

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

Name of Programme:	Women's Basic Landscape Painting Class with Ballpoint Pen (Phase 1)
Date / Duration:	14.04.2026 (Tuesday) 11:30 to 12:30 16.04.2026 (Thursday) 11:30 to 12:30 21.04.2026 (Tuesday) 11:30 to 12:30 23.04.2026 (Thursday) 11:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Through sketching, to cultivate an interest in drawing, develop focus and observation skills, and cultivate a calm mind
Content:	To learn basic three-dimensional perspective drawing methods, as well as techniques for expressing light, shadow, and texture in drawing, group sharing and debriefing
Target Participants:	Adult Female Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms FUNG
Telephone Number:	2476 4140
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	“Feel your Heart and Soul” Self-healing Group
Date / Duration:	15.04.2026 (Wednesday) 10:00 to 11:30 22.04.2026 (Wednesday) 10:00 to 11:30 29.04.2026 (Wednesday) 10:00 to 11:30 06.05.2026 (Wednesday) 14:30 to 16:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Through various sensory activities, participants can learn methods to maintain state of calmness, observe the inner needs, release their daily stress, and promote physical and mental health
Content:	The group includes mindfulness practice, music relaxation, hand drip coffee experience, collage art, etc. Participants are invited to discuss and share within the group sessions
Target Participants:	Parent Members of YL(E)IFSC (Priority will be given to referral from Social Worker)
Fee:	Free of charge
Contact Staff:	Mr HO
Telephone Number:	2443 5384
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Stretch Together
Date / Duration:	20.04.2026 (Monday) 10:30 to 11:30 27.04.2026 (Monday) 10:30 to 11:30 11.05.2026 (Monday) 10:30 to 11:30 18.05.2026 (Monday) 10:30 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To reduce the stress and improve the mood by practicing stretching exercises. To facilitate social interactions through group activities
Content:	Stretching exercises
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms PUN
Telephone Number:	2475 1926
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Sharing of Food Adventure in Yuen Long
Date / Duration:	06.05.2026 (Wednesday) 11:00 to 12:00 13.05.2026 (Wednesday) 11:00 to 12:00 20.05.2026 (Wednesday) 11:00 to 12:00 27.05.2026 (Wednesday) 09:15 to 14:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre; Ping Shan Tang Clan Gallery
Objectives:	Participants share their travel experiences in Yuen Long, enjoy snacks, and make new friends within the group, so as to enhance their overall enjoyment
Content:	Sharing on participants' experiences from the daily living and trip in Yuen Long and enjoy delicious food outside the leisure area during the final session of the group activity
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr KWOK
Telephone Number:	2443 7419
Host:	Yuen Long (East) Integrated Family Service Centre

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

Name of Programme:	Soft-Tip Pen Chinese Calligraphic Script (Beginner Level 3)
Date / Duration:	12.05.2026 (Tuesday) 10:00 to 11:00 14.05.2026 (Thursday) 10:00 to 11:00 19.05.2026 (Tuesday) 10:00 to 11:00 21.05.2026 (Thursday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	<ul style="list-style-type: none"> <li>- Master the Tools: Understand the characteristics and suitable applications of various soft-tip pens (such as brush tips, flexible fiber tips, watercolor brush tips, etc.), and learn to select the appropriate tool based on writing needs;</li> <li>- Practice Writing: Use soft-tip pens to practice different Chinese writing styles and experience the integration of stroke variation and character structure.</li> <li>- Temper the Mind: Cultivate patience and concentration through repeated practice, and appreciate the stability and immersion brought by mindful writing;</li> <li>- Creative Expression: Integrate learned techniques with personal style to create aesthetically pleasing and rhythmic Chinese calligraphic works, completing the transition from imitation to creative expression</li> </ul>
Content:	To practice Chinese calligraphy in decorative script using a soft-tipped pen
Target Participants:	Adult Female Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr CHAN
Telephone Number:	2478 8374
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Who am I?
Date / Duration:	12.05.2026 (Tuesday) 11:30 to 12:30 14.05.2026 (Thursday) 11:30 to 12:30 19.05.2026 (Tuesday) 11:30 to 12:30 21.05.2026 (Thursday) 11:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Enhancing members' self-understanding
Content:	To use different types of tools to enhance member's self-understanding
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms NG
Telephone Number:	2475 2539
Host:	Yuen Long (East) Integrated Family Service Centre

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

Name of Programme:	Building Stronger Bonds: Heart-to-Heart Parenting Group
Date / Duration:	22.05.2026 (Friday) 10:00 to 11:30 29.05.2026 (Friday) 10:00 to 11:30 05.06.2026 (Friday) 10:00 to 11:30 12.06.2026 (Friday) 10:00 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance parent-child relationship through learning positive communication
Content:	This group is collaborated with 'Harmony House - Jockey Club Harmony Link Domestic Violence Prevention Centre'. To learn the Five Elements of Positive Communication through experiential activities and art creations so as to enhance parent-child relationship
Target Participants:	Members of YL(E)IFSC who seek to improve their parent-child relationship (Priority will be given to referral from Social Worker)
Fee:	Free of charge
Contact Staff:	Mr TANG
Telephone Number:	2475 2067
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Learning Smart Phone for the Elderly
Date / Duration:	02.06.2026 (Tuesday) 10:00 to 11:00 03.06.2026 (Wednesday) 10:00 to 11:00 09.06.2026 (Tuesday) 10:00 to 11:00 10.06.2026 (Wednesday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Learn basic use of smart phone, share difficulties and useful community sources
Content:	- To learn the basic skills of using smart phone - The group members to share difficulties of using smart phone - To introduce useful community sources
Target Participants:	Adult Members of YL(E)IFSC aged 60 or above
Fee:	Free of Charge
Contact Staff:	Mr LAU
Telephone Number:	2443 5787
Host:	Yuen Long (East) Integrated Family Service Centre

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

Name of Programme:	Happy Chat Room @ YL(E)IFSC
Date / Duration:	02.06.2026 (Tuesday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance participants' knowledge towards our centre and Yuen Long district
Content:	Community resources introduction, short talk, games and snack sharing
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms TSEUNG
Telephone Number:	2443 4819
Host:	Yuen Long (East) Integrated Family Service Centre