Youth & Family Services

SPRING PROGRAMS

April - June 2022
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22. **CALENDAR**
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 cheerful new spring 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 spring programs and regular programs, refer to section 3 & 4.
Team Contact List

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

Bernie Yeung - English & Cantonese
(Placement Student)
byeung@hongfook.ca

Cherry Cheung - English & Cantonese
(Youth Outreach Worker/Youth Intake Worker)
ccheung@hongfook.ca | (647) 534-8493

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

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
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CHOICES YOUTH PROGRAM

TEN-WEEK PROGRAM AT HONG FOOK

WHAT IS CHOICES?
Choices Youth Program is a ten-week prevention and early-intervention program that helps youth develop life skills to make informed decisions and the confidence to resist risk-taking behaviours. By incorporating weekly topics into interactive activities, participants learn positive coping strategies, refusal skills and practice new skills in a safe space.

WHEN & WHERE
Wednesdays, 6:00-7:30pm
Dates: April 27-June 29
Where: Virtual meetings over Zoom

WHO CAN JOIN
Youth ages 12-17

TOPICS INCLUDE
Communication
Decision making
Goal setting
Alcohol
Coping strategies, mental health, and self care
Relationships
Leadership and confidence
Self respect
Risk taking & social media

REGISTRATIONS
Bernie Yeung
Email: byeung@hongfook.ca
Or Hannah Xu
Youth Program Worker
Phone: 647-920-9013

www.hongfook.ca
Hong Fook Youth and Family Services

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 5 session workshop series where you will participate in arts-based activities to create a photovoice on a topic of your choice. Through group collaboration and critical reflection, you can redefine and represent your lived experience.

Physical distancing, PPE usage, and frequent sanitization will be in effect.

**Dates**
Saturday afternoon, 2:00-4:00
April 2- May 7

**Where**
2665 Bur Oak Ave,
Markham

**Who**
East Asian youth age 14-20
who's living in the York region.

**To register, please contact Amos Park**
Youth Program Worker
Email: apark@hongfook.ca
Phone: (437) 331-6174
YOU OR YOUR CHILD IS 12–25 YEARS OLD
YOU WANT TO HAVE FUN WITH YOUR FAMILY
HAVE A CONVERSATION OF FOOD AND LOVE
WITH YOUR LOVED ONES
SHARE YOUR RECIPES AND WIN PRIZES

Join Us if:

- YOU OR YOUR CHILD IS 12–25 YEARS OLD
- YOU WANT TO HAVE FUN WITH YOUR FAMILY
- HAVE A CONVERSATION OF FOOD AND LOVE
- WITH YOUR LOVED ONES
- SHARE YOUR RECIPES AND WIN PRIZES

*PARTICIPANTS SHOULD COME WITH FAMILY MEMBERS (YOUTH+PARENT/GRANDPARENTS),
2 PEOPLE PER GROUP IS RECOMMENDED
*BASIC INGREDIENTS WILL BE PROVIDED
*YOU CAN CHOOSE TO COME TO 1 OR MORE SESSIONS

WHEN: EVERY SATURDAY STARTING APRIL 23 to MAY 14 | 5:00 TO 7:00PM
CONTACT US AT: 647-920-9013 hxu@hongfook.ca
Wechat: HF_YouthWorker
2665 BUR OAK AVE | HONG FOOK YOUTH AND FAMILY HUB
PHYSICAL DISTANCING, PPE USAGE, AND FREQUENT SANITIZATION
WILL BE IN EFFECT.
MINDFULNESS 101

Learn what it means to be mindful and how to meditate! This program will help you practice the art of noticing and the skill of attuning your senses. Come with a beginner's mind!

WHO CAN JOIN?
Youth residents of York Region ages 16-25

WHERE & WHEN?
Saturdays from 1PM-2:30PM starting April 23 - June 4 2022
#301 - 3621 Highway 7, Markham

ABOUT THE TEACHER
Pamela Wong obtained her 300- hour Yoga Teacher Training in 2016 and is experienced in teaching how to practice mindfulness using a variety of audience-specific exercises to a diverse range of participants. She is passionate about providing a space for others to experiment and explore themselves.

TOPICS CAN INCLUDE:
- Mindfulness meditation
- Yoga & movement
- Audio & sound
- Visual & colors

AND ARE OPEN TO THE GROUP'S INTERESTS!

Contact & Registration
Bernie Yeung
Email: byeung@hongfook.ca

IN-PERSON PROGRAM!

