

List of Programmes in October to December 2025 - YL(C)IFSC

Name of Programme:	Living in the moment-Recharging your soul for care giver (4)
Date / Duration:	3.11.2025-1.12.2025 / 10:00a.m. – 12:00noon
Venue:	Conference Room
Objectives:	To enhance the awareness of self-care and to relieve the stress of life by using different tools
Content:	1.SoulCollage® workshop 2.Singingbowl workshop 3.Alcohol ink art workshop 4.Mindfulness practice
Target Participants:	Members aged 18 or above (caregiver members)
Fee:	Free
Contact Staff:	Miss TSANG
Telephone Number:	2470 1523
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Healthy training group of badminton
Date / Duration:	6/11/2025, 13/11/2025, 20/11/2025, 27/11/2025 / 1100-1300
Venue:	Yuen Long Sports Centre
Objectives:	Through badminton exercise, participants can relieve daily life stress and promote physical and mental health
Content:	Badminton exercise and mutual support
Target Participants:	Members aged 18 or above coming from low-income family
Fee:	Free
Contact Staff:	Mr. KWOK
Telephone Number:	2470 1719
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Mutual help group on smartphone addiction
Date / Duration:	11/11/2025, 18/11/2025, 25/11/2025, 2/12/2025 / 1000-1100
Venue:	Conference Room
Objectives:	To have a basic understanding of smartphone addiction To understand ways to prevent and alleviate smartphone addiction
Content:	Regardless children or adults, people like watching short videos on mobile phones or playing games, and some even become addicted. Besides affecting themselves, it also causes family members to worry, impacting family relationships. This group, through activities and sharing, enables participants to know more about the problems related to smartphone addiction and understand ways to prevent and alleviate addiction.
Target Participants:	Members aged 18 or above
Fee:	Free
Contact Staff:	Mr. KWOK
Telephone Number:	2470 1719
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Fun Learning - Board Games
Date / Duration:	21/11/2025,28/11/2025,5/12/2025,12/12/2025 / 1000-1100
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:	Members age above 18
Fee:	Free
Contact Staff:	Mr. CHAN
Telephone Number:	2470 1416
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Christmas diffuser stone wreath workshop
Date / Duration:	3/12/2025 / 1000-1130
Venue:	Activity Room
Objectives:	Through making a Christmas diffuser stone wreath, parents or caregivers can have "Me Time" for relaxation, while also learning about the services provided by Parents/Relatives Resource Centre in Yuen Long District.
Content:	1. Make a Christmas diffuser stone wreath 2. Learn more about the service provided by Family Joy Together
Target Participants:	Parents and carers who take care of children with Special Education Needs
Fee:	Free
Contact Staff:	Mr. KWOK
Telephone Number:	2470 1719
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Healthy Cardio Fitness Exercises Training
Date / Duration:	9/12/2025,16/12/2025,23/12/2025,30/12/2025 / 1000-1200
Venue:	Conference Room
Objectives:	Through learning of cardio fitness exercises, participants can release their stress of daily life and improve their physical and mental health.
Content:	Learn cardio fitness exercise
Target Participants:	Members age above 18 with low-income
Fee:	Free
Contact Staff:	Mr. CHAN
Telephone Number:	2470 1416
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Christmas DIY for Parent-child
Date / Duration:	19/12/2025 / 1000-1130
Venue:	Conference Room
Objectives:	-To promote cooperation and communication between parents and children -To enhance parent-child relationships
Content:	Through the creation of a Christmas tree, parents and children will work together, appreciate each other, and unleash their creativity.
Target Participants:	Children aged 5-12 and their parents
Fee:	Free
Contact Staff:	Ms FAN
Telephone Number:	24751997
Host:	Yuen Long (Central) Integrated Family Service Centre