

List of Programmes in April to June 2026 – TSWIFSC

Name of Programme:	Parents Mutual Support Group
Date / Duration:	8.4.2026, 15.4.2026, 29.4.2026 and 6.5.2026 (Wednesday, 4 sessions)10:30a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	1.To relieve parents' stress through relaxation exercises and sharing sessions 2.To educate parents about positive thinking 3.To promote positive parenting among the parents 4.To facilitate parents' appreciation on their contributions
Content:	1.To facilitate parents to share their parenting difficulties and methods through sharing session 2.To share the concepts of relaxation exercises, positive thinking, positive parenting and appreciation to the parents with practice time (The programme will be conducted in Cantonese)
Target Participants:	Parents whose children aged 12 or below
Fee:	Free of charge
Contact Staff:	Ms LUI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Ukulele Beginner's Class
Date / Duration:	17.4.2026 (Saturday) 10:30 a.m. to 11:30 a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn basic playing techniques, enjoy simple melodies, enhance musical interest, and improve self-expression.
Content:	Experience the fun of the ukulele Learn simple strumming Enjoy a delightful music session (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 LI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Hand-painted Planet Lamp Class A
Date / Duration:	23.4.2026 (Thursday) 11:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress and learn to concentrate through creative art
Content:	To do hand-painted planet lamp (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:	Hand-painted Planet Lamp Class B
Date / Duration:	23.4.2026 (Thursday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress and learn to concentrate through creative art
Content:	To do hand-painted planet lamp (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

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Name of Programme:	Workshop on Painting by Numbers
Date / Duration:	30.4.2026, 7.5.2026, 14.5.2026 and 21.5.2026 (Thursday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through painting
Content:	To create artwork through painting different numbers by different colours (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 WONG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Together with Kids
Date / Duration:	5.5.2026, 12.5.2026, 19.5.2026 and 28.5.2026 (Tuesdays and Thursday) 10:00a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Strengthening family ties through learning non-violent communication
Content:	Through the use of expressive arts, this program aims to enhance self-care and release parenting stress, and learn children's developmental stages. It further facilitates the acquisition of positive parenting skills and interpersonal communication skills. (The programme will be conducted in Cantonese)
Target Participants:	Mothers of children aged kindergarten to Primary 3 who are experiencing parenting challenges
Fee:	Free of charge
Contact Staff:	Ms CHENG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre & Harmony House

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Name of Programme:	To Love Myself
Date / Duration:	8.5.2026,15.5.2026,22.5.2026 and 29.12.2025 (Friday) 10:00a.m. to 11:15a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning hand massage, handicraft, painting and mindfulness exercise
Content:	To teach hand massage, handicraft, painting and indfulness exercise (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 5784
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Coffee Grounds Handicraft
Date / Duration:	8.5.2026 (Friday) 11:30a.m. to 12:45n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning coffee grounds handicraft
Content:	To teach coffee grounds handicraft (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 5784
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	The Art of Decoupage - Shopping Bag
Date / Duration:	12.5.2026 (Tuesday) 2:30p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through making artwork
Content:	To make a personalised shopping bag using decoupage techniques (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 WONG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Group for Care Giver
Date / Duration:	2.6.2026, 9.6.2026, 16.6.2026 and 23.6.2026 (Tuesday) 11:00a.m. to 12:15n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance group members' self-awareness of emotion and needs To enhance group members' emotional and stress management skills
Content:	To teach emotion and stress management skills through activities (The programme will be conducted in Cantonese)
Target Participants:	Carers who live in Tin Shui Wai
Fee:	Free of charge
Contact Staff:	Ms Li
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Happy Kitchen 2026
Date / Duration:	6.6.2026 (Saturday) 2:30 p.m. to 4:00 p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Enhancing parent-child interaction through cooking
Content:	Learning simple cooking in a relaxed way Sharing culinary tips Enjoying the joy of cooking Mastering easy-to-learn recipes (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 LI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre