

List of Programmes in July to September 2025 - YL(E)IFSC

Name of Programme:	Dance & Stretch Workshop
Date / Duration:	02.07.2025 (Wednesday) 10:00 to 11:00 09.07.2025 (Wednesday) 10:00 to 11:00 16.07.2025 (Wednesday) 10:00 to 11:00 23.07.2025 (Wednesday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To relieve stress for better well-being through practicing stretching exercises and sharing
Content:	Practicing stretching exercises, sharing & debriefing
Target Participants:	Adult Female 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:	Cleaning Your House
Date / Duration:	02.07.2025 (Wednesday) 11:15 to 12:15 09.07.2025 (Wednesday) 11:15 to 12:15 16.07.2025 (Wednesday) 11:15 to 12:15 23.07.2025 (Wednesday) 11:15 to 12:15
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To promote mental health condition by managing our own emotion while learning to clean up participants' home
Content:	Learning ways to clean up your house effectively, sharing the experience with other participants
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

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Name of Programme:	Exploring the World Together
Date / Duration:	23.07.2025 (Wednesday) 14:30 to 15:45
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To enhance the understanding of world cultural heritage through craft making related to cultural heritage
Content:	Handicraft making and sharing
Target Participants:	Children Members aged 6 or above with their Parents 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:	First Trial of the Voice
Date / Duration:	29.07.2025 (Tuesday) 10:00 to 12:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To encourage participants enjoy singing and relieve stress through music
Content:	Learns basic singing techniques, sharing and discussion
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

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Name of Programme:	Youth Monopoly
Date / Duration:	31.07.2025 (Thursday) 10:00 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	<ul style="list-style-type: none"> - To equip the participants with the financial management skills - To equip the participants with the negotiation skills - To improve communication skills of the participants
Content:	<ul style="list-style-type: none"> - To learn the official rules of Monopoly - To learn the rules of the Monopoly World Championship - To learn financial management, trading, and negotiation skills - To improve communication skills
Target Participants:	Child Members of YL(E)IFSC with Children aged 9-13
Fee:	Free of Charge
Contact Staff:	Mr LAU
Telephone Number:	2443 5787
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	LEGO - Let it GO
Date / Duration:	01.08.2025 (Friday) 10:30 to 11:30 08.08.2025 (Friday) 10:30 to 11:30 15.08.2025 (Friday) 10:30 to 11:30 22.08.2025 (Friday) 10:30 to 11:30 29.08.2025 (Friday) 10:30 to 11:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To support children experiencing parental separation to express their inner thoughts and feelings through LEGO play, and to help them adapt to new life
Content:	This group collaborates with the Circle of Love Specialized Co-parenting Support Center. By using LEGO play, sharing, and guidance, social workers accompanied children to experience five sessions of LEGO play group.
Target Participants:	Child Members of YL(E)IFSC aged 6-12 experiencing Parental Separation (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

List of Programmes in July to September 2025 - YL(E)IFSC

Name of Programme:	Ready to Go Primary School- Adaptation Session
Date / Duration:	12.09.2025 (Friday) 11:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	<ul style="list-style-type: none"> - To share with parents how to help children adjust to primary school - To help children adapt to the new primary school life
Content:	<ul style="list-style-type: none"> - To facilitate parents' understanding of the difference between kindergarten and primary school - To enhance parents' understanding towards children difficulties in adapting to a new school environment
Target Participants:	Parent Members of YL(E)IFSC whose children are studying K.2 - K.3 (Priority will be given to Members whose children entering Primary 1 in September 2025)
Fee:	Free of Charge
Contact Staff:	Ms LEE
Telephone Number:	2443 2532
Host:	Yuen Long (East) Integrated Family Service Centre