

**Caregiver Education & Support Services
August Programs**

**护老教育及支援服务
8 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						

**5 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 大脑健康：中风与大脑健康
Understanding Stroke and Brain Health**

Time/时间: 2:00pm—3:00pm (星期五 Fri.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Jingyi He 何静怡女士
(Medical Student at University of Toronto 多伦多大学医科学生)

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

**12 长者福利及社区资源分享
Senior Welfare and Community Resources**

Time/时间: 10:30am—11:30am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Ceci Tai 戴思韵女士
(Social Worker at Yee Hong Centre 頤康中心安省注册社工)

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

**13 照顾与得舒饮食
Caregiving and DASH Diet**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Oria Xie 谢丽凤女士
(Registered Dietician in Canada and USA; PhD. in Nutrition 加拿大和美国注册营养师;加拿大营养学博士)

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

**13 如何看营养标签和计划健康膳食
Food Labelling and Meal Planning**

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Eleni Papadakis (Registered Dietitian and Diabetes Educator from LMC Healthcare)

[Click JSS to Register 请按 JSS](#)

**14 「食得是福, 出也是福」防治便秘工作坊 (实体)
Constipation in Older Adults (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. Fiona Lam 林凯欣女士
(Yee Hong Centre Staff 頤康中心职员)

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

15**长者眼睛健康与常见眼科疾病简介**
Introduction to Eye Health and Common Eye Conditions

Time/时间: 2:00pm—3:00pm (星期五 Fri.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Xiao Le Li 李晓乐女士 (Medical Student at University of Toronto 多伦多大学医科学生)

[Click here for Registration 请按此处登记](#)**19****夏日照顾长者小贴士****Tips for Taking Care of the Elderly in Summer**

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Jessica Tang 邓焕明女士
(Yee Hong Centre Staff 颐康中心职员)[Click here for Registration 请按此处登记](#)**20****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

21**莫生气? 谈愤怒情绪管理****What is Anger Management?**

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](#)**26****给护老者: 什么是人工智能 (AI)?****What Is Artificial Intelligence (AI)?**

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Jessica Tang 邓焕明女士
(Yee Hong Centre Staff 颐康中心职员)[Click here for Registration 请按此处登记](#)**28****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 颐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**28****护老专题: 什么是三高?****For Caregivers: What is the The Big 3?**

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Janet Chong-Lee 庄慧仪女士
(Registered Pharmacist 注册药剂师)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**Yee Hong CAREL-earning Website –**
颐康关爱网

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)	Aug 20 (Wed.) 8 月 20 日 (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)	Aug 8 (Fri.) 8 月 8 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)	Aug 16 (Sat.) 8 月 16 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](#)

Aug 7 8 月 7 日 3pm-4pm 三時至四時

Aug 21 8 月 21 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

與你同行 – 「陶」造你心晴



日期: 2025年8月19, 26日(星期二),
9月5, 12, 19日(星期五)及
9月23日(星期二)

時間: 上午10時 – 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: 晚期病患長者的照顧者及家人



費用全免

小組內容

本支援小組(6 - 8人)由註冊社工帶領，並特別邀請註冊音樂治療師及陶藝導師共同參與。本小組旨在透過陶藝創作與音樂治療的過程，陪伴照顧者認識內在的情緒，並協助面對照顧患者期間所產生的壓力。



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

Caregiver Support Group - Healing through Art & Music



Date: 2025 August 19, 26 (Tue),
Sep 5, 12, 19 (Fri),
Sep 23 (Tue)

Time: 10am -12pm

Sessions: 6 sessions



Yee Hong Scarborough McNicoll Centre
(2311 McNicoll Avenue, Scarborough,
ON, M1V 5L3)



Language: Cantonese



Target Participants: Caregivers and family members of
older adults with chronic and progressive diseases



Free of Charge

Program Details

Led by a registered social worker, with participation from a music therapist and ceramics instructor. This group aims to help caregivers explore their inner emotions through the process of art and music therapy, and to alleviate the grief experienced by caregivers when their loved ones face chronic and progressive diseases.



