YOUTH AND FAMILY SERVICES

WINTER PROGRAMS

JAN — MAR 2022
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1. INTRODUCTION TO HONG FOOK YOUTH AND FAMILY SERVICES
Hong Fook’s Youth and Family Services offers programs and counselling services for Asian youths ages 12-29, their family members and caregivers to promote resilience, while providing a safe space to address and support the various challenges the community may face. This year, Hong Fook’s Youth and Family Services will be delivering a variety of warm new summer programs, in addition to our regular programs!

Our Approach 4Rs:

- Resilience-based – develop youth and families’ capacity to face, overcome, and grow from life’s challenges
- Resource-oriented – support youth and families to identify strengths that promote wellbeing and growth
- Relationship-centered – strengthen relationships within and between youth, peers, parents, and communities
- Raising Awareness – promote mental health awareness and help seeking behaviour

For more info on our counselling services please contact counselling@hongfook.ca

For more info on our new winter programs and regular programs, refer to section 3 & 4.
2. TEAM CONTACT LIST
Team Contact List

Amos Park- English & Korean  
(Youth Program Worker)  
apark@hongfook.ca | (647) 616-5898

Cherry Cheung - English & Cantonese  
(Youth Program Worker)  
ccheung@hongfook.ca | (647) 267-5013

Hannah Xu - English & Mandarin  
(Youth Program Worker)  
hxu@hongfook.ca | (647) 920-9013

Joyce Chiu - English & Cantonese  
(Youth Program Worker)  
jchiu@hongfook.ca | (647) 281-6031

Kennes Lin - English & Cantonese & Mandarin  
(Lead, Youth and Family Services)  
klin@hongfook.ca | (647) 619-9030

Moshe Sakal - English  
(Peer Coach)  
msakal@hongfook.ca | (647) 339-0029

Wilson Ho - English & Cantonese  
(Youth Outreach Worker/Youth Intake Worker)  
who@hongfook.ca | (647) 534-8493
3. COZY NEW WINTER PROGRAMS
Meet new people!  
Program is free!

**CHOICES YOUTH PROGRAM**

Choices Youth Program is a ten-week prevention and early-intervention program that helps youth develop skills to make informed decisions and the confidence to resist risk-taking behaviours. By providing opportunities for open discussion, participants learn positive coping strategies, refusal skills and practice new skills in a safe space.

**WHEN**

Tuesdays, 6:30-8:30pm  
Dates: Jan 4 - Mar 8  
Where: HF Scarborough office  
3320 Midland Ave, Suite 201

**WHO**

Youth ages 12-17

**TOPICS INCLUDE**

Communication  
Decision making  
Goal setting  
Alcohol  
Mental health & coping strategies  
Relationships  
Self respect  
Risk taking & social media

**REGISTRATIONS**

Joyce Chiu  
Youth Program Worker  
Tel: (647) 281-6031  
Email: jchiu@hongfook.ca
Digital Storytelling Initiative

Are you an East Asian Highschool student who wants to...

- Talk with others about identity, race, and social issues to understand yourself better?
- Use different arts media to tell your story?
- Share your lived experiences and connect with other people?
- Lead initiatives around things you are passionate about?
- Boost your wellness in a group setting?

The Digital Story-Telling Initiative is a 8 session workshop series where you will participate in arts-based activities to create a digital video on a topic of your choice. Through group collaboration and critical reflection, you can redefine and represent your lived experience.

**Dates**
Thursday evenings, 6:30-8:30
February 3 - March 31
No session during March Break

**Where**
HF Markham Hub
2665 Bur Oak Ave, Markham, L6B 1H8

**Who**
East Asian youth in high school

**To register, please contact Joyce Chiu**
Youth Program Worker
Email: jchiu@hongfook.ca
Phone: (647) 281-6031
IF YOU ARE **ASIAN-IDENTIFYING YOUTH AGE 12-25**, AND YOU ARE LOOKING FOR

- Free Counselling
- A Cool Place to Chill
- Mental Health Info
- New Friends
- Volunteer Opportunities
- Snacks and Drinks

**JOIN US!**

**HONG FOOK**
**DOWNTOWN YOUTH**
**DROP-IN SPACE**

**EVERY TUESDAY 1-5PM**
(STARTING FROM NOV 2, 2021, IN-PERSON
PLEASE TEXT/CALL US WHEN YOU’VE ARRIVED)

2nd Floor, 407 Huron St.,
Toronto,
M5S 2G5

We can speak
- English
- 普通話
- 廣東話
- 한국어

Youth Program Worker
Hannah Xu
647-920-9013
hxu@hongfook.ca

647-920-9013
www.hongfook.ca
TRANSFORMATION & THRIVING

Learn Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT) skills through 6 virtual group sessions of interactive exercises and discussion!

WHO CAN JOIN?
Asian-identifying youths age 18-25

WHEN & WHERE?
Date/time: Saturdays 1pm-3pm
starting Jan 22 - Feb 26, 2022
Where: Virtually

CONTACT & REGISTRATION
Cherry Cheung
Youth Program Worker
Email: ccheung@hongfook.ca
Tel: 647-267-5013

Led by:
DR. KENNETH FUNG
Co-facilitated by:
CHERRY CHEUNG & BERNIE YEUNG

Build your Resilience and Ignite your Potential!
WE ARE RE-OPENING
OUR IN-PERSON
WALK IN
COUNSELLING
STARTING NOVEMBER 2021
First Week of Every Month
Walk-In, First Come First Serve
No Appointment Needed
No Health Card Needed

FIRST WEDNESDAYS
4 PM - 8 PM
LAST APPOINTMENT 6:30PM
MARKHAM
2665 Bur Oak Ave.

FIRST SATURDAYS
11AM - 3PM
LAST APPOINTMENT 1:30PM
DOWNTOWN T.O.
407 Huron St.

Free Mental Health Counselling
Asian-identifying youth age 12 - 25 and their families

Counselling Available in: English, 普通话, 廣東話, 한국어
Mandarin  Cantonese  Korean

For more information, please call 647-534-8493 or email counselling@hongfook.ca
Virtual counselling is still available. Please call or email to schedule.
LGBTQ+ Parent Support Network

This is a mutual support group for Mandarin speaking parents of LGBTQ+ youth age 12 to 25 to discuss coping strategies, emotional regulation, and parenting support. For more information, email hxu@hongfook.ca or contact Hannah Xu at (647) 920-9013.

LGBTQ+ Youth Peer Support Group

The LGBTQ+ Youth Peer Support Group for LGBTQ+ identifying English speakers is a group where peers can connect and share their experiences with one another in a supportive, non-judgmental environment. For more information, email msakal@hongfook.ca or contact Moshe at (647) 339-0029.
4. REGULAR PROGRAMS
BRIEF COUNSELLING SERVICE

Single Session

Free

Walk In & Short Term

4-8 Sessions

Mental Health Counselling
for
Asian-identifying youth
Age 12 - 25 and their families
living in the GTA

Virtual (Phone/Video)
or

In-Person By Appointment

No Health Card Needed

English, 普通话, 廣東話, 한국어, Tagalog
Mandarin Cantonese Korean
(Coming soon Vietnamese)

To schedule, call 647-534-8493
or
email counselling@hongfook.ca

Flyer last updated October 2021

416-493-4242
www.hongfook.ca

Supported by
The Regional Municipality of York

416-493-4242
www.hongfook.ca
How can I have a session?
Please call 647-534-8493 or email counselling@hongfook.ca for more information or to book your session. We speak English, Cantonese, Mandarin, and Korean.

What is the difference between single session and short-term counselling?
Single Session Counselling guarantees you a session within 5 days. You may be matched with a different Clinician every time to ensure you get service as immediate as possible. Short Term Counselling offers 4 - 8 sessions with the same Clinician.

How long are the counselling sessions?
Sessions are 45 - 60 minutes long. Your clinician may step out for a 10-minute consultation break to make sure you are best helped.

How long will I wait?
Single Session Counselling: You will be guaranteed a session within 5 business days. Short Term Counselling: The wait time is generally 5 - 7 weeks.

Where will the in-person by appointment sessions be?
They will be in one of our Hong Fook offices: Scarborough, North York, Downtown Toronto, or Markham.

What can I expect if I choose video/phone counselling?
Video: We use Microsoft Teams as our platform. Phone: You will receive a call from a Clinician named “No Caller ID” at your scheduled time.

What are the qualifications of the Clinician?
Your Clinician will be a Master of Social Work (MSW) level, Registered Social Worker (RSW), or a Registered Psychotherapist (RP).

What modalities are used at the counselling?
SFBT (Solution Focused Brief Therapy), CBT (Cognitive Behavioural Therapy), DBT (Dialectical Behavioural Therapy), ACT (Acceptance Commitment Therapy), Motivational Interviewing.
Our mission:
We work with Asian communities (Chinese, Vietnamese, Korean and Cambodian) to keep people mentally healthy and manage mental illness from recovery to wellness, through promotion and prevention, treatment, capacity building and advocacy.

Our services include:
- Case Management (Individual Support)
- Prevention and Promotion Program
- Support within Housing
- Self-Help Program
- Family Support Program
- Asian Community Psychiatric Clinic/
  HF Connecting Health Nurse Practitioner-Led Clinic
- Mental Health Training for Settlement Workers
- Volunteer Development
- Youth Outreach Program

LOCATIONS

Scarborough
Scarborough Head Office:
3320 Midland Ave., Suite 201
Scarborough, ON M1V SE6
T: 416.493.4242
F: 416.493.2214

Downtown
Downtown Branch:
407 Huron Street, 3rd Floor
Toronto, ON M5G 2G5
T: 416.493.4242
F: 416.595.6332

North York
North York Branch:
1751 Sheppard Ave. E., G/F
North York, ON M2J 0A4
T: 416.493.4242
F: 416.492.0644

For more information, please contact
Wilson Ho - English & Cantonese
Youth Outreach Worker
who@hongfook.ca | (647) 534-8493
HF YOUTH COUNCIL

A youth-led group to help lead and support Hong Fook's mandate to support youth mental health

As a Youth Council Member, you will:
• Provide input on HF's priorities and activities to improve youth wellbeing
• Identify specific projects or new initiatives for HF Youth and Family Service
• Provide input and analysis into HF's public awareness, research, and events
• Participate in an evaluation of the youth advisory role in the organization

What does a Youth Council Member Do?
• Dedicates 2-3 hours a month for meetings by videoconference or phone
• Works on Youth Council activities between meetings
• Receives an honorarium for Youth Council participation

Applications
Applications are open for East Asian youth ages 12-29 from across GTA and will create a Youth Council of 10 members. Members will be appointed from November 2021 to June 2022.

Not sure if this is for you? Have questions?
Contact Joyce Chiu, Youth Program Worker jchiu@hongfook.ca
PEER SUPPORT GROUPS FOR ASIAN – IDENTIFYING YOUTH 18–29 YEARS-OLD

FINDING HOPE & MENTAL HEALTH SUPPORT THROUGH CONVERSATIONS AND CONNECTION.

THE PEER SUPPORT GROUPS OFFER A SPACE FOR YOUTH TO CONNECT AND SHARE THEIR EXPERIENCES AROUND A VARIETY OF TOPICS RELEVANT TO THEIR LIVES, INCLUDING MENTAL HEALTH. TOGETHER WE CREATE A SUPPORTIVE, NON-JUDGMENTAL ENVIRONMENT, THAT INSPIRES HOPE, HEALING, AND CHANGE.

FOR MORE INFORMATION CONTACT MOSHE SAKAL: MSAKAL@HONGFOOK.CA

MONDAYS 11AM–1:00PM
THURSDAYS 6PM–8:00PM
PARENT SUPPORT NETWORK

A peer network of parents interested in positive parenting, skill-building, leadership, and resource sharing

If you are a parent who:
- Cares for children/youth aged 11-18
- Lives in York Region
- Wants to gain skills and strategies for parenting
- Needs a safe space to talk
- Wants to support other parents
- Wants to access more community resources

THEN JOIN HONG FOOK'S PARENT SUPPORT NETWORK!

Participants will gain:
- Knowledge about positive parenting
- Practical communication skills
- Safe space to share feelings and experience
- Emotional support from other participants
- Opportunities for leadership and community-building
- Peer support and friendship
- Community resources

For more information, contact:
Hannah Xu
Youth Worker
Tel: 1-647-920-9013
Wechat: HF_Youthworker
E-mail: hxu@hongfook.ca

HONG FOOK
MENTAL HEALTH ASSOCIATION

York Region
5. CALENDAR
January

- Walk-in Counselling
  4pm-8pm

- PSN (Parent Support Network)
  10am-12pm

- Young Adult Peer Support Group
  11am-12:30pm

- DT Youth Drop-in
  1pm-5pm
  - Choices
  6:30pm-8:30pm

- Choices
  6:30pm-8:30pm

- Young Adult Peer Support Group
  6pm-7:30pm

- Young Adult Peer Support Group
  11am-12:30pm

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*PSN: Parent Support Network
*TNT: Transformation n Thriving
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