

Caregiver Education & Support Services  
March Programs

护老教育及支援服务  
3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				

**3** 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](#)

**10** 自我关爱  
Self Care

Time/时间: 2:00pm—3:00pm (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Amber Chan (Registered Expressive Art Therapist 注册表达艺术治疗师)

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

**11** 给护老者: 长者税收抵免和福利  
Tax Credits and Benefits for Seniors: CRA

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Canada Revenue Agency

[Click JSS to Register 请按 JSS 登记](#)

**12** 认识胆固醇管理  
Cholesterol Management

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Mark Ho (Registered Nurse 注册护士)

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

**12** 缓解长者焦虑, 享受宁静生活 (实体)  
Addressing Elderly Anxiety for a Joyful Life  
(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. 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

**17** 给护老者: 克服拖延的实用技巧  
Strategies to Overcome Procrastination

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 頤康中心职员)

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

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三高的饮食策略及日常健康管理  
Healthy Aging : Dietary Strategies and Daily Health Management for the "Three Highs"

Time/时间: 10:00am—11:00pm (星期四 Thurs.)

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

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给护老者: 照顾者互助小组  
Walking Together: Caregiver Support Group

Time/時間: 8:00pm—9:30pm (星期四 Thurs.)

Speaker/講員: Ms. Angela Guo 郭偉女士  
(Social Worker at Yee Hong Centre  
颐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

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AI 时代, 守护长者健康: 如何分辨真假讯息  
AI and Seniors' Well-Being: Spotting Misinformation

Time/时间: 10:00am—11:00am (星期二 Tue.)

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)

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

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安大略省遗嘱认证与遗产管理实务(实体)  
A Practical Guide to Probate and Estate Administration in Ontario (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. Sophie Zhang  
(Barrister and Solicitor 注册律师)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill  
报名请致电 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](http://dementiahub.yeehong.com)

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)	Mar 18 (Wed.) 3 月 18 (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)	Mar 13 (Fri.) 3 月 13 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)	Mar 28 (Sat.) 3 月 28 日 (六)	12:00pm — 1:00pm	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](#)

Mar 5 3 月 5 日 3pm-4pm 三時至四時

Mar 26 3 月 26 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)**

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](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:

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