

List of Programmes in January to March 2025 – TSWIFSC

Name of Programme:	Daffodil PlantingWorkshop A
Date / Duration:	3.1.2025 (Friday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through daffodil planting
Content:	Daffodil planting (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 AU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Daffodil PlantingWorkshop B
Date / Duration:	3.1.2025 (Friday) 11:15a.m. to 12:15n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through daffodil planting
Content:	Daffodil planting (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 AU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Natural Ink Painting
Date / Duration:	6.1.2025 (Monday) 2:30 p.m. to 3:30 p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through natural ink painting
Content:	Using natural color from vegetable to paint on mini-bag (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

Name of Programme:	Life Simplification
Date / Duration:	7.1.2025(Tuesday) 10:00a.m.-11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To help participants let go of the past, enhance their quality of life, and embrace a better future. (The programme will be conducted in Cantonese)
Content:	Life decluttering helps participants explore how to let go to the past burdens and regain a sense of ease in life. Through the introduction of practical techniques and sharing experiences, participants learn to identify unnecessary items, emotions, and habits, enhancing their quality of life and embracing a better future. (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 LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in January to March 2025 – TSWIFSC

Name of Programme:	Workshop on Twisting Stick Flower
Date / Duration:	9.1.2025 (Thursday) 10:00a.m. to 11:00 a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through making twisting stick flower
Content:	Introducing common sources of stress, sharing effective management and doing handicraft to relieve stress (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 LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Mind and Body Stretching Training Class
Date / Duration:	17.1.2025, 7.2.2025, 14.2.2025 and 21.2.2025 (Friday) 10:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through doing stretching exercise
Content:	To learn stretching exercise (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:	Positive Psychology
Date / Duration:	23.1.2025 (Thursday) 10:00a.m.-11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To guide participants in exploring the meaning of life, enhancing emotional management and interpersonal relationships, and facing challenges for growth.
Content:	The seminar aims to guide participants in exploring the meaning and value in life. Through interactive discussions and case sharing, it addressess challenges and growth in life. Topics include emotional management, self-awareness, and interpersonal relationships, helping participants develop a difficulites, allowing each participants to find support and inspiration on their life journey. (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 LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Wait and See - Stress Management Group
Date / Duration:	11.2.2025, 18.2.2025, 25.2.2025 and 11.3.2025 (Tuesday) 2:00p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance the participants' knowledge and skills in stress management
Content:	Conducting mindfulness exercises, such as breathing exercises and yoga, to equip the participants with self-awareness and stress management skills. (The group will be conducted in Cantonese)
Target Participants:	Women with parental stress
Fee:	Free of charge
Contact Staff:	Miss CHEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	"Co-parenting" Therapeutic Group for Separated/ Divorcing/ Divorced Parents
Date / Duration:	13.2.2025, 20.2.2025, 27.2.2025 & 6.3.2025 (Thursday) 10:00a.m. to 11:30a.m.
Venue:	Tin Shui Wai Intergrated Family Service Centre
Objectives:	To assist the parents in rediscovering themselves, exploring inner resources, alleviating the resentment in the marriage, and adapting to the role of parents.
Content:	To do emotional management exercise and sharing To learn and discuss on the communication tips, responsibilities and boundaries between co-parenting partners. (The group will be conducted in Cantonese)
Target Participants:	Separated/ divorcing/ divorced parents (Attend without partner is welcomed)
Fee:	Free of charge
Contact Staff:	Mr PANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Intergrated Family Service Centre & Circle of Love Specialized Co-parenting Support Centre (St. James' Settlement)

Name of Programme:	Flower World A
Date / Duration:	15.2.2025 (Saturday) 11:00a.m.-12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through making little preserved flower basket
Content:	To make little preserved flower basket (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

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Name of Programme:	Art for your Children (Parenting group)
Date / Duration:	5.3.2025, 12.3.2025, 19.3.2025, 26.3.2025(Wednesday) 10:30a.m. to 11:45a.m.
Venue:	Tin Shui Wai Intergrated Family Service Centre
Objectives:	To improve parenting-child communication and strengthen parent-child bonding.
Content:	Assisting parents in understanding the inner world of their children through art and developing effective parenting skills (The group will be conducted in Cantonese)
Target Participants:	Parents of children aged 6 to 12
Fee:	Free of charge
Contact Staff:	Mr WONG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre