

List of Programmes in January to March 2025 - YL(C)IFSC

Name of Programme:	Tai Chi
Date / Duration:	09/01/2025 to 06/03/2025 (Thur, 30/01/2025 excluded) / 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:	Member age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	39967615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	How to be a good parent when I am divorced?
Date / Duration:	18/01/2025 (Saturday) / 10:00 a.m. -11:30 a.m.
Venue:	Conference Room, YL(C)IFSC
Objectives:	- To learn how to help children adapt - To reduce the impact on children
Content:	The process of divorce for adults is never easy. Often, parents become entangled in the procedures, legalities, and conflicts of the divorce and unintentionally overlook their children's needs. How can parents assist children in adapting to divorce? How can parents minimize the impact of divorce on their children? Join us to share insights and avoid pitfalls that may harm your child.
Target Participants:	Parents who are already divorced or separated
Fee:	Free
Contact Staff:	Ms FAN
Telephone Number:	24751997
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Dogebee
Date / Duration:	27/01/2025 (Mon) / 1000-1200
Venue:	Activity room
Objectives:	To promote harmonious family
Content:	Teaching the skills of Dogebee and let having fun with family members.
Target Participants:	Member age above 8
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	39967615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Heal & Chill Craft making Group
Date / Duration:	21.2.2025 to 14.3.2025 Every Friday, 4 sessions / 11:00am-12:00pm
Venue:	Conference room
Objectives:	- By craft-making, to facilitate the participants in understanding the importance of taking care of their own emotions - To educate the participant of relaxation skills
Content:	Craft-making and group sharing
Target Participants:	Members aged 18 or above
Fee:	Free
Contact Staff:	Ms TANG
Telephone Number:	24701795
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Drawing with child
Date / Duration:	22/02/2025 (Saturday) / 2:30 p.m – 4:30 p.m.
Venue:	Conference Room, YL(C)IFSC
Objectives:	- To find inner peace and release stress - To enhance the sense of connection between parents and children
Content:	Using harmonious pastels, participants will create healing artworks and add heartfelt messages, symbolizing the journey of holding hands and adding color to the path of divorce.
Target Participants:	Children from separated or divorced families (aged 6 and above) with their parents
Fee:	Free
Contact Staff:	Ms FAN
Telephone Number:	24751997
Host:	Yuen Long (Central) Integrated Family Service Centre