

List of Programmes in July to October 2026 – TSWIFSC

Name of Programme:	Mindfulness Stress Relief Group
Date / Duration:	7.7.2026, 14.7.2026, 21.7.2026 and 28.7.2026 (Tuesday) 10:00 a.m. to 11:00 a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To facilitate group members to enhance self-awareness and improve emotional regulation through engaging in expressive art activities, such as drawing, coloring, emotion cards. To encourage group members to learn expressive art activities as enjoyable and relaxing ways to manage emotions and stress relief.
Content:	Group sharing, mindfulness exercise and art-based activities for relaxation (The group will be conducted in Cantonese)
Target Participants:	Carers and individuals concerned about emotional wellbeing
Fee:	Free of charge
Contact Staff:	Mr PANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Pastel Nagomi Art Group
Date / Duration:	10.7.2026, 17.7.2026, 24.7.2026 and 31.7.2026 (Friday) 10a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To alleviate stress level through Pastel Nagomi Art
Content:	To express emotions through Pastel Nagomi Art (The program 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 TSE
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to October 2026 – TSWIFSC

Name of Programme:	Young Pioneers of Concentration
Date / Duration:	27.7.2026, 3.8.2026, 10.8.2026 and 17.8.2026 (Monday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To train and enhance the concentration of children.
Content:	Games and art activities (The programme will be conducted in Cantonese)
Target Participants:	Children aged 5 to 9 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:	Workshop on Learning Cang Jie Input Method
Date / Duration:	3.8.2026, 5.8.2026, 7.8.2026, 10.8.2026, 12.8.2026, 14.8.2026, 17.8.2026 and 19.8.2026 (Monday, Wednesday and Friday) 10:00a.m to 11:00a.m
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance knowledge of Cang Jie input method
Content:	To teach Cang Jie input method (The programme will be conducted in Cantonese)
Target Participants:	Members aged 12 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms TSE
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Workshop on Calligraphy for Women
Date / Duration:	3.8.2026, 5.8.2026, 7.8.2026, 10.8.2026, 12.8.2026, 14.8.2026, 17.8.2026 and 19.8.2026 (Monday, Wednesday and Friday) 11:15 a.m. to 12:15 noon
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance level of patient and concentration
Content:	To introduce and teach calligraphy (The programme will be conducted in Cantonese)
Target Participants:	Female members aged 12 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms TSE
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Board Game Summer Fun
Date / Duration:	7.8.2026, 14.8.2026, 21.8.2026 and 28.8.2026 (Friday) 10:00a.m. to 11:15a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance social skills and emotional management of children through interesting board games
Content:	To learn and play different board games (The programme will be conducted in Cantonese)
Target Participants:	Members aged 6 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

List of Programmes in July to October 2026 – TSWIFSC

Name of Programme:	Parent-child Bamboo Weaving Art Workshop
Date / Duration:	22.8.2026 (Saturday) 2:30p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance parent-child relationship through making artwork
Content:	To make the Chinese traditional bamboo weaving hand fan (The programme will be conducted in Cantonese)
Target Participants:	Members of parent and child aged 6 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:	Me Time Art Group
Date / Duration:	7.9.2026, 14.9.2026, 21.9.2026 and 28.9.2026 (Monday) 10:00a.m. to 12:00 noon
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance emotional management through the means of art.
Content:	To learn proper expressing skills. To improve emotional regulation. (The programme will be conducted in Cantonese)
Target Participants:	Women living in Tin Shui Wai
Fee:	Free of charge
Contact Staff:	Mr SIU
Telephone Number:	3565 5780
Host:	Co-organized with Jockey Club Harmony House

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Name of Programme:	Workshop on Planting
Date / Duration:	8.9.2026 (Tuesday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through planting
Content:	Planting indoor plant (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:	Relaxed Yoga Class 2026
Date / Duration:	8.9.2026, 15.9.2025, 22.9.2025 and 29.9.2025 (Tuesday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through doing yoga
Content:	To teach yoga (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

List of Programmes in July to October 2026 – TSWIFSC

Name of Programme:	Deep Breathing - Stress Management Group
Date / Duration:	7.10.2026, 14.10.2026, 21.10.2026 (Wednesday) and 27.10.2026 (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:	Conduct 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

Name of Programme:	The Joyful Kitchen 2026
Date / Duration:	23.10.2026 (Friday) 2:30 p.m. to 4:00 p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Learn simple cooking in a relaxed way, share culinary tips, enjoy the joy of cooking, and master easy-to-learn recipes. Participants will be able to cook at home with their children, enhancing parent-child interaction and everyday fun.
Content:	Enjoy the happiness of cooking! Learn easy recipes and share the joy of preparing food together. (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