

8月 AUG



CFSO 家和
Community Family Services of Ontario



WECHAT ID: CFSO_TO

416-979-8299
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info@CFSO.care

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SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
CFSO SUMMER CAMP JUL 6 - AUG 7 9:30 - 16:30 CFSO OFFICE REGISTER: CLICK HERE	(By appointment) CFSO & TPH Mobile Dental Services (Eng/Cant/Man) Ext. 251 https://forms.gle/CfK53zJwghCu9ot69	10:30am - 12:00pm Newcomer Senior's Wellness Group (Man/Eng) (Every Tuesday) Ext: 237	(By appointment) Ontario Electricity Support Program Application Ext: 2	(By appointment) Free PR Card Renewal Service Ext: 2	Free Tickets for Cultural and Sports Events Registration Ext: 238	1
2 CFSO SUMMER CAMP JUL 6 - AUG 7 9:30 - 16:30 CFSO OFFICE REGISTER: CLICK HERE	3 CIVIC HOLIDAY [No activities/classes]	4 7:00 - 8:30pm Mid-Autumn Festival Market: Entrepreneurship Workshop (Cant & Eng & Man) Ext: 234, lachan@cfsocare	5 10:30 - 11:30am Family Story Time & Music Group (Eng) (Ages 0-5 with parents) (Weds, Starting Jul 8) Ext.: 225 4:00 - 5:30pm Language & Social Buddies Club (Ages 3-6) (Weds, Jul 8 -Aug 12) Ext: 264	6 9:30am - 12:30pm Ontario education guide and parenting tips in Canada (Eng) Ext: 206; kwyeung@cfsocare Parent-Child Fun & Culture Day (Cant & Eng & Man) Ext:206 kwywung@cfsocare	7 Project Blueprint for ASD (Eng/Cant/Man) Ext: 248 https://form.jotform.com/261244409374255	8
9 9:30am - 6:00pm Intermediate (Standard) First Aid CPR Level C + AED Course (Mandarin)	10 4:00 - 5:30pm Articulation & Phonics Club (Ages 3-6) (Tues, Jul 7-Aug 11) Ext: 264, kyue@cfsocare	11 6:30 - 8:30pm Pain Isn't Just a Posture Problem (Cant)Ext: 269 cleung@cfsocare 7:00 - 8:30pm Mid-Autumn Festival Market: Entrepreneurship Workshop (Cant & Man & Eng) Ext: 234, lachan@cfsocare	12 12:00pm - 2:30pm Aug 12,19 - The Together Project - Lunch & Program Info. Session (Cant)Ext: 210 ileung@cfsocare 1:00 - 2:30pm Gambling Support Group for Family Members (Cant) (Every 3rd Wed) Ext: 245	13 9:30am - 2:30pm Importance of Pre-Planning - Cemetery Tour (Cant & Eng) Ext: 210; ileung@cfsocare 6:30 - 8:00pm Women Support Group - Sleep Well, Feel Well Seminar (Man/Eng) @Agincourt library Ext: 237, tliu@cfsocare	14 (By appointment) Commissioner for Taking Affidavits Services (Eng/Cant/Man) Ext: 269	15
16	17 10:30 - 11:30am Family Story Time & Music Group (Cant) (Ages 0-5 with parents) (Mons, Start from Jul 6) Ext: 225 4:00 - 5:30pm Social Skills Strategy Club (Ages 7-9) (Mons, Jul 6 -Aug 17) Ext: 264	18 7:00 - 8:30pm Mid-Autumn Festival Market: Entrepreneurship Workshop (Cant & Eng & Man) Ext: 234, lachan@cfsocare	19 6:30 - 8:00pm Citizenship Test Preparation Online Class Aug 19 & Aug 26 (Eng/Cant) Ext: 2 7:00 - 8:00pm Career Introduction Series - Funeral Services Career (Can & Eng) Ext: 238 jsit@cfsocare	20 (By appointment) Furniture Bank Referral (Eng) Ext: 210 https://forms.gle/Sor4dt4BxwHkyKRu8	21 (By appointment) Resume & Interview Online Clinic (Cant/Man/Eng) (Every Friday) Ext: 2; jwoo@cfsocare	22
23/30 Aug 30 9:30am - 6:00pm Intermediate (Standard) First Aid CPR Level C + AED Course (Cantonese) Aug 30 12:00pm - 8:00pm Food Handler Certificate (Cant) Ext: 251	24/31 (By appointment) Free screening services (Articulation, language ability, hearing) Ext: 225, ableteam@cfsocare	25 7:00 - 8:30pm Mid-Autumn Festival Market: Entrepreneurship Workshop (Cant & Eng & Man) Ext: 234, lachan@cfsocare	26 6:30 - 8:00pm Citizenship Test Preparation Online Class Aug 19 & Aug 26 (Eng/Cant) Ext: 2	27 6:00 - 8:00pm Primary Care Resource for Chinese Community Seminar (Man/Eng) @Agincourt Library Ext: 237 tliu@cfsocare	28 SUPPORT US Your generosity means everything to CFSO 您的慷慨能幫助家和維持機構的運作  DONATE	29

