

List of Programmes in October to December 2025 – TSWIFSC

Name of Programme:	Workshop on foot massage
Date / Duration:	9.10.2025, 16.10.2025, 23.10.2025, 30.10.2025, 6.11.2025, 13.11.2025, 20.11.2025 and 27.11.2025 (Thursday) 2:30p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance health by learning foot massage
Content:	Foot massage demonstration and practice (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:	FunFunFlower A
Date / Duration:	14.10.2025 (Tuesday) 9:30a.m. to 10:45a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through making lego flower
Content:	Making lego flower (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

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Name of Programme:	Healing is Here - Support Group for Carers
Date / Duration:	17.10.2025 , 24.10.2025, 31.10.2025 and 7.11.2025 (Friday) 10:00a.m. to 11:15a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	<ol style="list-style-type: none"> 1. To provide a supportive environment where caregivers and parents can share their life experiences and emotional challenges 2. To help members gain a deeper understanding of their own emotional needs and daily triggers, while learning effective coping strategies 3. To foster mutual support among group members to strengthen their social support network and increase awareness of community resources to alleviate their carers' stress.
Content:	<ol style="list-style-type: none"> 1. Group sharing 2. Expressive art card and DIY activities (The programme will be conducted in Cantonese)
Target Participants:	Carers and parents
Fee:	Free of charge
Contact Staff:	Mr PANG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Parent-Child Time: Write a Letter to Santa
Date / Duration:	18.10.2025 (Saturday) 2:30p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	<ol style="list-style-type: none"> 1.To strengthen parent-child bonding through festive writing 2.To build a harmonious family and create joyful holiday memories
Content:	Write a letter to Santa Claus with your child to share a musical moment in Christmas (The programme will be conducted in Cantonese)
Target Participants:	Family
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:	AI in Action: Ask the AI Master
Date / Duration:	23.10.2025 (Thursday) 2:30 p.m. to 3:30 p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	1. To learn how to use AI to solve problems 2. To explore how AI can assist with everyday tasks
Content:	Engage in a dialogue with the AI Master and discover how AI applies to art, creativity, and problem-solving—from philosophy to practical tips. Perfect for creative minds. (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

Name of Programme:	Pastel Nagomi Art x Mandala
Date / Duration:	28.10.2025, 30.10.2025, 4.11.2025 & 6.11.2025 (Tuesday and Thursday) 10:00a.m. to 11:30a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through Pastel Nagomi Art x Mandala drawing
Content:	Pastel Nagomi Art x Mandala drawing (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

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Name of Programme:	Effective Communication: Improving Your Intimacy Relationship
Date / Duration:	4.11.2025,11.11.2025,18.11.2025 & 25.11.2025 (Tuesday) 2:30p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn and review the communication patterns in intimate relationships
Content:	To discuss 5 communication patterns and introduce effective communication (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 TSE
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Talk about Love with Children
Date / Duration:	19.11.2025, 26.11.2025, 3.12.2025 and 10.12.2025 (Wednesday) 10:30a.m. to 12:00noon
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To improve parenting-child communication and strengthen parent-child bonding
Content:	Through group sharing and psychoeducation, this group aims to assist parents to understand the love relationship of the modern teenager and to develop adaptive communication pattern (The programme will be conducted in Cantonese)
Target Participants:	Parents with aged 12-18 children
Fee:	Free
Contact Staff:	Mr WONG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in October to December 2025 – TSWIFSC

Name of Programme:	Health Preservation by Food in Chinese Medicine
Date / Duration:	8.12.2025 (Monday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To develop healthy eating habits for achievement of physical and mental health
Content:	Introduction of "Health Preservation by Food in Chinese Medicine" and development of healthy eating habits by a Registered Chinese Medicine Practitioner. (The programme will be conducted in Cantonese) (This programme is in collaboration with Pok Oi Hospital Chinese Medicine Service)
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:	Easy Yoga 2025
Date / Duration:	8.12.2025, 15.12.2025, 22.12.2025 and 29.12.2025 (Monday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress through learning yoga
Content:	To teach yoga (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

List of Programmes in October to December 2025 – TSWIFSC

Name of Programme:	Workshop on Making Christmas Decorations
Date / Duration:	9.12.2025, 12.12.2025, 16.12.2025 and 19.12.2025 (Tuesday and Friday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To alleviate caregiver stress
Content:	To relieve stress through making Christmas decorations that would be shared with family members for promotion of healthy family relationships. (The programme will be conducted in Cantonese)
Target Participants:	Caregivers
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Nightlight DIY(A)
Date / Duration:	30.12.2025 (Tuesday) 11:00a.m. to 12:00noon
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To release stress and learn to concentrate through making a nightlight
Content:	To make a nightlight (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