

# 華人關顧者網絡 Chinese Caregiver Network



華人關顧者網絡  
Chinese Caregiver Network

## 網上遊學團

### Educational Webinar series

免費網上粵語講座以Zoom 會議形式舉行

從六月至八月,每月的第四個星期一,下午二時至三時,歡迎大家參加

Free Virtual Cantonese Information Sessions Via Zoom. From June to August, the 4th Monday of the month, from 2:00 to 3:00 pm. All are Welcome

27  
June  
2022

### 耆樂中心社區服務概覽

#### Community Support Services at SPLC

送餐服務, 成人日間中心, 綜合護理及其他服務  
meals on wheels, adult day program, client intervention etc.

講員 Speaker: Eva Wong, 服務登記及統籌, 耆樂中心  
Coordinator, Community Health Promotion Program at Senior Person Living Connected

25  
July  
2022

### 逆中求生存-

#### 建立心理韌性、調節情緒、適應困境與變遷

##### Building Resilience -

Let's talk about building resilience and emotional regulation to adapt to changes in our daily environment

講員 Speaker: Sherlyn Hu, 心理輔導員, 西乃山醫院恒康中心  
Mental Health Clinician, Mount Sinai Hospital Wellness Center

22  
August  
2022

### 暫顧服務面面觀

#### Overview of Respite Service Choices

在關顧的過程中, 如何找到合適的服務讓你能夠得到歇息?  
How to find the right services if you feel like to have a break focus the caregiving journey?

講員 Speaker: Kaixuan Luo, 安省註冊社工, 耆暉會  
Social Worker, Carefirst Seniors and Community Services Association

參加者需要網上報名以取得 **Zoom ID**. 請按入此處登記

**Please register online to obtain Zoom ID. [Please click here for registration](#)**

如有任何查詢, 請瀏覽 **[www.ccncaregiver.ca](http://www.ccncaregiver.ca)**

華人關顧者網絡是一個伙伴合作計劃, 由十多個健康推廣和社會服務機構聯合組成。目的是在安省的華人社區內, 倡導和推廣華人關顧者的聯繫、教育、資訊共享及訓練。網絡成員包括: 多倫多認知障礙症協會, 加拿大聽力服務, 耆暉會, 康福心理健康協會, 加拿大腎臟基金會-安省分會, 西乃山醫院恆康中心和頤康中心。

The Chinese Caregiver Network (CCN) is a partnership across health and social service providers and caregivers with a common goal to advocate and promote networking, education, information sharing and capacity building among caregivers in the Chinese community. Current members include: Alzheimer Society Toronto, Canadian Hearing Services, Carefirst Senior and Community Services Association, Hong Fook Mental Health Association, Senior Person Center Connected, The Kidney Foundation of Canada – Ontario Branch, Mount Sinai Hospital Wellness Centre, and Yee Hong Centre for Geriatric Care.