

List of Programmes in October to December 2024 – TSWIFSC

Name of Programme:	Diffusing stone
Date / Duration:	3.10.2024 (Thursday) 10:30a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through handicraft making
Content:	Using gypsum plaster powder and mold to create coasters with fragrance (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Miss TSANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Workshop on Alcoholic Ink Painting
Date / Duration:	7.10.2024, 10.10.2024, 14.10.2024 and 18.10.2024 (Monday, Thursday and Friday) 2:15p.m. to 3:45p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning alcoholic ink painting
Content:	To teach alcoholic ink painting (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Miss TSANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Using Art in "Me Time"
Date / Duration:	8.10.2024, 15.10.2024, 22.10.2024 and 29.10.2024 (Tuesday) 10:00a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To express emotions and release traumas through art therapy
Content:	To make art works and do stretching exercises (The programme will be conducted in Cantonese)
Target Participants:	Women facing family conflicts
Fee:	Free of Charge
Contact Staff:	Ms CHENG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre and Harmony House

Name of Programme:	Child Mental Health
Date / Duration:	8.10.2024, 15.10.2024, 22.10.2024 and 29.10.2024 (Tuesday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To alleviate caregiver stress
Content:	Introducing common child mental health conditions, sharing effective management and handicraft sessions to relieve caregiver stress (The programme will be conducted in Cantonese)
Target Participants:	Caregivers of children and interested persons
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Seeking Happy Era in 70s, 80s and 90s
Date / Duration:	9.10.2024, 17.10.2024, 23.10.2024 and 30.10.2024 (Wednesday & Thursday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Pursuing happiness
Content:	What is happiness? In the 1970s, people "worked to live." In the 1980s, people "lived to work." In the 1990s, it was "working for happiness." In 70s, 80s and 90s, it also marked Hong Kong's Golden age in both socially and musically. Lets look for quick memories of different eras, forget worries and reduce stress through experiencing the change of time. (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free
Contact Staff:	Mr LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Positive Life Group
Date / Duration:	17.10.2024, 24.10.2024, 31.10.2024 and 7.11.2024 (Thursday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn positive thinking and promote positive lifestyle
Content:	Videos watching, group games and sharing (The group will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in October to December 2024 – TSWIFSC

Name of Programme:	Diffusing stone Parent-child Group
Date / Duration:	17.10.2024, 24.10.2024, 31.10.2024 and 7.11.2024 (Thursday) 4:00p.m. to 5:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance group member's parent-child relationship and communication skills
Content:	Learning how to make diffusing stone, sharing communication skill and skill in enhancing the parent-child relationship (The group will be conducted in Cantonese)
Target Participants:	Parents and children who would like to enhance their relationship
Fee:	Free of charge
Contact Staff:	Miss LI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Chinese Medicine Health Maintenance (Acupressure)
Date / Duration:	18.10.2024 (Friday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To alleviate caregiver stress
Content:	Explaining body pain through Chinese medicine theory and sharing of basic acupressure technique about pain relief by Chinese medicine practitioner to alleviate caregiver stress (The programme will be conducted in Cantonese) (This programme is in collaboration with Pok Oi Hospital Chinese Medicine Service)
Target Participants:	Caregivers and interested persons
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Joy in Board Game
Date / Duration:	21.10.2024, 28.10.2024, 4.11.2024 and 11.11.2024 (Monday) 6:00p.m.to 7:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance social skills and interpersonal relationship
Content:	Playing board game (The programme will be conducted in Cantonese)
Target Participants:	Teenagers aged between 12 and 24
Fee:	Free of charge
Contact Staff:	Mr SIU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Slow Living with Traditional Chinese Painting
Date / Duration:	11.11.2024, 14.11.2024, 18.11.2024 and 21.11.2024 (Monday & Thursday) 10:00a.m. to 11:15a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress
Content:	To learn basic traditional Chinese painting technique (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms BAK
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Slow Living with Chinese Calligraphy
Date / Duration:	11.11.2024, 14.11.2024, 18.11.2024 and 21.11.2024 (Monday & Thursday) 11:30a.m. to 12:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress
Content:	To learn basic traditional Chinese painting technique (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms BAK
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Understanding Anxiety and Obsessive-compulsive Disorder
Date / Duration:	28.11.2024 (Thursday)10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Understanding anxiety and obsessive-compulsive disorder
Content:	Do you feel anxious about things that haven't happened yet? Do you have different thoughts and images appearing repeatedly in your mind? Will it affect your quality of life? Through understanding the characteristics of anxiety disorder and obsessive-compulsive disorder, you can improve your ability to accept yourself and others. (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Mr LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Scratch Art
Date / Duration:	5.12.2024 (Thursday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To practice concentration and release stress
Content:	To learn scratch art (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Elderly Mental Health
Date / Duration:	10.12.2024, 17.12.2024, 24.12.2024 and 31.12.2024 (Tuesday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To alleviate caregiver stress
Content:	Introducing common elderly mental health conditions, sharing of effective management and handicraft sessions for relieving caregiver stress (The programme will be conducted in Cantonese)
Target Participants:	Caregivers of the elderly and interested persons
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre