

**Caregiver Education & Support Services
November Programs**

**护老教育及支援服务
11 月活动**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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						

**4 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](#)

**6 血压与心血管健康 (实体)
Blood Pressure & Cardiovascular Health
(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: Mr. Mark Ho 何文豪先生
(Registered Nurse 注册护士)

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

**12 在关顾中寻找快乐和幽默 (一)
Finding Joy and Humour in Caregiving (1)**

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Tsvetty Kolarova (Caregiver Education Coordinator at the Alzheimer Society of Toronto)

[Click JSS to Register 请按 JSS](#)

**13 未雨绸缪 - 认识安省长者福利及社区资源
Community Resources and Benefits for Seniors**

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

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)

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

**19 给护老者: 遗嘱真的重要吗?
For Caregivers: Why Should You Have a Will?**

Time/时间: 12:30pm—1:30pm (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Justin Lo
(Barrister and Solicitor 注册律师)

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

**19 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

20

从容应对老化：骨骼保健与跌倒预防(实体)
Aging with Confidence: Bone Health and Fall Prevention (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 郭偉女士
(Social Worker at Yee Hong Centre
頤康中心安省註冊社工)

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

现场讲座请致电:416-412-4571 内线 2363

25

加拿大医疗系统-- 长者该知道的那些事
**Understanding Canada's Healthcare System:
What Seniors Need to Know**

Time/時間：10:00am—11:00am (星期二 Tue.)

Language/語言：Mandarin 普通话/ 國語

Speaker/講員：Ms. Angela Guo 郭偉女士
(Social Worker at Yee Hong Centre
頤康中心安省註冊社工)

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

24

给护老者: 家务有妙法
For Caregivers: Housework at Ease

Time/时间：10:00am—11:00am (星期一 Mon.)

Language/语言：Cantonese 广东话

Speaker/讲员：Ms. Fiona Lam 林凯欣女士
(Yee Hong Centre Staff 頤康中心职员)

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

**Yee Hong CAREL-earning Website –
頤康关护网**



**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



- 獲得中文版的認知障礙症資訊
- 了解有關認知障礙症的知識和減低風險的方法
- 獲得認知障礙症患者和照顧者的生活小貼士
- 了解更多本地認知障礙症服務及資源

網址: dementiahub.yeehong.com

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)	Nov 19 (Wed.) 11 月 19 (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)	Nov 14 (Fri.) 11 月 14 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)	Nov 1 (Sat) 11 月 1 日 (六)	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](#)

Nov 6 11 月 6 日 3pm-4pm 三時至四時

Nov 20 11 月 20 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

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