

List of Programmes in July to September 2024 - YL(E)IFSC

Name of Programme:	Parenting Guide of new generation 2024 – Parenting group
Date / Duration:	02.07.2024 (Tuesday) 11:00 to 12:30 09.07.2024 (Tuesday) 11:00 to 12:30 16.07.2024 (Tuesday) 11:00 to 12:30 23.07.2024 (Tuesday) 11:00 to 12:30 30.07.2024 (Tuesday) 11:00 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To equip participants with effective parenting skills and strategies to resolve parent-child conflicts, so that their children could be nurtured with good sense of security and high self-esteem
Content:	Experiential learning with games and different activities for learning the concept and skills of Parent Effective Training (P.E.T.)
Target Participants:	Parent Members of YL(E)IFSC with children aged between 6-12 (Priority will be given to referral from social worker)
Fee:	Free of Charge
Contact Staff:	Mr HO
Telephone Number:	2443 5384
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Home safe and health diet for elderly
Date / Duration:	05.07.2024 (Friday) 15:00 to 16:00 12.07.2024 (Friday) 15:00 to 16:00 19.07.2024 (Friday) 15:00 to 16:00 26.07.2024 (Friday) 15:00 to 16:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance participants' knowledge of gerontechnology To enhance quality of life for the elderly and caregivers
Content:	Understanding elderly's health diet and resources for active aging through educational talks Learning and experiencing various elderly-friendly technology products
Target Participants:	Adult Elderly-Carer Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms WONG
Telephone Number:	2475 1926
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	RAP
Date / Duration:	19.07.2024 (Friday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To facilitate participants' expression of emotion through experiencing rap music as a means of music therapy
Content:	Experiencing rap, programme debriefing and sharing
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms TSEUNG
Telephone Number:	2475 2539
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Fun Language Adventureland
Date / Duration:	25.07.2024 (Thursday) 14:30 to 15:30 01.08.2024 (Thursday) 14:30 to 15:30 08.08.2024 (Thursday) 14:30 to 15:30 15.08.2024 (Thursday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To cultivate participants' interest towards Chinese Language and enhance their Fine Motor Skills through different Games, Worksheets, and Storybook Reading
Content:	Experiencing different games, worksheets and storybook reading, group debriefing and mutual sharing
Target Participants:	Children Members of YL(E)IFSC aged between 4 - 7
Fee:	Free of Charge
Contact Staff:	Ms TSE
Telephone Number:	2475 1554
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Board Games Together
Date / Duration:	25.07.2024 (Thursday) 15:30 to 16:30 01.08.2024 (Thursday) 15:30 to 16:30 08.08.2024 (Thursday) 15:30 to 16:30 15.08.2024 (Thursday) 15:30 to 16:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To improve communication & emotion management skills through experiencing Six Bricks
Content:	Experiencing Six Bricks, group debriefing and mutual sharing
Target Participants:	Children Members of YL(E)IFSC aged between 4 - 7
Fee:	Free of Charge
Contact Staff:	Ms TSE
Telephone Number:	2475 1554
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Parent-Child Frisbee Fun
Date / Duration:	02.08.2024 (Friday) 18:00 to 20:00
Venue:	Fung Kam Street Sports Centre (No. 20, Fung Yau Street North, Yuen Long)
Objectives:	Through participating in Frisbee activities with ethnic minorities, it promotes parent-child relationship and family harmony, as well as enhances the understanding of ethnic minorities
Content:	Parent-child Frisbee activity
Target Participants:	Children Members of YL(E)IFSC aged between 6 - 16 and their parents
Fee:	Free of Charge
Contact Staff:	Mr CHAN
Telephone Number:	2478 8374
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in July to September 2024 - YL(E)IFSC

Name of Programme:	Henna class
Date / Duration:	03.08.2024 (Saturday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance participants' self-efficacy through understandings towards EM culture by learning Henna
Content:	Drawing Henna, learning EM culture, programme debriefing and sharing
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr LIU
Telephone Number:	2443 4819
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Circle painting workshop – Parent-child Circle Painting activity
Date / Duration:	16.08.2024 (Friday) 14:15 to 17:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance parent-child communication and cultivate participants' creativity through Circle Painting
Content:	Learning skills of Circle Painting and the 3 core beliefs to create unique artwork
Target Participants:	Children Members of YL(E)IFSC aged between 6 - 12 and their parents
Fee:	Free of Charge
Contact Staff:	Mr HO
Telephone Number:	2443 5384
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in July to September 2024 - YL(E)IFSC

Name of Programme:	Fun in clay handicraft
Date / Duration:	22.08.2024 (Thursday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance self-confidence, hand-eye coordination and overall development of the participating children through making clay handicraft
Content:	Learning to make clay handicraft, programme debriefing & mutual-sharing
Target Participants:	Children Members of YL(E)IFSC aged between 6 - 12
Fee:	Free of Charge
Contact Staff:	Ms CHUNG
Telephone Number:	2475 2044
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Balloon Twisting
Date / Duration:	06.09.2024 (Friday) 11:00 to 12:30 13.09.2024 (Friday) 11:00 to 12:30 20.09.2024 (Friday) 11:00 to 12:30 27.09.2024 (Friday) 11:00 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To facilitate participants for organize a volunteer group, assisting to plan and prepare volunteer activities, so as to raise concern to carer stress and enhance self-efficacy
Content:	Alleviate personal stress through the process of balloon twisting Transform acquired skills into volunteer service Giving-away balloons to caregivers as a gesture of love and blessings
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms TSEUNG
Telephone Number:	2475 2539
Host:	Yuen Long (East) Integrated Family Service Centre