

**Caregiver Education & Support Services
January Programs**

**护老教育及支援服务
1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

**6 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](#)

**7 给护老者: 急症入院的准备
For Caregivers: Prepare for the Unexpected:
Emergency Visit**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Cantonese 广东话

Speaker/講員: 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](#)

**8 肾脏健康与预防肾病
Kidney Health 101**

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Prinici Wong 王梓柔女士 (Programs Coordinator for Chinese Communities at The Kidney Foundation of Canada 加拿大肾脏基金会华人服务统筹)

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

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

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/講員: Ms. Angela Guo 郭偉女士
(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
报名请致电 416-412-4571 内线 2363 or

**14 给护老者: 感冒要如何吃?
Caregiving Tips: What to Eat during and after a Cold?**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/語言: 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](#)

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

Time/时间: 8:00pm—9:30pm (星期四 Thurs.)

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)

报名请致电 416-412-4571 内线 2362
To register: Please call 416-412-4571 ext 2362

21 吃对+动对，长者远离肌肉减少症
Eat Smart, Move Well: Preventing Sarcopenia

Time/时间: 2:00pm—3:00pm (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

28 了解您的消化系统
Understanding Digestion

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Dona Hird (Coordinator,
Self-Management Central East)

[Click JSS to Register](#) 请按 JSS

27 透过性格测试了解自己与照顾风格
Understanding Yourself and Your Caregiving
Style Through Personality Test

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

29 给护老者: 克服拖延的实用技巧 (实体)
For Caregivers: Practical Strategies to Overcome
Procrastination (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

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

Yee Hong CAREL-earning Website –
頤康關愛網



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)	Jan 21 (Wed.) 1 月 21 (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)	Jan 9 (Fri.) 1 月 9 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)	Jan 17 (Sat) 1 月 17 日 (六)	10:30am— 11:30am	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](#)

Jan 8 1 月 8 日 3pm-4pm 三時至四時

Jan 22 1 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

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