**For registration and inquiries,
please contact Caregiver Education & Support**

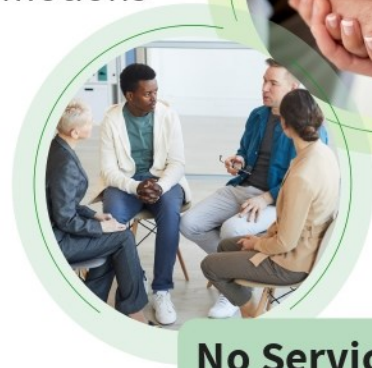


Email: caregiver.edu@yeehong.com
Tel: (416)-412-4570

Grief & Bereavement Support

You may be experiencing feelings of sadness and helplessness on your journey to cope with grief and loss. Our Grief and Bereavement support program offers a range of services designed to help the bereaved manage their grieving emotions and maintain a normal life during this difficult time.

If you or someone you know is experiencing grief and loss, we encourage you to contact us for more information about the services we provide.



Goals

- To provide community education to raise awareness within the Chinese community about life and death.
- To alleviate the grief experienced by caregivers and families when a loved one has passed away, is facing a terminal illness, or receiving palliative care.

No Service Charge

Services

- Community education on life and death(e.g., end-of-life care, funeral planning, advance care planning, etc)
- Community Resource Navigation, Supportive Counseling, Therapeutic Groups, and Service Referrals

Learn More



Features

We offer services in Cantonese and Mandarin, and provide culturally sensitive grief support.

For inquiries, please contact Caregiver Education & Support

Email: caregiver.edu@yeehong.com

Tel: (416)-412-4570

哀傷關懷支援服務

面對親人離世或患重病，往往會感到無比的悲傷與徬徨。本會的哀傷關懷支援服務旨在協助照顧者舒緩因親人重病晚期、臨終或離世而產生的哀傷情緒並適應新生活。

若你或你身邊的朋友正在經歷喪親或哀傷的情緒，歡迎聯絡我們以了解更多詳情。



費用全免

目標

- 紓解照顧者及家人在面對家人重病晚期、臨終或離世時所產生的哀傷情緒
- 提供社區教育與專題講座，提升華人社區對生死教育的關注與理解

服務內容

- 公眾教育（如臨終關懷、殯儀程序、授權書等專題知識）
- 社區資源諮詢、個別支援服務、治療小組及服務轉介等

特色

提供廣東話及國語服務，並以文化適切的方式提供哀傷支援

了解更多



申請方法及服務查詢：

請致電(416)-412-4570 或電郵至caregiver.edu@yeehong.com

與護老教育及支援服務部聯絡

伴你同行 认知障碍症资讯站



dementiahub.yeehong.com/zh-hans



在这个认知障碍症资讯站中，你可以：

- ✓ 获得中文版的认知障碍症资讯
- ✓ 了解有关认知障碍症的知识 and 减低风险的方法
- ✓ 获得认知障碍症患者和照顾者的生活小贴士
- ✓ 了解更多本地认知障碍症服务及资源



扫一扫



+416-412-4571 ext. 2624



odgrh@yeehong.com

VOLUNTEER WITH YEE HONG!

齊來頤康做義工!

Positions available:

Program Assistant
Friendly Visitor
Assistant with Meals
Interest Class Instructor
Driver for Seniors
Meals-on-Wheels

Shopping Escort
Front Desk Assistant
Clerical Assistant
Laundry Aide
Special Event Assistant
& more!

義工崗位:

活動助理
親善探訪
進餐助理
興趣班導師
接送長者司機
送餐司機
購物護送
接待處助理
文書助理
洗衣房助理
特別活動助理
等等!

A little bit of your time could be a BIG help to our seniors.
你只要付出一點時間, 就能為長者帶來大大的幫助。

Contact Us 聯絡我們

頤康士嘉堡芬治中心 及 萬錦中心
**Yee Hong Centre Scarborough Finch &
Yee Hong Ho Lai Oi Wan Centre (Markham)**
Karen Wong
416-412-4571 ext. 5641
Karen.Wong@yeehong.com

頤康密西沙加中心
Yee Hong Centre Mississauga
Pinky Man
416-412-4571 ext. 4640
Pinky.Man@yeehong.com

頤康士嘉堡麥瀝高中心
Yee Hong Centre Scarborough McNicoll
Jessica Tang
416-412-4571 ext. 2611
JessicaWM.Tang@yeehong.com

Our Webpage 網頁

Apply Now! 現在報名!



頤康需要你! YEE HONG NEEDS YOU!