Inquiry/Registration: 416-979-8299



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SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
家和夏令營 7月6日至8月7日 9:30 - 16:30 CFSO OFFICE 立即登記: CLICK HERE	(預約登記) 多倫多免費流動牙科服務(英/粵/普) 內線: 251 https://forms.gle/CfK53zJwghCu9ot69	10:30 - 12:00pm 新移民長者身心健康小組 (普/英); 逢週二 內線: 237	(預約登記) 安省電費補助計劃 (OESP) 申請 內線: 2	(預約登記) 免費楓葉卡更新服務 內線: 2	免費文化及運動門票登記 內線: 2	1
2 家和夏令營 7月6日至8月7日 9:30 - 16:30 CFSO OFFICE 立即登記: CLICK HERE	3 CIVIC HOLIDAY [沒有活動/課程]	4 7:00 - 8:30pm 月圓築夢: 初創工作坊 (粵/普/英) 內線: 234, lachan@cfsocare	5 10:30 - 11:30am 親子繪本及音樂小組 (英) (0-5歲幼兒及家長) 7月8日起; 逢週三 內線: 225 4:00 - 5:30pm 語言發展與社交小組 (3-6歲) 逢週三 7月8日至8月12日; 內線: 264	6 9:30am - 12:30pm 安省教育制度及家長指南講座 (英) 內線: 206; kwyeeung@cfsocare 親子同樂·學習·文化體驗日 (粵/普/英) 內線: 206; kwyeeung@cfsocare	7 自閉症譜系職專藍圖 (英/粵/普) 內線: 248 https://form.jotform.com/261244409374255	8
9 9:30am - 6:00pm 標準急救 & C級心肺復蘇 (CPR-C) 證書課程 (普)	10 4:00 - 5:30pm 兒童咬字發音小組 (3-6歲) 7月7日至8月11日; 逢週二 內線: 264	11 6:30 - 8:30pm 痛症點止姿勢咁簡單講座 (粵/英) 內線: 269; cleung@cfsocare 7:00 - 8:30pm 月圓築夢: 初創工作坊 (粵/普/英) 內線: 234, lachan@cfsocare	12 12:00am - 2:30pm 8月12, 19日 - 55+女性照顧者計劃 - 午餐聚會暨計劃簡介會 (粵) 內線: 210; ileung@cfsocare 1:00 - 2:30pm 賭博家人同行小組 (粵) 每月第3個星期三 內線: 245	13 9:30am - 2:30pm 完美人生的規劃 - 生前規劃後事及墓園參觀 (粵/英) 內線: 210; ileung@cfsocare 6:30 - 8:00pm 女性互助小組-睡得好, 心情好講座(普/英) @Agincourt library 內線: 237; tliu@cfsocare	14 (預約登記) 監誓服務 (英/粵/普) 內線: 269	15
16	17 10:30 - 11:30am 親子繪本及音樂小組 (粵)(0-5歲幼兒及家長) 7月6日起; 逢週一 內線: 225 4:00 - 5:30pm 自信社交小組 (7-9歲) 7月6至8月17; 逢週一 內線: 264	18 7:00 - 8:30pm 月圓築夢: 初創工作坊 (粵/普/英) 內線: 234, lachan@cfsocare	19 6:30 - 8:00pm 公民入籍班 (英/粵) 8月19及8月26 內線: 2 7:00 - 8:00pm 職業介紹講座系列-殯葬服務職業介紹 (粵/英) 內線: 238; jsit@cfsocare	20 (預約登記) 家具銀行: 為你添置優質二手家具 (英) 內線: 210 https://forms.gle/SoR4dt4BxwHKyKRUS	21 (預約登記) 履歷檢視與模擬面試服務 (粵/普/英) 逢週五 內線: 2; jwoo@cfsocare	22
23/30 8月30日 9:30am - 6:00pm 標準急救 & C級心肺復蘇 (CPR-C) 證書課程 (粵) 8月30日 12:00pm - 8:00pm 食物處理人員認證課程 (粵) 內線: 251	24/31 (預約登記) 免費篩查服務 (咬字發音篩查, 語言能力篩查, 聽力篩查) 內線: 225; ableteam@cfsocare	25 7:00 - 8:30pm 月圓築夢: 初創工作坊 (粵/普/英) 內線: 234, lachan@cfsocare	26 6:30 - 8:00pm 公民入籍班 (英/粵) 8月19及8月26 內線: 2	27 6:00 - 8:00pm 為華裔社區而設的初級保健服務講座 (普/英)@Agincourt Library 內線: 237; tliu@cfsocare	28 SUPPORT US Your generosity means everything to CFSO 您的慷慨能幫助家和維持機構的運作  DONATE	29

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