

List of Programmes in July to September 2024 – YL(C)IFSC

Name of Programme:	Tai Chi.1
Date / Duration:	04/07/2024 to 22/08/2024 (Thur) 1000-1130
Venue:	Activity room
Objectives:	Through practicing Tai Chi, participants learn to empty their minds and clear their thoughts, improving their ability to withstand stress.
Content:	Practice Tai Chi with each other
Target Participants:	Member age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Living in the moment - Alcohol Ink Art + Mindfulness (2)
Date / Duration:	13.7.2024(Saturday) 0930-1130
Venue:	Yuen Long (Central) Integrated Family Service Centre :Activity Room
Objectives:	To enhance the awareness of self-care and to relieve the stress of life by using different tools
Content:	Mindfulness practice Alcohol Ink Art workshop
Target Participants:	Members aged 18 or above (1 caregiver + 1 family member)
Fee:	Free
Contact Staff:	Miss TSANG
Telephone Number:	2472 1523
Host:	Yuen Long (Central) Integrated Family Service Centre

List of Programmes in July to September 2024 – YL(C)IFSC

Name of Programme:	Table tennis
Date / Duration:	16,18,23,25/07/2024 (Mon & Thur) 1000-1100
Venue:	Long Ping Sport Center
Objectives:	It aims to provide a platform for promoting healthy living habits through exercise and physical activities, cultivating an interest in a healthy lifestyle among the participants. Additionally, it offers the chance for participants to make new friends, fostering the establishment of a supportive community network.
Content:	The group engages in table tennis matches, encouraging interaction, sharing, and communication among the participants.
Target Participants:	Age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Pickleball for Children
Date / Duration:	16,18,23,25/07/2024 (Tue & Thur) 1100-1200
Venue:	Long Ping Sport Center
Objectives:	Cultivate children's positive social skills and establish healthy lifestyle habits through engaging sports experiences.
Content:	Group games, basic skills teaching, and practice of pickleball.
Target Participants:	Member age between 8-12
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

List of Programmes in July to September 2024 – YL(C)IFSC

Name of Programme:	SoulCollage®-Family Fun
Date / Duration:	17/7/2024-26/7/2024 (every Wednesday and Friday) 1000-1130
Venue:	Yuen Long (Central) Integrated Family Service Centre : Conference Room
Objectives:	Through Soul Collage®, you can deepen your mutual-understanding among parent and child and to create a stronger family cohesion
Content:	SoulCollage® workshop Mindfulness practice Card game
Target Participants:	1 parent + max. 2 kid
Fee:	Free
Contact Staff:	Miss TSANG
Telephone Number:	2470 1523
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Energetic Badminton.1
Date / Duration:	2,5,9,12/09/2024 (Mon & Thur) 1100-1200
Venue:	Yuen Long Sport Center
Objectives:	It aims to provide a platform for promoting healthy living habits through exercise and physical activities, cultivating an interest in a healthy lifestyle among the participants. Additionally, it offers the chance for participants to make new friends, fostering the establishment of a supportive community network.
Content:	The group engages in table tennis matches, encouraging interaction, sharing, and communication among the participants.
Target Participants:	Age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

List of Programmes in July to September 2024 – YL(C)IFSC

Name of Programme:	Energetic Badminton.2
Date / Duration:	2,5,9,12/09/2024 (Mon & Thur) 1200-1300
Venue:	Yuen Long Sport Center
Objectives:	It aims to provide a platform for promoting healthy living habits through exercise and physical activities, cultivating an interest in a healthy lifestyle among the participants. Additionally, it offers the chance for participants to make new friends, fostering the establishment of a supportive community network.
Content:	The group engages in table tennis matches, encouraging interaction, sharing, and communication among the participants.
Target Participants:	Age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	The Therapeutic Journey
Date / Duration:	6, 13, 20, 27 September 2024 (Every Friday) 1000-1100
Venue:	Conference Room
Objectives:	By doing handicrafts and participating in experiential activities, participants can learn relaxation and stress-relief methods so that their mental health can be enhanced.
Content:	Doing handicrafts (Horticulture related)
Target Participants:	Member aged 18 or above
Fee:	Free
Contact Staff:	Miss LAM
Telephone Number:	2470 1474
Host:	Yuen Long (Central) Integrated Family Service Centre

List of Programmes in July to September 2024 – YL(C)IFSC

Name of Programme:	Living in the moment-Recharging your soul for care giver
Date / Duration:	6/9/2024-27/9/2024 (every Friday) 1430-1600
Venue:	Yuen Long (Central) Integrated Family Service Centre : Conference Room
Objectives:	To enhance the awareness of self-care and to relieve the stress of life by using different tools
Content:	SoulCollage® workshop Singingbowl workshop Alcohol ink art workshop Mindfulness practice
Target Participants:	Members aged 18 or above (caregiver members)
Fee:	Free
Contact Staff:	Miss TSANG
Telephone Number:	2470 1523
Host:	Yuen Long (Central) Integrated Family Service Centre