

List of Programmes in July to September 2026 - YL(C)IFSC

Name of Programme:	Mobile Class (1)
Date / Duration:	7 - 28 July 2026 (Tue) / 1030-1130
Venue:	Meeting Room
Objectives:	This group facilitates members to learn digital services, such as eHealth and other applications, for streamlining daily routine.
Content:	Simplify your life with essential government apps. Learn to handle daily tasks on your phone and stay tech-forward.
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Mr. Ng
Telephone Number:	2475 1997
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Mölkky
Date / Duration:	20/07/2026 (Mon) / 1500-1600
Venue:	Yuen Long Park
Objectives:	Experience the joy of emerging sports to enhance positive parent-child interaction and promote family harmony.
Content:	Discover the fun of Mölkky, the classic Finnish wood-tossing game! Challenge your aim and your brain in this exciting family competition.
Target Participants:	Member age above 8 with parent
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Mosaic Handicraft Workshop
Date / Duration:	July 20 – July 29, 2026 (Mon and Wed) / 1000-1100
Venue:	Meeting Room
Objectives:	Enable members to experience the joy of artistic creation through mosaic collage. During the process of handicraft making, participants can relax their minds and relieve stress.
Content:	Through colorful mosaic collage, participants can create their own unique artwork by hand and enjoy the fun of handicraft making.
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Miss Ng
Telephone Number:	2470 1585
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Social supporting group.3 (7/2026)
Date / Duration:	20,23,27,30/7/2026 (Mon & Thur) / 0900-1000
Venue:	Yuen Long Sport Cente
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:	Member age above 18
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Family Badminton (7/2026)
Date / Duration:	20,23,27,30/7/2026 (Mon & Thur) / 1000-1100
Venue:	Yuen Long Sport Center
Objectives:	To build fun and joyful parent-child experiences through participation in badminton activities, and to facilitate the exchange of parenting experiences among parents.
Content:	Friendly game, exchange of parenting experiences and community information.
Target Participants:	Member age above 9
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Make Your Own Natural Insect Repellent Sachet
Date / Duration:	July 24, 2026 (Fri) / 1000-1100
Venue:	Meeting Room
Objectives:	Provide a platform for member interaction to encourage communication and cooperation; inspire creativity and a sense of achievement through the hands-on crafting process, allowing participants to enjoy the fun of making things themselves; and promote the use of natural materials to reduce the environmental and health impacts of chemical insect repellents.
Content:	With the hot summer approaching, household insect problems are common. Let's learn together how to make natural insect repellent sachets to keep mosquitoes away!
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Miss Ng
Telephone Number:	2470 1585
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Fun Learning - Board Games(Children)
Date / Duration:	20,21,27,28/8/2026 (Thur & Fri) / 1000-1100
Venue:	Activity 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:	Children Members aged 8-12 years old
Fee:	Free of charge
Contact Staff:	Mr. CHAN
Telephone Number:	2470 1416
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Concentration Training – Model kit
Date / Duration:	20,21,27,28/8/2026 (Thur & Fri) / 1115-1215
Venue:	Activity 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:	Children Members aged 8-12 years old
Fee:	Free of charge
Contact Staff:	Mr. CHAN
Telephone Number:	2470 1416
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Green Heart Healing · Embracing the Self
Date / Duration:	2, 9, 16, 23 September 2026 (Wed) / 1000-1100
Venue:	Conference Room
Objectives:	Through experiential handmade activities, participants will learn and apply ways to relax and alleviate stress, empowering greater self-care and enhancing mental well-being.
Content:	Doing handicrafts (Horticulture related), sharing session
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Miss LAM Yee-tung
Telephone Number:	2470 1474
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Tai Chi 4/2026
Date / Duration:	3/9/2026 to 29/10/2026 (Thur, exception on 1/10/2026) / 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:	Member age above 18
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	AI Playground
Date / Duration:	8 - 29 September 2026 (Tue) / 1530-1630
Venue:	Meeting Room
Objectives:	Enhance the mobile proficiency and technological awareness of adults through AI learning, helping them keep pace with modern developments.
Content:	"What can AI actually do for you? Our group will guide you step-by-step to use AI, making a spark of fun to your daily life—from planning trips and discovering new recipes to creating action videos and more.
Target Participants:	Members aged 18 or above
Fee:	Free of charge
Contact Staff:	Mr. Ng
Telephone Number:	2475 1997
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Social supporting group.4 (9/2026)
Date / Duration:	9,11,16,18/9/2026 (Wed & Fri) / 1100-1200
Venue:	Yuen Long 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:	Member age above 18
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Social supporting group.5 (9/2026)
Date / Duration:	9,11,16,18/9/2026 (Wed & Fri) / 1200-1300
Venue:	Yuen Long 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:	Member age above 18
Fee:	Free of charge
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Parent-Child Snow Skin Mooncake Workshop
Date / Duration:	19 September 2026 (Sat) / 1430-1600
Venue:	Meeting Room
Objectives:	Through hands-on snow skin mooncake making, this activity strengthens parent-child bonding, promotes cultural appreciation, and boosts children's creativity and fine motor skills.
Content:	Join our Parent-Child DIY Workshop! No oven needed—just bring your creativity to hand-make delicious snow skin mooncakes. Enjoy the fun of creating together and take home a box of festive joy!
Target Participants:	1 adult & 1-2 children per family
Fee:	Free of charge
Contact Staff:	Mr. Ng
Telephone Number:	2475 1997
Host:	Yuen Long (Central) Integrated Family Service Centre