

Caregiver Education & Support Services
May Programs

护老教育及支援服务
5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

7 长者独居安全须知 (实体)
Safety for Senior Living Alone (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
报名请致电 416-412-4571 内线 2363

13 加拿大牙科保健计划介绍
Understanding Canadian Dental Care Plan

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Christina Karagianis (Citizen Services Specialist, Service Canada)

[Click JSS to Register](#) 请按 JSS 登记

14 消化健康与日常保养
Digestive Health and Maintenance

Time/时间: 10:00am—11:00am (星期四 Thurs.)

Language/语言: Mandarin 普通话/ 国语

Speaker/讲员: Dr. Yi Zhang 张艺女士

(Registered Naturopathic Practitioner
安省注册自然疗法师)

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

14 药物安全—拆解常见迷思
Medication Safety— Common myths and Facts

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Gloria Lau (Registered Pharmacist at Carefirst 耆晖会注册药剂师)

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

19 认识中风: 预防、识别与应对
Understanding Stroke: Prevention, Recognition and Response

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Mandarin 普通话/ 国语

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

20 别等口渴才喝水—长者夏日补水小贴士

Stay Hydrated for the Summer

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; Ph.D. 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](#)

21 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

29 肾脏健康与预防肾病

Kidney Health 101

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 广东话

Speaker/講員: Ms. Princi Wong 王梓柔女士
(Programs Coordinator for Chinese
Communities
加拿大肾脏基金会社区发展统筹)

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

21 我们身边的支持系统: 公共服务、社区服务与非营利机构 (实体)

Support Around Us: Public Services, Community Services and Non-Profits (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
颐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

26 为认知障碍症患者规划活动时的注意事项

Planning Activities for Individuals with Dementia—What You Should Know

Time/时间: 10:00am—11:30am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Allyson Chiu 赵若萍女士

(NCCCPI Instructor 美国失智症协会认可
导师)

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

29 什么是纾缓治疗?

Understanding Palliative Care

Time/时间: 2:00pm—3:00pm (星期五 Fri.)

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](#)

一站式 认知障碍症 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

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)	May 20 (Wed.) 5 月 20 (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)	May 8 (Fri.) 5 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)	June 13 (Sat.) 6 月 13 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](#)

May 7 5 月 7 日 **3pm-4pm 三時至四時**

May 21 5 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

Heartsaver CPRAED and Basic Life Support and First-aid Certification

護老課程：心肺復甦法，生命支援術及急救證書課程

Heartsaver CPRAED and BLS 心肺復甦法及生命支援術

- Heartsaver CPR Level A
 - May 8, 2026 (Fri 星期五)
 - Time 時間: 9:30am- 11:30am
 - Language 語言: 英文教材, 廣東話/普通話教授
 - Fee 費用: \$40
 - CPR Heartsaver manual \$22 (optional)
- CPR Level C / Basic Life Support (BLS)
 - June 1, 2026 (Mon 星期一)
 - Time 時間: 9:30am- 14:00pm
 - Language 語言: English 英文教授
 - Fee 費用: Level C \$65 BLS \$ 75
 - CPR Heartsaver manual \$22 (optional)
 - CPR BLS manual \$25 (optional)



Learning to Save a Life

Cardiac arrest can happen to anyone, at any time. Be ready to respond. Your fast action can more than double the chance of surviving.

Address地址:

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

查詢請致電:

416-412-4571 內線2363
fiona.lam@yeehong.com

First Aid 急救證書課程

- Standard First Aid CPR C+ AED (Blended)
 - May 25, 2026 (Mon 星期一)
 - 1 day in person course 一天實體課程
 - 參與者需先完成線上課程並通過測驗
 - Time 時間: 9:30am- 5:30pm
 - Language 語言: 英文教材, 廣東話/普通話教授
 - Fee 費用: \$150

[請按此處報名](#)
[Click here for](#)
[Registration](#)

護老鬆一鬆--鉤織入門及中班

Caregiver Wellness: Crochet Beginner and Intermediate Class

您知道編織是一種放鬆身心的方式嗎?不管你是初學者還是有經驗的編織者,都歡迎來參加這個讓您輕鬆入門或重拾鉤織的課程!當感受到手中的線和針在你手中編織出美麗的織品時,你會感到一種滿足自在的感覺,彷彿所有的煩惱都被釋放了。

Crochet is not just a craft, it can also be a powerful tool for relaxation and stress relief. As you work with the yarn, the repetitive motion of crocheting allows the mind to focus on the present and let go out any distractions or worries.

日期DATE: 2026年5月1,8,15,22,29日 (星期五,共5堂)

**地點 LOCATION:頤康護老教育及資源中心
360 HIGHWAY 7 E., UNIT 17, RICHMOND HILL**

FEE費用 \$20(包材料費)

BEGINNER CLASS 入門班

時間: 下午1:00PM-2:30PM

不需任何經驗

INTERMEDIATE CLASS 中班

時間: 下午2:45PM-4:15PM

需懂得用鉤針鉤短針、長針。



查詢請聯絡 416-412-4571 內線2363 林姑娘 Fiona Lam

請用以下GOOGLE FORM 報名

[HTTPS://FORMS.GLE/LT4WSUHO1ZCOLWVMA](https://forms.gle/LT4WSUHO1ZCOLWVMA)