

Caregiver Education & Support Services August Programs

護老教育及支援服務 8 月活動

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
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動起來...綜合養生及防跌運動

Get Moving... Health Exercise

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Stella Ng 吳惠嫦女士
(Community Exercise Program
Instructor 社區運動導師)

備註: 參加者須穿著舒適衣著, 運動鞋, 預留小活動
空間及準備一張穩固有椅背的椅子

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

8

大腦健康: 中風與大腦健康

Understanding Stroke and Brain Health

Time/時間: 2:00pm—3:00pm (星期五 Fri.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Ms. Jingyi He 何靜怡女士
(Medical Student at University of
Toronto 多倫多大學醫科學生)

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長者福利及社區資源分享

Senior Welfare and Community Resources

Time/時間: 10:30am—11:30am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Ceci Tai 戴思韻女士
(Social Worker at Yee Hong Centre
頤康中心安省註冊社工)

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照顧與得舒飲食

Caregiving and DASH Diet

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Dr. Oria Xie 謝麗鳳女士
(Registered Dietician in Canada and
USA; PhD. in Nutrition
加拿大和美國註冊營養師; 加拿大營
養學博士)

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

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如何看營養標籤和計劃健康膳食

Food Labelling and Meal Planning

Time/時間: 3:00pm—4:15pm (星期三 Wed.)

Language/語言: English 英文

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

[Click JSS to Register 請按 JSS 登記](#)

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「食得是福, 出也是福」防治便秘工作坊 (實體)

Constipation in Older Adults (In-person)

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Ms. Fiona Lam 林凱欣女士
(Yee Hong Centre Staff 頤康中心職員)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
現場講座請致電 416-412-4571 內線 2363

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長者眼睛健康與常見眼科疾病簡介 Introduction to Eye Health and Common Eye Conditions

Time/時間: 2:00pm—3:00pm (星期五 Fri.)

Language/語言: Mandarin 普通話 /國語

Speaker/講員: Ms. Xiao Le Li 李曉樂女士 (Medical Student at University of Toronto 多倫多大學醫科學生)

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

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夏日照顧長者小貼士 Tips for Taking Care of the Elderly in Summer

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Jessica Tang 鄧煥明女士
(Yee Hong Centre Staff 頤康中心職員)

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

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給護老者: 關顧者互助小組 (實體) Walking Together: Caregiver Support Group

Time/時間: 10:00am—11:30am (星期三 Wed.)

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)

Address/ 地址: 萬錦頤康何黎靄雲中心一日間活動中心
2780 Bur Oak Ave, Markham, ON L6B 1C9

報名請致電 416-412-4571 內線 2362

To register: Please call 416-412-4571 ext 2362

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莫生氣? 談憤怒情緒管理 What is Anger Management?

Time/時間: 10:00am—11:00am (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Fiona Lam 林凱欣女士
(Yee Hong Centre Staff 頤康中心職員)

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

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給護老者: 什麼是人工智能 (AI)? What Is Artificial Intelligence (AI)?

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Jessica Tang 鄧煥明女士
(Yee Hong Centre Staff 頤康中心職員)

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

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用藥資源, 您用上了嗎? (實體) Getting the Most from Your Medications (In-person workshop)

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話 / 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)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
現場講座請致電 416-412-4571 內線 2363

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護老專題: 什麼是三高? For Caregivers: What is the The Big 3?

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Janet Chong-Lee 莊慧儀女士
(Registered Pharmacist 註冊藥劑師)

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

備註: 此為免費講座, 查詢或報名請致電
416-710-9978

Yee Hong CARE-Learning Website — 頤康關護網



小組名稱 Support Group	日期 Date	時間 Time	報名及查詢 Registration and Enquiries
關顧者互助小組(廣東話) Walking Together: Caregiver Support Group (Cantonese)	Aug 20 (Wed.) 8 月 20 日 (三)	11:00am— 12:30pm	416-412-4571 X2608
關顧者互助小組 (普通話/ 國語) Walking Together: Caregiver Support Group (Mandarin)	Aug 8 (Fri.) 8 月 8 日 (五)	10:00am— 11:30am	416-412-4571 X2362
與伴同行: 帕金森互助小組 (廣東話) 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) 網上及電話支援小組 (星期四)

有說普通話 / 國語的社工為您提供網上及電話關顧者支持小組服務

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

廣東話 / 普通話 / 英語查詢，請電 416-412-4571 內線 2363 或電郵致 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:

護老是一件很有意義的事，但是它對護老者的身體和心理狀態也有較高的要求。頤康的護老教育及支援服務可幫助護老者在愛心與耐心的基礎上掌握最新的專業知識和基本技能，並通過維持健康的身心狀態而達到確實有效的成果。請瀏覽我們的網頁：

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

Yee Hong's CARE-Learning Website – 頤康關護網

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

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：

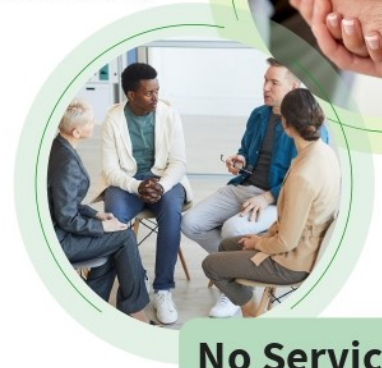
請致電(416)-412-4570 或電郵至caregiver.edu@yeehong.com

與護老教育及支援服務部聯絡

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

伴你同行 認知障礙症資訊站



dementiahub.yeehong.com/zh-hant



在這個認知障礙症資訊站中，你可以：

- ✓ 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



掃一掃



+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!