

List of Programmes in July to September 2025 – TSWIFSC

Name of Programme:	Caring for the Elderly, Protecting the Brain – Understanding Dementia
Date / Duration:	3.7.2025, 10.7.2025, 17.7.2025 and 24.7.2025 (Thursday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To increase awareness of dementia, its symptoms, and its impacts. To enhance caregivers' understanding of resources related to dementia.
Content:	To provide insights about dementia, including its symptoms, progression, and effects on individuals and families. Participants will learn how to support patients, acquire caregiving skills, and explore lifestyle practices including diet, exercise, and brain games. Through interactive activities and discussions, participants will deepen their understanding of cognitive disorders and connect with community resources. (The programme will be conducted in Cantonese)
Target Participants:	Elderly and carers
Fee:	Free of charge
Contact Staff:	Mr LI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Workshop on Macrame
Date / Duration:	4.7.2025, 11.7.2025, 18.7.2025 and 25.7.2025 (Friday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To relieve mental stress
Content:	Experience of the concentration through the process of knitting in order to relieve mental stress (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to September 2025 – TSWIFSC

Name of Programme:	Dessert Making Class for Children
Date / Duration:	5.7.2025 (Saturday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To share love with family
Content:	To learn palmier making and making greeting card to family (The programme will be conducted in Cantonese)
Target Participants:	Children members
Fee:	Free of charge
Contact Staff:	Ms BAK
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Dessert Making Class for Elderly
Date / Duration:	5.7.2025 (Saturday) 11:15a.m. to 12:15n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To encourage continuing learning for elderly
Content:	To learn palmier making and exercise for hands (The programme will be conducted in Cantonese)
Target Participants:	Elderly Members
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:	Workshop on Decoupage with Aroma Stone (A)
Date / Duration:	15.7.2025,16.7.2025,22.7.2025 and 23.7.2025 (Every Tuesday and Wednesday) 2:00p.m. to 3:15p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning decoupage and aroma stone
Content:	To teach the art of decoupage and aroma stones (The content was same as "Workshop on Decoupae with Aroma Stone" (B)) (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Miss TSANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Art Therapy for Children
Date / Duration:	17.7.2025, 24.7.2025, 31.7.2025 and 7.8.2025 (Thursday) 10:00a.m.to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance group members' self-awareness of emotion and emotional management skills
Content:	Enhance group members' self-awareness of emotion and emotional management skills through art and mindfulness activities. (The programme will be conducted in Cantonese)
Target Participants:	Children members
Fee:	Free of charge
Contact Staff:	Miss LI
Telephone Number:	35655780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to September 2025 – TSWIFSC

Name of Programme:	Parent-child Ukulele Family Summer Class
Date / Duration:	26.7.2025 (Saturday) 10:00 a.m. to 11:00 a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance parent-child bonding through music. To foster a harmonious family environment and develop a shared hobby.
Content:	Bring your child to experience the joy of the ukulele! Parents and children will learn simple playing techniques together and enjoy quality music time. (The programme will be conducted in Cantonese)
Target Participants:	Parent and child
Fee:	Free of charge
Contact Staff:	Mr LI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Health Talk: Introduction of 'Frozen Shoulder' (by Registered Chinese Medicine Practitioner)
Date / Duration:	28.7.2025 (Monday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To promote physical and mental health
Content:	Introducing the topic and sharing of corresponding treatment according to traditional Chinese medicine (The programme will be conducted in Cantonese)
Target Participants:	Elders and caregivers of the elders
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre (Co-organized with Pok Oi Hospital Chinese Medicine Service)

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Name of Programme:	Learning through Playing 2025
Date / Duration:	28.7.2025, 4.8.2025, 11.8.2025 and 18.8.2025 (Monday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn about teamwork and enhance concentration
Content:	Group games and training activities (The programme will be conducted in Cantonese)
Target Participants:	Children aged 5 to 9
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Storytelling for Children
Date / Duration:	29.7.2025, 5.8.2025, 12.8.2025 and 19.8.2025 (Tuesday) 2:15p.m. to 3:15p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance child's imagination and attention span
Content:	Storytelling and handicraft making (The programme will be conducted in Cantonese)
Target Participants:	Members aged 4 to 7
Fee:	Free of charge
Contact Staff:	Ms AU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Parent-child Crochet Fun
Date / Duration:	2.8.2025 (Saturday) 11:00a.m. to 1:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance parent-child interaction and bonding
Content:	To teach crochet (The programme will be conducted in Cantonese)
Target Participants:	Parents and their children aged 6 or above
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Decoupage Vase (A)
Date / Duration:	6.8.2025 (Wednesday) 10:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning decoupage
Content:	To teach the art of decoupage (The content was same as "Decoupae vase" (B)) (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

List of Programmes in July to September 2025 – TSWIFSC

Name of Programme:	Positive Parenting Group
Date / Duration:	21.8.2025, 28.8.2025, 4.9.2025 and 11.9.2025 (Thursday) 10:00a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To improve parent-child relationship
Content:	To understand children's developmental needs and stages To learn positive parenting skills and parent-child communication skills (The programme will be conducted in Cantonese)
Target Participants:	Mothers
Fee:	Free of charge
Contact Staff:	Mr SIU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre (Co-organized with Harmony House)

Name of Programme:	Let's Relax!
Date / Duration:	5.9.2025, 12.9.2025, 19.9.2025 and 26.9.2025 (Friday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	1.To enhance carers' stress and emotional managements 2.To relieve carer stress
Content:	1.To introduce principles of Zentangle 2.To facilitate carers' sharing towards carer stress as well as effective stress coping skills. 3.To enhance relaxation, positive thinking and emotions among carers through Zentangle (The programme will be conducted in Cantonese)
Target Participants:	Carers
Fee:	Free of charge
Contact Staff:	Ms LUI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre