

List of Programmes in January to March 2026 - YL(E)IFSC

Name of Programme:	Keep Pretty and Healthy
Date / Duration:	05.01.2026 (Monday) 09:30 to 10:45 06.01.2026 (Tuesday) 09:30 to 10:45 08.01.2026 (Thursday) 09:30 to 10:45 12.01.2026 (Monday) 09:30 to 10:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To extend participants' social network and enhance their mental health through stretching exercise
Content:	Warm up, stretching exercise and sharing
Target Participants:	Members of YL(E)IFSC with aged between 40-60
Fee:	Free of Charge
Contact Staff:	Ms CHUNG
Telephone Number:	2475 2044
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	"Bead" It Forward
Date / Duration:	07.01.2026 (Wednesday) 10:00 to 11:30 14.01.2026 (Wednesday) 10:00 to 11:30 21.01.2026 (Wednesday) 10:00 to 11:30 28.01.2026 (Wednesday) 10:00 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance the self-efficacy, connect the community and the sense of belonging through bead art.
Content:	To learn the skills of beading and make products with beads; deliver the handmade beaded gifts to community
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

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Name of Programme:	Tea and Handicrafts
Date / Duration:	09.01.2026 (Friday) 11:30 to 12:30 16.01.2026 (Friday) 11:30 to 12:30 23.01.2026 (Friday) 11:30 to 12:30 30.01.2026 (Friday) 11:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Providing a platform for the members to facilitate social communication and support.
Content:	Different types of teas and handicrafts will be introduced in the group to gather the members to share their daily life in the relaxing atmosphere
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

Name of Programme:	Yuen Long East IFSC mutual help group 2026
Date / Duration:	13.01.2026 (Tuesday) 15:00 to 16:00 16.01.2026 (Friday) 15:00 to 16:00 23.01.2026 (Friday) 15:00 to 16:00 24.01.2026 (Saturday) 13:00 to 17:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre; Yuen Long Sheung Tsuen
Objectives:	By organizing and participating in volunteer services with team members, you will learn to organize volunteer activities, expand your social network, and promote the spirit of "serving the community."
Content:	1. Through gatherings and activities, group members communicate and share with each other, enhance their self-worth. 2. Establish a mutual support network, and develop the spirit of mutual help and friendship.
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms LEE
Telephone Number:	2443 2532
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in January to March 2026 - YL(E)IFSC

Name of Programme:	Visiting of Tsang Tsui Garden of Remembrance
Date / Duration:	21.01.2026 (Wednesday) 13:15 to 17:00
Venue:	Tsang Tsui Garden of Remembrance (15 Nim Wan Road, Tuen Mun)
Objectives:	Through participating in the visit to the Tuen Mun Tsang Tsui Columbarium, participants gained an understanding of Hong Kong's arrangements and methods for handling remains, thereby enabling them to plan end-of-life arrangements for themselves or their family members.
Content:	The guide explains the facilities within the Tsang Tsui Columbarium building and the memorial garden, including the ashes scattering area, the placement of memorial plaques on the remembrance wall, the wooden art installation "Ferry," the usage of the tribute hall, the green burial registry, and the procedures for applying for green burial
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

Name of Programme:	Happy Formula
Date / Duration:	06.02.2026 (Friday) 10:00 to 11:00 13.02.2026 (Friday) 10:00 to 11:00 20.02.2026 (Friday) 10:00 to 11:00 27.02.2026 (Friday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To use positive thinking methods, appropriately express negative emotions, and enhance personal emotional management skills.
Content:	Through a series of activities, such as crafts and games, learn how to face our emotions and improve the vicious cycle of negative emotions
Target Participants:	Adult Members of YL(E)IFSC with mental health concerns (Priority will be given to referral from Social Worker)
Fee:	Free of charge
Contact Staff:	Ms CHAN
Telephone Number:	2443 5312
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in January to March 2026 - YL(E)IFSC

Name of Programme:	Parenting Stress Relief Group
Date / Duration:	25.02.2026 (Wednesday) 15:00 to 16:15 04.03.2026 (Wednesday) 15:00 to 16:15 11.03.2026 (Wednesday) 15:00 to 16:15 18.03.2026 (Wednesday) 15:00 to 16:15
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	<ul style="list-style-type: none"> Facilitate stress relief for parents through Nagomi Pastel Art, enabling them to express and alleviate pressures associated with caregiving. Employ cognitive behavioral approaches to address prevalent parenting misconceptions, promote positive parenting techniques, and strengthen parent-child relationships.
Content:	Through Nagomi Pastel Art creation, facilitate parents relieve caregiving stress, and integrate cognitive behavioral intervention during activities to explore common parenting misconceptions while exchanging parenting insights with other parents
Target Participants:	Parent Members of YL(E)IFSC, who have children with Special Educational Needs (SEN) prioritize (Priority will be given to referral from Social Worker)
Fee:	Free of charge
Contact Staff:	Ms WONG
Telephone Number:	2478 8357
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Mind Space Visit
Date / Duration:	16.03.2026 (Monday) 09:15 to 12:45
Venue:	Mind Space (Academia House (Block S), 15 Tsing Chung Koon Road, Tuen Mun)
Objectives:	Participants visit the simulated facilities of Mind Space (including a former ward of Castle Peak Hospital), allowing them to personally understand the experiences and feelings of mental health patients.
Content:	Participants can gain an understanding of some common psychotic symptoms through simulation and on-the-spot debriefing
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