

List of Programmes in January to March 2025 - YL(E)IFSC

Name of Programme:	Fun in Recycle Handicraft
Date / Duration:	03.01.2025 (Friday) 10:00 to 11:00 09.01.2025 (Thursday) 10:00 to 11:00 10.01.2025 (Friday) 10:00 to 11:00 17.01.2025 (Friday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To relief stress and enhance self-efficacy by making recycle handicraft
Content:	Learning skills of making recycle handicraft
Target Participants:	Adult Female Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Ms CHUNG
Telephone Number:	2475 2044
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Alleviating Parenting Stress: LEGO Workshop
Date / Duration:	06.01.2025 (Monday) 09:30 to 11:00 13.01.2025 (Monday) 09:30 to 11:00 20.01.2025 (Monday) 09:30 to 11:00 27.01.2025 (Monday) 09:30 to 11:00 10.02.2025 (Monday) 09:30 to 11:00 14.02.2025 (Friday) 09:30 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To alleviate participants' parenting stress and cultivating participants' positive emotion expression by experiencing different art activities such as LEGO and painting
Content:	1.Learning how to positively express emotions through the integration of LEGO 2.Facilitating self-understanding through painting and activity debriefing 3.Facilitating mutual support among participant to alleviate parenting stress
Target Participants:	Adult Parent Members of YL(E)IFSC who have children with / suspected with ADHD
Fee:	Free of Charge
Contact Staff:	Mr SO (Placement Social Worker)
Telephone Number:	2944 0401
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Relaxing with Art
Date / Duration:	06.01.2025 (Monday) 09:30 to 11:00 13.01.2025 (Monday) 09:30 to 11:00 20.01.2025 (Monday) 09:30 to 11:00 27.01.2025 (Monday) 09:30 to 11:00 05.02.2025 (Wednesday) 09:30 to 11:00 10.02.2025 (Monday) 09:30 to 11:00
Venue:	Conference Room, 12/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To alleviate parental stress through experiencing different group arts and learning different stress-relief strategies
Content:	Experiencing different forms of art, such as origami and painting; learning techniques to reduce stress; group debriefing and sharing
Target Participants:	Adult Parent Members of YL(E)IFSC who have children aged 6-12
Fee:	Free of Charge
Contact Staff:	Ms TO (Placement Social Worker)
Telephone Number:	2944 0401
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Tranquil 330: Know More, Enjoy More
Date / Duration:	09.01.2025 (Thursday) 15:15 to 16:30
Venue:	Yuen Long District (to be confirmed)
Objectives:	To raise participants' awareness of mental health by visiting the Mental Health Mobile Promotion Service
Content:	Visiting the Mental Health Mobile Promotion, learning mindfulness practices, programme 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

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Name of Programme:	Pastel Nagomi Art Children Class
Date / Duration:	11.01.2025 (Saturday) 14:30 to 15:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Learning skills of Pastel Nagomi Art, programme sharing & debriefing
Content:	To inspire creativity and increase self-efficacy through experiencing the fun of Pastel Nagomi Art
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:	Relaxing Day
Date / Duration:	17.01.2025 (Friday) 11:30 to 12:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To raise participants' awareness on emotions and alleviate stress throughout the experiential activity of floriculture
Content:	Experiencing floriculture activities, learning stress-relieving skills, group discussion and sharing
Target Participants:	Adult Members of YL(E)IFSC (Priority will be given to referral from social workers)
Fee:	Free of Charge
Contact Staff:	Ms LEUNG
Telephone Number:	2478 8342
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Sumikko Gurashi Clay Making
Date / Duration:	19.02.2025 (Wednesday) 09:30 to 10:30 26.02.2025 (Wednesday) 09:30 to 10:30 05.03.2025 (Wednesday) 09:30 to 10:30 12.03.2025 (Wednesday) 09:30 to 10:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To learn different emotions by creating clay character of Sumikko Gurashi
Content:	Learning to create Sumikko Gurashi clay characters, group debriefing and sharing
Target Participants:	Adult Members of YL(E)IFSC (Priority will be given to referral from social workers)
Fee:	Free of Charge
Contact Staff:	Ms CHU
Telephone Number:	2443 5726
Host:	Yuen Long (East) Integrated Family Service Centre