

List of Programmes in October to December 2024 - YL(E)IFSC

Name of Programme:	Zen Tangle Surprise
Date / Duration:	03.10.2024 (Thursday) 15:00 to 16:00 10.10.2024 (Thursday) 15:00 to 16:00 17.10.2024 (Thursday) 15:00 to 16:00 24.10.2024 (Thursday) 15:00 to 16:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To alleviate stress through the art of Zen Tangle
Content:	Learning the basic techniques of Zen Tangle, group discussion
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Miss TSE
Telephone Number:	2475 1554
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	All Start with Music
Date / Duration:	09.10.2024 (Wednesday) 09:30 to 10:45 16.10.2024 (Wednesday) 09:30 to 10:45 23.10.2024 (Wednesday) 09:30 to 10:45 30.10.2024 (Wednesday) 09:30 to 10:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To facilitate participants' reflection on life and strengthen their resilience by studying lyrics culture
Content:	Song sharing and group discussion
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr KOO
Telephone Number:	2443 7419
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Family Board Game Fun Club
Date / Duration:	26.10.2024 (Saturday) 11:00 to 12:30 02.11.2024 (Saturday) 11:00 to 12:30 09.11.2024 (Saturday) 11:00 to 12:30 16.11.2024 (Saturday) 11:00 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To foster parent-child relationship and provide attention trainings for kids
Content:	Playing board games and attention training activities, group sharing
Target Participants:	Parent Members of YL(E)IFSC with children studying at P.1-3 (Priority will be given to Referral from Social Workers)
Fee:	Free of Charge
Contact Staff:	Miss TSE
Telephone Number:	2478 8357
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Fun in Making Cartoon Flower Bouquet
Date / Duration:	01.11.2024 (Friday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To improve quality of life by making a handicraft of flower bouquet
Content:	Learning to make cartoon flower bouquet, programme debriefing
Target Participants:	Adult Female Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms CHUNG
Telephone Number:	2475 2044
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Teach your Children Well
Date / Duration:	06.11.2024 (Wednesday) 09:30 to 10:45 13.11.2024 (Wednesday) 09:30 to 10:45 20.11.2024 (Wednesday) 09:30 to 10:45 27.11.2024 (Wednesday) 09:30 to 10:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance parent-child relationship with effective parenting strategies by understanding children's growth and developmental tasks
Content:	To learn the knowledge of children's developmental stages and formulating effective communication skills via mini-talks and group discussion
Target Participants:	Adult Parent Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr KOO
Telephone Number:	2443 7419
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Fun in Making Korean Snacks
Date / Duration:	06.11.2024 (Wednesday) 10:00 to 11:00 13.11.2024 (Wednesday) 10:00 to 11:00 20.11.2024 (Wednesday) 10:00 to 11:00 27.11.2024 (Wednesday) 10:00 to 11:00
Venue:	Kitchen of Yuen Long (Central) Integrated Family Service Centre (1/F, Fu Hing Building, 224 Castle Peak Road, Yuen Long)
Objectives:	To relief stress and enhance self-confidence by making Korean snacks
Content:	Learning skills of making Korean snacks, group discussion
Target Participants:	Adult Female Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms CHUNG
Telephone Number:	2475 2044
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Energetic Stretching
Date / Duration:	08.11.2024 (Friday) 10:00 to 12:00 15.11.2024 (Friday) 10:00 to 12:00 22.11.2024 (Friday) 10:00 to 12:00 29.11.2024 (Friday) 10:00 to 12:00
Venue:	Fung Kam Street Sports Centre (No. 20, Fung Yau Street North, Yuen Long)
Objectives:	To relieve and improve participants' stress and mood, and facilitate family harmony
Content:	Practice stretching and sharing
Target Participants:	Members of YL(E)IFSC aged 15 or above
Fee:	Free of Charge
Contact Staff:	Ms FUNG
Telephone Number:	2476 4140
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Mindful Pastel Nagomi Art
Date / Duration:	26.11.2024 (Tuesday) 14:30 to 16:00 03.12.2024 (Tuesday) 14:30 to 16:00 10.12.2024 (Tuesday) 14:30 to 16:00 17.12.2024 (Tuesday) 14:30 to 16:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance participants' sense of peacefulness and contentment through a series of Pastel Nagomi Art activities and mindfulness practice
Content:	Mindfulness practice, Pastel Nagomi Artworks and group sharing.
Target Participants:	Adult Female Members of YL(E)IFSC (Priority will be given to Carer or Referral from Social Workers)
Fee:	Free of Charge
Contact Staff:	Ms JIANG
Telephone Number:	2475 2060
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in October to December 2024 - YL(E)IFSC

Name of Programme:	Paper Jewel Box
Date / Duration:	04.12.2024 (Wednesday) 09:30 to 10:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To relieve stress and enhance self-efficacy
Content:	Making your own paper jewel box
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms FUNG
Telephone Number:	2476 4140
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Christmas Decoration Crafting
Date / Duration:	21.12.2024 (Saturday) 10:30 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To allow parents and their children to express their emotions to each other, so as to promote parent-child relationship by making a Christmas Decoration together
Content:	Learning to make a Christmas Decoration using Aquabeads & Perler beads and sharing with each other
Target Participants:	Children Members aged 8 or above with their Parents of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Miss TSEUNG
Telephone Number:	2475 2539
Host:	Yuen Long (East) Integrated Family Service Centre