abuse**

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Florence Tam 譚玉霞女士 (Family Court Support Worker at Yellow Brick House 家事法庭支援工作者)

[Click here for Registration 请按此处登记](#)

**15 给长者及护老者的政府福利及服务简介
Government Benefits and Services for Seniors**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Hailey Ng (Citizen Services Specialist from Service Canada)

[Click here for Registration 请按此处登记](#)

15**给护老者：关顾者互助小组(实体)****Walking Together: Caregiver Support Group**

Time/时间: 10:00am—11:30am (星期三 Wed.)

Speaker/讲员: Ms. Angela Guo 郭伟女士
(Social Worker at Yee Hong Centre
颐康中心安省注册社工)Address/ 地址: 万锦颐康何黎霭云中心一日间活动中心
2780 Bur Oak Ave, Markham, ON L6B 1C9报名请致电 416-412-4571 内线 2362
To register: Please call 416-412-4571 ext 2362**22****Service Canada 现场咨询服务****Service Canada In-person Clinic**

Time/时间: 10:00am—3:00pm (星期三 Wed.)

Language/语言: Cantonese 广东话

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill

Please see the below flyer for more information

详情请看下面海报

By appointment ONLY. Please call 416-412-4571 ext
2363 to register

此为预约服务, 请致电 416-412-4571 内线 2363

22**关节健康照顾小贴士: 关节健康, 生活更美好****Caregiving Tips for Joint Health: Healthy Joints,
Better Life**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Julia Qiao 乔红女士
(Nutrition Practitioner 营养师)[Click here for Registration](#) 请按此处登记**23****收纳与断舍离: 打造安全舒适的安乐窝****Organizing and Decluttering Tips for Home Safety**

Time/时间: 10:00am—11:00am (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Fiona Lam 林凯欣女士
(Yee Hong Centre Staff 颐康中心职员)[Click here for Registration](#) 请按此处登记**23****游戏与脑力激荡 (实体)****Games for the Mind and Joy (In-person)**

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Jessica Tang 邓焕明女士
(Yee Hong Centre Staff 颐康中心职员)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电: 416-412-4571 内线 2363

29**长者家居防跌安全讲座****Fall Prevention and Home Safety for Older Adults**

Time/时间: 10:30am—11:30am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Ceci Tai 戴思韵女士
(Social Worker at Yee Hong Centre
颐康中心安省注册社工)[Click here for Registration](#) 请按此处登记**Yee Hong CAREL-earning Website –****颐康关护网**

 颐康
YEE HONG

**一站式
認知障礙症
資訊網**

專門針對加拿大華人社區



扫一扫

小组名称 Support Group	日期 Date	时间 Time	报名及查询 Registration and Enquiries
关顾者互助小组(广东话) Walking Together: Caregiver Support Group (Cantonese)	Oct 15 (Wed.) 10 月 15 (三)	11:00am— 12:30pm	416-412-4571 X2608
关顾者互助小组 (普通话/ 国语) Walking Together: Caregiver Support Group (Mandarin)	Oct 10 (Fri.) 10 月 10 日 (五)	10:00am— 11:30am	416-412-4571 X2362
与伴同行: 帕金森互助小组 (广东话) Parkinson's Disease Self-Management Group (Cantonese)	Oct 5 (Sun) 10 月 5 日 (日)	10:30am— 12:00pm	416-412-4571 X8529



Drop-in Virtual Support Group (Thursday) 网上及电话支援小组 (星期四)

有说普通话 / 国语的社工为您提供网上及电话关顾者支持小组服务

This drop-in virtual support group provides an opportunity for caregiver to meet with one of our social workers via video chat or telephone and to support each other through caregiving experience.

Zoom ID: 833-7475-6615 Zoom Password: 123456

Telephone: +16473744685 或

[請按此處加入](#)

Oct 2 10 月 2 日 3pm-4pm 三時至四時

Oct 16 10 月 16 日 3pm-4pm 三時至四時

For inquiries in Cantonese/ Mandarin /English, please call 416-412-4571 Ext. 2363

or email to caregiver.edu@yeehong.com

广东话 / 普通话 / 英语查询，请电 416-412-4571 内线 2363 或电邮致 caregiver.edu@yeehong.com

Caregiving can be immensely rewarding, but can be emotionally and physically demanding too. Yee Hong's Caregiver Education and Support Services helps caregivers fortify their love and patience, with up-to-date knowledge, essential skills and wellness support, to ensure positive and successful results. Please visit us at:

护老是一件很有意义的事，但是它对护老者的身体和心理状态也有较高的要求。颐康的护老教育及支援服务可帮助护老者在爱心与耐心的基础上掌握最新的专业知识和基本技能，并通过维持健康的身心状态而达到确实有效的成果。

请浏览我们的网页:

<https://www.yeehong.com/care-learning/>

Yee Hong's CARE-Learning Website – 颐康关护网

Funding for the Caregiver Education & Support Services has been provided by the Ontario Health East and Ontario Health Central.

