

List of Programmes in July to September 2026 - YL(E)IFSC

Name of Programme:	Heat Health Emergency Relief Workshop
Date / Duration:	03.07.2026 (Friday) 14:30 to 16:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Improving public awareness of hot weather and prevent discomfort or diseases caused by hot weather
Content:	This workshop introduces the health conditions that extreme heat brings, and the contingency measures when facing heat exhaustion and heatstroke
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

Name of Programme:	Mindful living
Date / Duration:	07.07.2026 (Tuesday) 14:30 to 15:30 14.07.2026 (Tuesday) 14:30 to 15:30 21.07.2026 (Tuesday) 14:30 to 15:30 28.07.2026 (Tuesday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	Throughout the experiential activity of floriculture, it aimed to raise the participants' self-awareness on emotions and alleviate their stress
Content:	Experience of floriculture, discussion and sharing
Target Participants:	Parent Members of YL(E)IFSC with kindergarten and primary school's children (Priority will be given to referral from Social Worker)
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:	Art • Recharge
Date / Duration:	09.07.2026 (Thursday) 14:30 to 15:30 16.07.2026 (Thursday) 14:30 to 15:30 23.07.2026 (Thursday) 14:30 to 15:30 30.07.2026 (Thursday) 14:30 to 15:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To provide caregivers with a space for emotional release, reconnect with themselves beyond caregiving and build up mutual support
Content:	Artistic activities and sharing
Target Participants:	Adult Members of YL(E)IFSC (Priority will be given to Carer)
Fee:	Free of Charge
Contact Staff:	Ms PUN
Telephone Number:	2475 1926
Host:	Yuen Long (East) Integrated Family Service Centre

Name of Programme:	Positive Parenting Group
Date / Duration:	07.08.2026 (Friday) 11:00 to 12:30 14.08.2026 (Friday) 11:00 to 12:30 21.08.2026 (Friday) 11:00 to 12:30 28.08.2026 (Friday) 11:00 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	- To learn effective communication skills - To enhance parent-child relationship
Content:	To let parents learn positive communication skills through art activity and discuss based on Satir model, so as to enhance parent-child relationship
Target Participants:	Parent Members of YL(E)IFSC (Priority will be given to referral from Social Worker)
Fee:	Free of charge
Contact Staff:	Miss LEE
Telephone Number:	2475 2060
Host:	Yuen Long (East) Integrated Family Service Centre

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Name of Programme:	Cleansing Product DIY
Date / Duration:	26.08.2026 (Wednesday) 10:00 to 11:00
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To understand the benefits and ingredients, learn to value skin health, in order to promote the importance of self-care
Content:	Making simple cleansing products and learning the effect of different ingredients, so as to enjoy the relaxing time together
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:	Empathetic Journey of Life (L.A.R.P. Trial class)
Date / Duration:	07.09.2026 (Monday) 09:30 to 12:30
Venue:	Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre
Objectives:	To cultivate participants' empathy, develop critical thinking skills, and enhance their social communication abilities
Content:	Using an on-site/real-life dynamic role-playing approach, participants are guided to experience different life experiences through role-playing and combining different current affairs issues, thereby cultivating empathy among participants
Target Participants:	Adult Members of YL(E)IFSC
Fee:	Free of Charge
Contact Staff:	Mr PANG
Telephone Number:	2477 4333
Host:	Yuen Long (East) Integrated Family Service Centre

List of Programmes in July to September 2026 - YL(E)IFSC

Name of Programme:	Visit Sunny Bay & Cheung Sok Island
Date / Duration:	23.09.2026 (Wednesday) 09:15 to 13:15
Venue:	Sunny Bay & Cheung Sok Island
Objectives:	Participants visited Sunny Bay & Cheung Sok Island to be enjoy traveling
Content:	To visit Sunny Bay & Cheung Sok Island and enjoy the natural scenery
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