

**List of Programmes in January to March 2026 – TSWIFSC**

Name of Programme:	Together in Play
Date / Duration:	6.1.2026, 13.1.2026, 20.1.2026 and 27.1.2026 (Tuesday) 10:30 a.m. to 12:00 n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To improve behaviors and confidence of children and carer-child relationship
Content:	To form a mutual-aid group for discussion To learn and practise skills in playing toys with child To apply the skills in playing toys to daily matters (The group will be conducted in Cantonese)
Target Participants:	Carer who are taking care of child aged 4-10
Fee:	Free of charge
Contact Staff:	Ms WONG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	The Art of Self-Discovery
Date / Duration:	9.1.2026, 16.1.2026, 23.1.2026 and 30.1.2025 (Friday) 2:30p.m.-3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To provide parents with opportunities to use art to express and reflect on their emotions
Content:	Mask drawing, Collage making, Fluid drawing and Zentangle drawing (The group will be conducted in Cantonese)
Target Participants:	Parents living in Tin Shui Wai
Fee:	Free of charge
Contact Staff:	Miss HUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

**List of Programmes in January to March 2026 – TSWIFSC**

Name of Programme:	Scratch painting class A
Date / Duration:	21.1.2026 (Wednesday) 11:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress and learn to concentrate through scratch painting, also to promote family harmony message
Content:	To do scratch painting (The programme will be conducted in Cantonese) (The programme content is the same as Scratch painting class B, please choose either one ONLY)
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:	Scratch painting class B
Date / Duration:	21.1.2026 (Wednesday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress and learn to concentrate through scratch painting, also to promote family harmony message
Content:	To do scratch painting (The programme will be conducted in Cantonese) (The programme content is the same as Scratch painting class A, please choose either one ONLY)
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

## List of Programmes in January to March 2026 – TSWIFSC

Name of Programme:	"Fai Chun" Making for Lunar New Year Class A
Date / Duration:	3.2.2026 (Tuesday) 2:15p.m. to 3:15p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To send blessing to family and ourselves through writing "Fai Chun"
Content:	To teach "Fai Chun" writing technique (The programme will be conducted in Cantonese) (The programme content is the same as "Fai Chun" Making for Lunar New Year Class B, please choose either one ONLY)
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 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	"Fai Chun" Making for Lunar New Year Class B
Date / Duration:	3.2.2026 (Tuesday) 3:30p.m. to 4:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To send blessing to family and ourselves through writing "Fai Chun"
Content:	To teach "Fai Chun" writing technique (The programme will be conducted in Cantonese) (The programme content is the same as "Fai Chun" Making for Lunar New Year Class A, please choose either one ONLY)
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 5780
Host:	Tin Shui Wai Integrated Family Service Centre