

Education Program &
Services Overview
課程及服務概覽



**Yee Hong Centre
For Geriatric Care**

頤康中心

Caregiver Education & Support Services 頤康護老教育及支援服務



Cold Hands,

Warm Heart

「寒冬暖您心」

January—March 2020

2020年1—3月



Chinese New Year Banquet 2020

金鼠添壽喜迎春

二零二零年一月三十一日(星期五, 農曆年初七)

Friday, January 31, 2020

六時恭候 七時入席

Reception: 6:00 pm Dinner: 7:00 - 9:30 pm

華麗宮 Grandeur Palace

2301 Brimley Road, Unit 128, Scarborough

集友商場 Chartwell Centre

(Brimley/Huntingwood)



這是一個無酒精的活動
It is an alcohol free event

請與頤康職員報名
Please Register with Program Staff

每位:\$43.00, 三歲以下孩童免費

Fee: \$43/person, Free for Children under 3

截止報名:二零二零年一月十日

R.S.V.P. before January 10, 2020

NEW

頤康護老教育及支援服務 Caregiver Education & Support Services

2020-2021 年度的會員申請即將在三月份開始！我們希望這能鼓勵更多護老者及長者認識各種健康、護理、社區資源等不同方面的知識。凡參加我們的會員都可以免費參加我們舉辦的專題健康講座（特別節目除外），及可邀請兩位家人共享會員。

歡迎任何人士加入，一起活到老，學到老！

We are accepting 2019-2020 Annual membership applications in March for caregivers and seniors. Members will benefit from educational and health workshops conducted by our team (special programs excluded) and are welcome to invite 2 family members to join for free! Interested individuals are encouraged to apply!

現在開始接受會員報名 / Join Now!

對象/Target: 歡迎任何人士，及可邀請兩位家人共享會員

Everyone is welcome to join and to invite 2 family members to join for free

年費/Fee: \$20 (2020年4月1日-2021年3月31日)

報名及查詢請致電/

Registration and Enquiries

905-597-9380

416-412-4571 內線/Ext 2608



Yee Hong Centre
For Geriatric Care

頤康中心

CARE-Learning 關護網學習平台
https://carelearning.yeehong.com

<http://carelearning.yeehong.com>

歡迎瀏覽最新上載的護老短片，我們將於每季定期更新短片，期盼這個網站能帶給你更多的護老資訊。本季度的護老短片包括：

Check out the new videos posted on our Care-Learning website! We will be updating our website on a quarterly basis. This quarter, the new additions include:

「頤康關護網學習平台」是由安省中區醫療服務聯網 (C LHIN) 資助

Funding for the CARE-Learning Platform has been provided by the Central Local Health Integration Network

Shingles

認識帶狀疱疹(生蛇)

Long Term Care Insurance

認識長期護理保險

Dance Beyond Limits

舞動無限

Caregiver Support Groups | 關顧者互助及支援小組

Support Group 小組名稱	Location 地點	Date 日期	Time 時間	Registration & Enquiries 報名及查詢
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Scarborough McNicoll 頤康士嘉堡麥瀝高中心	1月 Jan 14 日 2月 Feb 11, 25 日 3月 Mar 10, 24 日 (Tue 二)	10am — 12pm	(416) 412-4571 x 2608
Dementia Support Group for Caregivers (Mandarin) 失智症照護同行 國語互助小組	Yee Hong Community Health and Education Centre 頤康社區健康 教育及活動中心	1月 Jan 11 日 2月 Feb 8 日 3月 Mar 14 日 (Sat 六)	10am — 12pm	(416) 412-4571 x 2608
Parkinson's Disease Self-Management Group 與伴同行: 柏金遜互助小組	Yee Hong Centre— Scarborough McNicoll Chinese Evergreen Manor 頤康士嘉堡麥瀝高中心 松柏禮堂	1月 Jan 11 日 2月 Feb 8 日 3月 Mar 14 日 (Sat 六)	9:30am — 12pm	(905) 597-9380
Humor Therapy Support Group 幽默治療互助小組	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	1月 Jan 30 日 2月 Feb 20 日 3月 Mar 19 日 (Thur 四)	10am — 11:30am	(905) 597-9380
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Markham 頤康何黎靄雲中心 萬錦市	1月 Jan 27 日 2月 Feb 24 日 3月 Mar 23 日 (Mon 一)	10am — 12pm	(905) 597-9380
 Parkinson's Disease Support Group (Mandarin) 柏金遜症互助小組 (普通話)	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	1月 Jan 21 日 2月 Feb 18 日 3月 Mar 17 日 (Tue 二)	2pm — 3:30pm	(905) 597-9380

Caregiver Workshops - January 2020 | 關顧講座 - 2020年1月

JANUARY 2020 一月

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
			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	

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Managing the Winter Blues (Mandarin)

季節影響情緒? 與你談冬季心理保健 (普通話)

10am—11:30am

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Speaker/講員: Ms. Fiona Lam 林凱欣女士 (頤康中心職員)
Yee Hong Caregiver Education & Resource Centre
頤康護老教育及資源中心
Unit 17, 360B Highway 7 East, Richmond Hill

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Be a Healthy Senior: Fall Prevention for Seniors

做個健康長者: 預防跌倒穩步行講座

11am—12:00pm

Chat Room 座談會 12:30pm—3pm

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

Fee/ 費用: Free for NYCBC members

北約華人浸信會社群服務會員免費
North York Chinese Baptist Church
2/F, 685 Sheppard Ave. East, Toronto

15

Tips to Regulate Blood Sugar Level After Holidays

節日後的血糖管理

10:30am—12:00pm

Speaker/講員: Ms. Rowena Leung, RD

梁繞琦女士 (註冊營養師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭
Yee Hong Caregiver Education & Resource Centre
頤康護老教育及資源中心
Unit 17, 360B Highway 7 East, Richmond Hill

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Freezing Extremities: A TCM Perspective

手腳冰冷的中醫調理

10:30am—12:00pm

Speaker/講員: Mr. Hon Chau Wong, DOMP

黃漢疇先生 (整骨治療師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭
Yee Hong Caregiver Education & Resource Centre
頤康護老教育及資源中心
Unit 17, 360B Highway 7 East, Richmond Hill

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Tax Tips and Breaks for Caregivers

做個精明護老者—長者稅務及優惠須知

10am—11:30am

Speaker/講員: Mr. David Wu, CPA 註冊會計師

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭
Yee Hong Centre—Scarborough McNicoll
頤康士嘉堡麥瀝高中心
2311 McNicoll Ave., Scarborough

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Long Term Care and Community Resources (Mandarin)

與你生活息息相關: 護理院及其他社區資源 (普通話)

10am—11:30am

Speaker/講員: Yee Hong Centre Staff 頤康中心職員

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

23

Tips to Regulate Blood Sugar Level After Holidays

節日後的血糖管理

11am—12:00pm

Speaker/講員: Ms. Rowena Leung, RD

梁繞琦女士 (註冊營養師)

Chat Room 座談會

12:30pm—3pm

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

Fee/ 費用: Free for NYCBC members

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北約華人浸信會社群服務會員免費

North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

Does Forgetfulness Mean Dementia?

記憶力差還是失智症?

3:00pm—4:30pm

Speaker/講員: Mr. Nicky Lam 林世強先生 (安省註冊社工)

Fee/ 費用: 會員: 免費 非會員: 免費

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Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

28

CNY Celebration

齊來慶新年

10am—11:30am

Fee/ 費用: \$9/ 每位 (包括茶點)

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Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

詳情查詢或報名: 請致電 905-597-9380 Ms. Fiona Lam 林姑娘

29

CNY Celebration (Mandarin)

齊來慶新年 (普通話)

10am—11:30am

Fee/ 費用: \$9/ 每位 (包括茶點)

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Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

詳情查詢或報名: 請致電 905-597-9380 Ms. Fiona Lam 林姑娘

31

Chinese New Year Banquet 2020

金鼠添壽喜迎春

7pm—9:30pm

Fee/ 費用: 每位\$43, 3歲及以下孩童免費

31

聚餐地點: 華麗宮大酒樓 Grandeur Palace

128, 2301 Brimley Rd, Scarborough, ON M1S 3L6

詳情查詢或報名: 905-597-9380 Ms. Fiona Lam 林姑娘

截止報名: 2019年1月10日

<http://carelearning.yeehong.com> | (905) 597-9380 | caregiver.edu@yeehong.com

Caregiver Workshops - February 2020 | 關顧講座 - 2020 年 2 月

FEBRUARY 2020 二月

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
						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

3,
10,
17,
24

'Tune' Up Your Mood: Singing Group

心情舒「唱」: 音樂小組

11:30am—12:30pm (四個星期一)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每節

Speaker/講員: 梁敏莉女士 (資深歌唱老師)

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill.

詳情查詢或報名:

請致電 905-597-9380 Ms. Fiona Lam 林姑娘

5

Be a Healthy Caregiver:

Acupressure Points and Exercise (Mandarin)

做個健康護老者—穴位拍打運動 (普通話)

10am—11:30am

Speaker/講員: Ms. Ada Choy 張麗屏女士 (頤康興趣班導師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

7

Welcome Home: Wandering Prevention for Dementia

「平安回家」: 預防失智症患者走失

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 免費

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

13

Back Care

背部護理

11:00am—12:00pm

Speaker/講員: Dr. Felix Chu, Chiropractor

朱沛謙醫生 (脊骨神經科)

Chat Room 座談會 12:30pm—3pm

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

14

Art From Your Heart

「傳心傳意」: 情人節工作坊

10am—11:30am

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: 全免, 須提前報名 Free of Charge

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

17

VR Play Day

VR 同樂日

對象: 歡迎長者及任何年齡人士

10:00am—4:00pm (須提前登記時間)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

19

Ways to Keep Your Memory Sharp (Mandarin)

強化長者記憶力之道 (普通話)

10am—11:30am

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

21

First Aid at a Glance

急救一覽

10:00am—11:30am

Speaker/講員: Mr. Peter Lam (Experienced First-Aid Instructor)

林傳賜先生 (資深急救導師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

26

Memory Training Workshop (Mandarin)

記憶力訓練工作坊 (普通話)

10am—11:30am

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

27

Incontinence and Its Impact on Seniors

「大小無遺、活得輕鬆」: 長者失禁護理

11:00am—12:00pm

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Chat Room 座談會 12:30pm—3pm

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

Caregiver Workshops - March 2020 | 關顧講座 - 2020 年 3 月

MARCH 2020 三月

SUN	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
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				

4

Preparation for Emergency Admission

急症入院的準備

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

Expressive Pottery—A Ceramic Experience

我泥塑我心—陶藝工作坊

10am—12:30pm

Speaker/講員: Ms. Celia Mak, 麥鳳蘭女士 (陶藝導師)

Fee/ 費用: \$40 每位 (材料及製作費)

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

11

For Caregivers and Volunteers:

How to Stop Saying Yes When You Want to Say No

給護老者及義工: 拒絕的藝術

3:30pm—5:00pm

Speaker/講員: Mr. K.Y. Liu

廖廣源先生 (前頤康社區服務行政總監)

Fee/ 費用: 費用全免 Free of Charge

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

12

Information on Funeral Preparation

生命的禮讚 11am—12pm

Speaker/講員: Ms. Joanna Ha 夏麗容女士, 家庭顧問 (墓園)

Chat Room 座談會 12:30pm—3pm

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

18

For Caregivers: To Help Caregivers Stay in Touch with

Communication Technology (Mandarin)

介紹流行即時社交通訊軟件及應用 (普通話)

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

20

For Caregivers: What is Compassion Fatigue?

給照顧者: 認識情感疲勞

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

25

Advance Care Planning (Mandarin)

預定護理計劃 (普通話)

10am—11:30am

Speaker/講員: Yee Hong Centre Staff 頤康中心職員

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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First Aid at a Glance

急救一覽

11:00am—12:00pm

Speaker/講員: Mr. Peter Lam (Experienced First-Aid Instructor)

林傳賜先生 (資深急救導師)

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

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Caregiver Wellness Day: To Love & To Care

愛與關懷

10:00am—2:30pm

對象: 歡迎關顧者及其家人

活動內容: 護老講座, 音樂活動, 資源服務與體驗攤位等...

本活動為免費活動, 須提前報名

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

Communication Technology: To Help Caregivers Stay in Touch

護老科技: 電腦及智能手機基礎應用工作坊

目的: 讓護老者善用資訊科技加強溝通及護老技巧

此為個別教學, 須提前登記日期時間

請致電 905-597-9380 與 Ms. Fiona Lam 林凱欣女士聯絡

Fee/ 費用: 會員: 免費 非會員: \$5

教學內容: 如何利用智能電話上網/ 收發電郵及訊息/

下載軟件及其操作等等...更多詳細內容請致電查詢

Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

To Love and To Care

愛與關懷



**Yee Hong Centre
For Geriatric Care**

頤康中心

護老關顧日

WELLNESS DAY FOR CAREGIVERS

歡迎護老者及社區人士參加!

