

Caregiver Education &  
Support Services –  
June Programs

護老教育及支援服務  
六月活動

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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給護老者：護理院的選擇 (現場講座)  
For Caregivers: Choosing a Long Term Care  
(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： 頤康護老教育及資源中心  
360 Highway 7 E., Unit 17, Richmond Hill

現場講座請致電 416-412-4571 內線 2363  
For in-person, please call 416-412-4571 ext 2363

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護老專題：了解你的腎臟

For Caregivers: Understanding Your Kidney

Time/時間： 11:00am —12:00pm (星期四 Thurs.)

Language/語言： Cantonese 廣東話

Speaker/講員： Ms. Sue Fong 方淑瑜女士 (Community  
Development Coordinator, The Kidney  
Foundation of Canada – Ontario Branch  
加拿大腎臟基金會社區發展統籌)

[Click NYCBC to Register](#)  
請按社群服務 NYCBC 登記

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護老者保健養生運動

For Caregivers: Health Exercise

Time/時間： 10:00am—11:00am (星期五 Fri.)

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  
及預留小活動空間

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Caregiver Burden and Cardiovascular Disease:  
Making Visible the Health of Women who are  
Unpaid Caregivers in Canada

Time/時間： 10:00am—11:00am (星期一 Mon.)

Language/語言： English 英文

Speaker/講員： Dr. Monica Parry (Associate  
Professor at the Faculty of Nursing at  
University of Toronto)

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預防虐老面面觀

Elder Abuse Awareness and Prevention: A  
Closer Look

Time/時間： 3:00pm—4:00pm (星期三 Wed.)

Language/語言： English 英文

Speaker/講員： Ms. Mary Shkoury, Prevention  
Consultant, Elder Abuse Prevention  
Ontario

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護老生活小確幸：50+的美容之道

Self Care for Caregivers:  
Give Your Skin a Little Love

Time/時間： 10:00am—11:30am (星期四 Thurs.)

Language/語言： Cantonese 廣東話

Speaker/講員： Ms. Cesie Wong  
(Experienced Certified Esthetician  
資深註冊美容師)

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**16** 給護老者: 骨質疏鬆的迷思

**For Caregivers: Osteoporosis Myths**

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Priscilla Ching 程何婉華女士  
(Osteoporosis Canada  
加拿大骨質疏鬆協會)

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**21** 長者家居及高層大廈防火安全講座  
**Seniors' Fire Safety and Safety for Residential High-Rise Building**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: English 英文

Translation/翻譯: Cantonese 廣東話

Speaker/講員: Speaker from Public Education Team  
at Richmond Hill Fire & Emergency  
Services  
(列治文山消防與緊急服務公共教育職員)

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**22** 護老同樂聚一聚 (現場講座)

**Caregiver Gathering: Fun and Game Day  
(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. Fiona Lam 林凱欣女士  
(Yee Hong Centre Staff 頤康中心職員)

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

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**22** 照顧者的情緒管理: 應對內疚  
**Dealing with Caregiver Guilt**

Time/時間: 10:00am—11:00am (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)

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

**23** 護老者專題: 認識及預防虐老

**Understanding Older Adult Abuse: For Caregivers**

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: English 英文

Translation/翻譯: Cantonese 廣東話

Speaker/講員: Speaker from Yellow Brick House  
(Yellow Brick House 公共教育講員)

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**26** 「華人關顧者網絡」講座系列之  
淺談輔導及心理治療

**CCN Education Series: An Introduction to  
Counselling, Psychotherapy and Psychosocial  
Interventions**

Time/時間: 2:00pm—3:00pm (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Sherlyn Hu (Mental Health Clinician  
at Mount Sinai Hospital Wellness Center  
西乃山醫院恆康中心心理輔導員)

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**27** 護老新知: 自我調養廣視角

**For Caregiver: Cultural Influences on Self-Care**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Dr. Yi Zhang 張藝女士 (Registered  
Naturopathic Practitioner  
安省註冊自然療法師)

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**28** 護老錦囊: 探索食物的「身份證」

**Caregiving Tips: Discover Food Label**

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 Dietitian 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](#)

## 網上關顧者互助及支援小組 Online Caregiver Support Groups

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)	June 6 月 21 日 (星期三 Wed.)	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)	June 6 月 9 日 (星期五 Fri.)	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)	June 6 月 3 日 (星期六 Sat.)	10:00am— 11:30am	416-412-4571 X2361

### CAREGIVER BURDEN AND CARDIOVASCULAR DISEASE: MAKING VISIBLE THE HEALTH OF WOMEN WHO ARE UNPAID CAREGIVERS IN CANADA

Almost one-third of Canadians provide unpaid care to someone who is aging or has a long-term health condition. Despite benefits, unpaid caregiving can have negative effects on one's ability to exercise or eat a healthy diet. This presentation will discuss risks of unpaid caregiving to high blood pressure and heart disease.

> [REGISTER NOW](#)

**DATE: 2023 JUNE 12 (MONDAY)**  
**TIME: 10:00AM - 11:00AM**  
**LANGUAGE: ENGLISH**  
**FORMAT: ZOOM**



FOR ANY INQUIRIES PLEASE CONTACT

**416-412-4571 ext 2363**



### Dr. Monica Parry

Dr. Parry is an Associate Professor at the Lawrence S. Bloomberg Faculty of Nursing and a Nurse Practitioner in the Cardiac Program at Kingston Health Sciences Centre. Monica's research focuses on patient engagement and the sex/gendered factors that impact the burden of cardiovascular disease, including unpaid caregiving.

## Drop-in Virtual Support Group (Zoom)

### 網上及電話支援小組

有說廣東話 / 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](#)

廣東話	June 15	6 月 15 日	3pm-4pm	三時至四時
普通話/國語	June 8	6 月 8 日	3pm-4pm	三時至四時
	June 22	6 月 22 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](mailto: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](mailto: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**



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