

## List of Programmes in April to June 2025 - YL(E)IFSC

Name of Programme:	Women's Basic Pen and Scenery Painting (1)
Date / Duration:	01.04.2025 (Tuesday) 11:30 to 12:30 03.04.2025 (Thursday) 11:30 to 12:30 08.04.2025 (Tuesday) 11:30 to 12:30 10.04.2025 (Thursday) 11:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To cultivate interests in sketching and drawing. To train up the skills of concentration, observation and tranquility
Content:	Learning the basic knowledge of three-dimensional perspective, the use of light and dark, and texture expression techniques; group sharing and debriefing
Target Participants:	Adult 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:	Pain Without Suffering: Women's Self-Exploration and Relationship Group
Date / Duration:	02.05.2025 (Friday) 09:30 to 10:45 09.05.2025 (Friday) 09:30 to 10:45 16.05.2025 (Friday) 09:30 to 10:45 27.05.2025 (Tuesday) 09:30 to 10:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To promote self-reflection & self-awareness on marital relationship, parent-child relationship and relationship with self through different group activities and sharing
Content:	Group discussions, song sharing, and video watching
Target Participants:	Adult Female Members of YL(E)IFSC (Priority will be given to referral from social workers)
Fee:	Free of Charge
Contact Staff:	Miss CHAN
Telephone Number:	2475 3258
Host:	Yuen Long (East) Integrated Family Service Centre

## List of Programmes in April to June 2025 - YL(E)IFSC

Name of Programme:	Woven Care: Creating with Heart (1)
Date / Duration:	08.05.2025 (Thursday) 15:00 to 16:15 15.05.2025 (Thursday) 15:00 to 16:15 22.05.2025 (Thursday) 15:00 to 16:15 29.05.2025 (Thursday) 15:00 to 16:15
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance participants' sense of self-efficacy through learning basic weaving techniques and creating related artpiece
Content:	Learning knitting techniques and creating textile products; group sharing and debriefing
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms TSE
Telephone Number:	2475 1554
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Decoupage Craft Workshop
Date / Duration:	16.05.2025 (Friday) 14:30 to 15:30 23.05.2025 (Friday) 14:30 to 15:30 30.05.2025 (Friday) 14:30 to 15:30 06.06.2025 (Friday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To alleviate stress and enjoy a 'me-time' through making Decoupage Craft
Content:	Learning to create personalized artwork with Decoupage techniques; group debriefing and sharing
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

## List of Programmes in April to June 2025 - YL(E)IFSC

Name of Programme:	A Box with Love
Date / Duration:	20.05.2025 (Tuesday) 10:00 to 12:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To strengthen the family relationship and facilitate family harmony
Content:	Using paper to make a love box; programme debriefing and sharing
Target Participants:	Adult 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:	Bridge to Better Communication
Date / Duration:	23.05.2025 (Friday) 10:00 to 11:30 30.05.2025 (Friday) 10:00 to 11:30 06.06.2025 (Friday) 10:00 to 11:30 13.06.2025 (Friday) 10:00 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance the harmonious relationship of partners, foster mutual understanding and intimacy
Content:	This group is collaborated with 'Harmony House - Jockey Club Harmony Link Domestic Violence Prevention Centre'. The group contents are as follows:- (1) Learn the Five Elements of Positive Communication through experiential activities; (2) Recognize the feelings and needs of partners, listen with empathy, and respond to each other
Target Participants:	Members of YL(E)IFSC who seek to improve their intimate relationship with their partners (Priority will be given to referral from social workers)
Fee:	Free of charge
Contact Staff:	Mr TANG
Telephone Number:	2475 2067
Host:	Yuen Long (East) Integrated Family Service Centre

## List of Programmes in April to June 2025 - YL(E)IFSC

Name of Programme:	Stained Glass DIY
Date / Duration:	07.06.2025 (Saturday) 14:30 to 15:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To inspire participants' creative thinking through making of stained glass
Content:	Making of stained glass; programme sharing
Target Participants:	Children Members of YL(E)IFSC aged 7-12 years old
Fee:	Free of Charge
Contact Staff:	Mr KOO
Telephone Number:	2443 7419
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Crocheting Dolls Group
Date / Duration:	20.06.2025 (Friday) 10:30 to 12:00 27.06.2025 (Friday) 10:30 to 12:00 04.07.2025 (Friday) 10:30 to 12:00 11.07.2025 (Friday) 10:30 to 12:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To relieve stress, build up self-confidence & social network through crocheting dolls together
Content:	Crocheting dolls & 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

## List of Programmes in April to June 2025 - YL(E)IFSC

Name of Programme:	Making Daily Craft
Date / Duration:	25.06.2025 (Wednesday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To learn the strategies of alleviating stress through making daily craft with other participants
Content:	Learning to make daily crafts; learning the strategies of alleviating stress; programme debriefing and sharing
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr LAU
Telephone Number:	2443 5787
Host:	Yuen Long (East) Integrated Family Service Centre