CAREGIVERS AND SENIORS ARE WELCOME



CAREGIVER WORKSHOP 護老者工作坊

遺囑與授權書 Power of Attorney/ Estate Planning

曾啟榮律師

Mr. Kai Wing Tsang, Barristers, Solicitors & Notaries



MUSIC THERAPY-DRUM CIRCLE 音樂治療活動--集體鼓樂

Ms. Karen Kwok, Accredited Music Therapist

郭嘉穎女士 (註冊音樂治療師)



VIRTUAL REALITY FOR SENIORS: 長者虛擬現實遊戲

Experience Dementia and Other Games

虛擬現實體驗失智症及其他遊戲



INFORMATION BOOTHS 服務資訊與體驗攤位

Community Resources 社區資源介紹

Tuina 推拿示範與體驗

提供輕便午餐 **LIGHT LUNCH INCLUDED**

SATURDAY, MARCH 28, 2020

10:00AM - 2:30PM

士嘉堡頤康麥瀝高中心

YEE HONG MCNICOLL CENTRE

2311 MCNICOLL AVE, SCARBOROUGH

ENQUIRY AND REGISTRATION 查詢及報名

905-597-9380/ 416-412-4571 EXT 內線2608

華人保健常用英語手冊

CHINESE/ENGLISH COMMUNICATION HANDBOOK FOR HEALTH CARE

「華人保健常用英語手冊」提供中英對照的常用醫療保健會話及術語。按身體部位及病徵，列舉有關的慣用術語；並就不同的臨床場合，列出正常程序之中病人與醫護人員之間的示範基本英語會話，協助病人與醫護人員互相溝通。

The Chinese/ English Communication Handbook for Health Care provides Chinese - English translations of commonly used terms in health care. Based on normal clinical procedures, it includes basic conversation between the clinician and the patient and glossaries for different clinical settings. The bilingual handbook can be used as a communication tool between English-speaking health care professionals and Chinese-speaking patients, or vice versa.

繁體中文及英文版

Traditional Chinese & English Edition

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Common types of medications and surgical treatments

基本需要及日常活動
Basic needs and activities of daily living

病人及醫護人員實用語句
Useful phrases for patients and health professionals

緊急事故個人資料表格
In case of emergency information sheet

醫療保健資源
Health care resources

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Basic health information



Yee Hong Centre
For Geriatric Care
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Yee Hong Centre—Scarborough McNicoll
Mrs. Gene Lau at 416-412-4571 Ext. 2640 /
email : genevieve.lau@yeehong.com



Yee Hong Centre For Geriatric Care

頤康中心

Yee Hong Continuum of Care 頤康優質服務 共同創造



Yee Hong Centre – Scarborough McNicoll

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2311 McNicoll Avenue
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Fax: 416-321-6313

Email: scarborough.mcnicoll@yeehong.com



Yee Hong Ho Lai Oi Wan Centre – Markham

頤康何黎靄雲中心 (萬錦市)

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Fax: 905-471-3223

Email: markham@yeehong.com



Yee Hong Centre – Mississauga

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Email: mississauga@yeehong.com



Yee Hong Centre – Scarborough Finch

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**Yee Hong Centre
For Geriatric Care**

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頤康護老教育及資源中心

Yee Hong Caregiver Education & Resource Centre



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Unit 17, 360B Highway 7 East,
Richmond Hill, ON L4B 3Y7

電話 / Tel: (905) 597-9380

傳真 / Fax: (416) 321-6313

電郵 / Email: caregiver.edu@yeehong.com

中心開放時間 星期一至星期五 / Monday to Friday

Opening Hours: 上午九時至下午五時 / 9:00 am - 5:00 pm
(公眾假期休息) / (Closed on Public holidays)



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-Client Intervention & Assistance Service 個案輔導服務

-Chronic Disease Self-Management Program 長期病患自我管理課程

-Caregiver Education & Support Services 頤康護老教育及支援服務

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-Caregiver Education & Resource Centre 頤康護老教育及資源中心

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Funding for the Care Ambassador Program and Caregiver Support Program has been provided by the Central Local Health Integration Network (C LHIN) & Central East Local Health Integration Network (CE LHIN) respectively. 以上活動是由安省中區醫療服務聯網及安省東部醫療服務聯網資助