以上活動由 Ontario Health East 及 Ontario Health Central 資助



講座介紹

歡迎參加我們的講座，本講座給已退休的長者及處於退休年齡的護老者提供相關的政府福利及服務介紹。

題目包括:

- Service Canada 服務概覽
- 老人金
- 加拿大退休金計劃
- 老年低收入補助金及津貼
- 加拿大殘疾福利 **New!**
- 加拿大牙科護理計劃

Speaker 講員: Ms. Hailey Ng, Citizen Services Specialist, Service Canada

政府福利及服務簡介講座 Government Benefits and Services for Seniors



2025年10月15日, Wed (三)



早上 10:00am - 11:00 am



English 英文

Workshop highlights

- In this workshop, you will find information about financial programs, benefits and other services offered by Service Canada for **seniors and caregivers who are retired or at pre-retirement age.**
- Learn about the **Canada Pension Plan, Old Age Security and Guaranteed Income Supplement, Allowance, Canada Disability Benefit (new program) and much more!**



網上報名及查詢

Online Registration & Enquiry:

Email: fiona.lam@yeehong.com

Tel: 416-412-4571 內線 ext 2363

網上報名請按此處

[Click here for Online Registration](#)

Service Canada In-person Clinic for Seniors and Caregivers

Service Canada 為長者及護老者提供現中文服務

Book a 30-minute consultation with a Service Canada representative to help you with your applications and answer your questions.

預約30分鐘的諮詢，以幫助您完成申請及解答您的查詢。



2025年10月22日 (Wednesday 星期三)
上午10:00am - 3:00pm



頤康護老教育及資源中心
360 Highway 7 E., Unit 17, Richmond Hill

SERVICES 服務範圍



Guaranteed Income Supplement 保障收入補貼 (GIS)



My Service Canada Account 網上帳戶 (MSCA)



Old Age Security 老人金 (OAS)



Employment Insurance 就業保險 (EI)



Social Insurance Number 社會保險號碼 (SIN)



Canada Dental Care Plan 加拿大牙科護理計劃



Canada Pension Plan 退休金 (CPP)



Canada Disability Benefit 加拿大殘疾福利



Book appointment, please call or email:
預約及查詢請聯絡: 416-412-4571 ext 內線2363 Fiona Lam 林姑娘
fiona.lam@yeehong.com



護老者鬆一鬆: 乾花南瓜工作坊

Caregiver Wellness: Dried Flowers & Pumpkin Workshop

在經驗豐富的花藝師帶領下，我們將親手創作屬於自己的秋季作品——
運用南瓜與乾燥花材，擁抱秋季的美好。

Join us for a cozy, hands-on workshop led by an experienced florist, where you'll express your creativity and craft a unique seasonal decoration using pumpkins and preserved dried flowers.

日期Date: 10月23日(Thurs)
時間Time: 下午2:00pm -3:15pm

Address地址:
頤康護老教育及資源中心
360 Highway 7 E.,
Unit 17, Richmond Hill

Fee費用 \$28 (包材料費)
語言Language: 廣東話 Cantonese

查詢或報名: 416-412-4571
ext 內線2363
fiona.lam@yeehong.com

[Click here for Registration](#)
請按此處登記



Heartsaver CPRAED and Basic Life Support and First-aid Certification

護老課程：心肺復甦法，生命支援術及急救證書課程

First Aid 急救證書課程

- **October 20-21, 2025 (Mon-Tue 星期一,二)**
 - 2-days in person course 兩天實體課程
 - Time 時間: 9:00am- 5:00pm
 - Language 語言: 英文教材, 廣東話教授
 - Fee 費用: \$150



Learning to Save a Life

Cardiac arrest can happen to anyone, at any time. Be ready to respond. Your fast action can more than double the chance of surviving.

Heartsaver CPRAED and BLS 心肺復甦法及生命支援術

- **CPR Level C / Basic Life Support (BLS)**
 - October 24, 2025 (Fri 星期五)
 - Time 時間: 12:30pm- 4:30pm
 - Language 語言: 英文教材, 廣東話教授
 - Fee 費用: Level C \$60 BLS \$ 70
 - CPR Heartsaver manual \$22 (optional)
 - CPR BLS manual \$25 (optional)
- **CPR Level C / Basic Life Support (BLS)**
 - October 27, 2025 (Mon 星期一)
 - Time 時間: 9:30am- 13:30pm
 - Language 語言: English 英文教授
 - Fee 費用: Level C \$60 BLS \$ 70
 - CPR Heartsaver manual \$22 (optional)
 - CPR BLS manual \$25 (optional)

Address地址:

頤康護老教育及資源中心
360 Highway 7 E.,
Unit 17, Richmond Hill

查詢請致電:

416-412-4571 內線2363
fiona.lam@yeehong.com

請按此處報名
Click here for
Registration

與你同行「心、晴之旅」



日期: 2025年10月7、14、24、28日
及11月7、12日

時間: 上午10時30分 – 中午12時

節數: 共六節



地點: 頤康士嘉堡麥瀝高中心
(2311 McNicoll Avenue, Scarborough,
ON, M1V 5L3)



語言: 廣東話



對象: 因家人重病晚期或離世
而需要情緒關懷的照顧者及家人



費用全免

小組內容

本支援小組(6 - 8人)由註冊社工帶領，並特別邀請註冊營養師與註冊音樂治療師共同參與，陪伴照顧者走過哀傷歷程

- 提供心靈關顧，以舒緩哀傷的情緒並適應生活的變化
- 一同探索情緒與飲食之間的關係，學習如何透過營養與飲食以舒緩情緒壓力
- 透過音樂治療，引導情緒表達與釋放

報名及查詢:



請致電(416)-412-4570 與護老教育及支援服務部聯絡
或電郵至 caregiver.edu@yeehong.com