

List of Programmes in October to December 2025 - YL(E)IFSC

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| Name of Programme: | SEN parents stress relieve group |
| Date / Duration: | 03.10.2025 (Friday) 11:30 to 12:30 10.10.2025 (Friday) 11:30 to 12:30 17.10.2025 (Friday) 11:30 to 12:30 24.10.2025 (Friday) 11:30 to 12:30 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | Let SEN parents relieve carer stress and gain mutual support |
| Content: | - To let SEN parents reduce stress through art activities such as Pastel Nagomi Art, Zentangle, etc. - To let share experiences and parenting skills with other parents |
| Target Participants: | Parent Members of YL(E)IFSC who have SEN children (Priority will be given to referral from Social Worker) |
| Fee: | Free of Charge |
| Contact Staff: | Ms LEE |
| Telephone Number: | 2477 4333 |
| Host: | Yuen Long (East) Integrated Family Service Centre |

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| Name of Programme: | Teenagers Dental Support Program |
| Date / Duration: | 15.10.2025 (Wednesday) 14:00 to 17:00 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | - To improve participants' self-management of oral health - To enhance their awareness of oral hygiene |
| Content: | - The instructor will share the knowledge related to oral health - On-site oral examinations |
| Target Participants: | Student members of YL(E)IFSC aged 18-31 who are currently studying at universities or colleges in Hong Kong and currently receiving one of the following schemes: 1. School Textbook Assistance Scheme 2. Student Travel Subsidy Scheme 3. Subsidy Scheme for Internet Access Charges 4. Tertiary Student Finance Scheme - Publicly-funded Programmes 5. Non-means-tested Loan Scheme for Post-secondary Students (NLSPS) 6. The Student who was living in public housing or light public housing. 7. Comprehensive Social Security Assistance (CSSA) Scheme |
| Fee: | Free of Charge |
| Contact Staff: | Ms LEE |
| Telephone Number: | 2443 2532 |
| Host: | Yuen Long (East) Integrated Family Service Centre |

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|----------------------|---|
| Name of Programme: | Low-income family dental support program |
| Date / Duration: | 15.10.2025 (Wednesday) 09:00 to 13:00 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | - To enhance participants' self-management of oral health - To increase their awareness of oral hygiene |
| Content: | - The instructor will give oral health education talk - Conducting on-site oral examinations |
| Target Participants: | Members of YL(E)IFSC who are currently receiving the following schemes: 1. Working Family Allowance Scheme 2. Old Age Living Allowance Scheme 3. The Work Incentive Transport Subsidy Scheme |
| Fee: | Free of Charge |
| Contact Staff: | Ms LEE |
| Telephone Number: | 2443 2532 |
| Host: | Yuen Long (East) Integrated Family Service Centre |

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|----------------------|---|
| Name of Programme: | Wool Felt Doll Making |
| Date / Duration: | 18.10.2025 (Saturday) 11:30 to 12:45 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | Through making wool felt dolls, participants can understand different emotions and learn how to manage the emotions |
| Content: | Making wool felt dolls; debriefing & discussion |
| Target Participants: | Members of YL(E)IFSC aged 12 or above (Priority will be given to referral from Social Worker) |
| Fee: | Free of Charge |
| Contact Staff: | Ms CHU |
| Telephone Number: | 2443 5726 |
| Host: | Yuen Long (East) Integrated Family Service Centre |

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|----------------------|--|
| Name of Programme: | Soul Playground: DIY Tour 1 |
| Date / Duration: | 24.10.2025 (Friday) 14:15 to 15:45 |
| Venue: | Yuen Long District |
| Objectives: | To enhance participants' understandings towards mental health and promote a positive lifestyle through the handcraft workshop of the mobile van of NLPRA 'New LIFEstyle' |
| Content: | Joining the handcraft workshop of the mobile van; programme debriefing and sharing |
| 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: | Fluid Bear Keychain |
| Date / Duration: | 21.11.2025 (Friday) 10:00 to 11:00 28.11.2025 (Friday) 10:00 to 11:00 05.12.2025 (Friday) 10:00 to 11:00 12.12.2025 (Friday) 10:00 to 11:00 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | To organise a volunteer group to assist in planning and preparing volunteer activities, with a focus on raising awareness of the pressures faced by the elderly |
| Content: | 1. Alleviate personal stress through the process of fluid bear keychain. 2. Transform acquired skills into volunteer service. 3. Present fluid bear keychains to the elderly to let them feel the blessings of love. |
| 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 October to December 2025 - YL(E)IFSC

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|----------------------|---|
| Name of Programme: | Chair Yoga |
| Date / Duration: | 27.11.2025 (Thursday) 15:00 to 16:00 04.12.2025 (Thursday) 15:00 to 16:00 11.12.2025 (Thursday) 15:00 to 16:00 18.12.2025 (Thursday) 15:00 to 16:00 |
| Venue: | Activity Room, 5/F of Yuen Long (East) Integrated Family Service Centre |
| Objectives: | - To reduce the stress and improve the mood of participants by practicing chair yoga, in order to enhance sleeping quality and address various of urban stress-related issues - To facilitate social interactions through group activities |
| Content: | Deep breathing, stretching, clapping, and laughter exercises |
| 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 |