

## List of Programmes in April to June 2026 - YL(C)IFSC

Name of Programme:	Concentration Training – Model kit
Date / Duration:	8-11/4/2026 / 1000-1100
Venue:	Conference room
Objectives:	Through interesting mean (model kit), participants can enhance their concentration and develop an organized problem-solving skill. Completing a physical project provides participants with a sense of achievement and self-efficacy for preparing them to face up to the challenges of daily life.
Content:	Participants will also receive a box of the same model kit. The worker will assist them in assembling it in an orderly manner. Positive encouragement and feedback will be promoted to enhance their sense of achievement.  In addition to putting the model together, other simple model assembly techniques (such as threading and polishing) may be taught (depending on the situation).
Target Participants:	Members aged 8-12 years old
Fee:	Free
Contact Staff:	Mr. CHAN
Telephone Number:	24701416
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Fun Learning - Board Games(Children)
Date / Duration:	8-11 / 4 / 2026 / 1115-1215
Venue:	Conference room
Objectives:	To enhance their knowledge of board games. To help them understand how to use the games to improve their social and communication skills. To promote and practice positive messages and encouragement in the games.
Content:	Introduce board games; Understand the key points and techniques for the game; Provide positive encouragement and feedback.
Target Participants:	age above 18
Fee:	Free
Contact Staff:	Mr. CHAN
Telephone Number:	24701416
Host:	Yuen Long (Central) Integrated Family Service Centre

## List of Programmes in April to June 2026 - YL(C)IFSC

Name of Programme:	Tai Chi 4/2026
Date / Duration:	9/4/2026 to 4/6/2026 / 1000-1130
Venue:	Activity room
Objectives:	Through practicing Tai Chi, participants learn to empty their minds and clear their thoughts, improving their ability to withstand stress.
Content:	Practice Tai Chi with each other
Target Participants:	age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	39967615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Elderly Chair Exercise and Mindfulness Experience
Date / Duration:	14/4 , 21/4 , 28/4 & 25/5 2026 / 1000-1100
Venue:	Conference room
Objectives:	Through chair-based exercise and mindfulness practice, participants can relax the body and mind, relieve stress, and restore calmness and vitality.
Content:	Chair exercises and mindfulness techniques suitable for older adults.
Target Participants:	For ages 18 and above.
Fee:	Free
Contact Staff:	Ms LIU
Telephone Number:	24701647
Host:	Yuen Long (Central) Integrated Family Service Centre

## List of Programmes in April to June 2026 - YL(C)IFSC

Name of Programme:	Love to Peaceful
Date / Duration:	14/4 , 16/4, 21/4 & 23/4 2026 / 1500-1600
Venue:	Meeting room
Objectives:	To enhance self-awareness of own emotional need and to experience “peaceful” moment throughout art activities and sharing, so as to relieve life stress.
Content:	Different artworks and sharing
Target Participants:	Aged 18 or above
Fee:	Free
Contact Staff:	Ms CHAN
Telephone Number:	24701447
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Social supporting group.1 (4/2026)
Date / Duration:	15/4 , 17/4, 22/4 , 24/4 2026 / 1000-1100
Venue:	Long Ping Sport Center
Objectives:	To promote communication and sharing among participants through badminton, building a social support network.
Content:	Friendly game, sharing of community information and resources.
Target Participants:	age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	39967615
Host:	Yuen Long (Central) Integrated Family Service Centre

## List of Programmes in April to June 2026 - YL(C)IFSC

Name of Programme:	Social supporting group.2 (4/2026)
Date / Duration:	15/4 , 17/4, 22/4 , 24/4 2026 / 1100-1200
Venue:	Long Ping Sport Center
Objectives:	To promote communication and sharing among participants through badminton, building a social support network.
Content:	Friendly game, sharing of community information and resources.
Target Participants:	age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	39967615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Mindful Art and Dialogue Room
Date / Duration:	5/5 , 12/5, 19/5 & 26/5 2026 / 1500-1600
Venue:	Conference room
Objectives:	To learn acceptance and respect To promote expression and communication
Content:	Different artworks and sharing
Target Participants:	Aged 18 or above
Fee:	Free
Contact Staff:	Ms LAU
Telephone Number:	24701602
Host:	Yuen Long (Central) Integrated Family Service Centre