PHYSICAL DISTANCING, PPE USAGE, AND FREQUENT SANITIZATION WILL BE IN EFFECT.
PHYSICAL DISTANCING, PPE USAGE, AND FREQUENT SANITIZATION WILL BE IN EFFECT.

SUMMER OPEN HOUSE
YOUTH, FAMILIES AND COMMUNITY MEMBERS ALL WELCOME!

Meet the youth team;
See friends and participants you’ve met virtually;
Explore Markham Hub;
Free BBQ lunch; this is an outdoor event

RSVP HERE OR SCAN QR CODE

WHEN: SATURDAY JUNE 4 11-3PM

2665 Bur Oak Ave | Hong Fook Youth and Family Hub

CONTACT US AT: 647-920-9013 hxu@hongfook.ca Wechat: HF_YouthWorker

PHYSICAL DISTANCING, PPE USAGE, AND FREQUENT SANITIZATION WILL BE IN EFFECT.
**Introductory Learning Huddle - Resilience**

**Session: Two hours**

**Learning Huddle - Resilience**

Youth experience stress, and trauma in their daily lives. Think of resilience as the toolbox to solve challenges - resilient youth have access to good, solid, and dependable tools!

Being Resilient is frequently defined as the ability to bounce back from struggles, to deal with and recover from unfortunate or challenging circumstances.

It can also refer to youths' reactions or responses to stressful situations, their vulnerability to adverse outcomes, and their ability to respond when faced with difficulties positively.

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**RESILIENCE TRAINING**

for Asian-Identifying Youth 18-29 Years Old

Virtually on Zoom

Saturday, May 14, 2022 from 2:00 PM to 4:00 PM.

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**Outcome of the Resilience Learning Huddle**

This course will acquaint young adults with tools to build resilience - which can help protect them against the effects of stress and trauma.

At the end of this two-hour webinar, youth will understand the impact of stress and trauma on their mental health and physical well-being and know ways to measure and build their resilience.

*Presented in partnership with*

Hong Fook Youth & Family Program

and Hope + Me - MDAO's

Changing Minds With Youth Program.

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To Register Please Contact Moshe Sakal

msakal@hongfook.ca
WE ARE RE-OPENING
OUR IN-PERSON
COUNSELLING

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 6:30 PM
MARKHAM
2665 Bur Oak Ave.

First Saturdays
11 AM - 3 PM
Last Appointment 1:30 PM
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.

Flyer last updated October 2021
Writing For Self-Expression for Asian-identifying Youth
16-29 years old

Join us virtually on Zoom
with Toronto writer and artist, Lorette C. Luzajic
FRIDAYS 5 TO 7 PM FROM APRIL 22 – MAY 13

This FREE writing workshop offers youth an opportunity to engage with visual art for a deeper understanding of ourselves and our communities, using the diverse world of art history to inspire self-expression in writing. Students will explore themes of personal and cultural identity, hope, and relationships. They will also have a chance to share their work, showcase it in an online journal, and visit the AGO.

ALL ART AND WRITING SKILLS ARE WELCOME!

TO REGISTER PLEASE CONTACT MOSHE SAKAL
MSAKAL@HONGFOOK.CA
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<th>No.</th>
<th>Program Description</th>
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<tr>
<td>15</td>
<td>Brief Counselling (12-25yrs) (Virtual) (Family)</td>
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<td>Parent Support Group (12-25yrs) (Virtual) (Parent)</td>
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<td>Parent Support Group for LGBTQ+ (12-25yrs) (Virtual) (Parent)</td>
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<td>Peer support group for Asian youth (18-29yrs) (Virtual) (Youth)</td>
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<td>20</td>
<td>Peer support group for LGBTQ+ Asian youth (18-29yrs) (Virtual) (Youth)</td>
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<tr>
<td>21</td>
<td>Youth Outreach Program (12-25yrs) (GTA/Virtual) (Family)</td>
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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
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.
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
LGBTQ+家长互助小组

如果您家里有身份是2SLGBTQ+的青少年，而且您：

- 关心孩子的心理健康和成长发展
- 想要获得更多育儿技巧和策略
- 想要了解更多关于2SLGBTQ+的资讯
- 需要一个安全的空间去倾诉
- 希望支持其他的家长
- 希望获得更多的社区资源

那么欢迎加入我们的2SLGBTQ+家长互助小组！

参与方式：Zoom 线上会议
活动时间：每个月最后一个星期四
6：30-8：00 （暂定）

如需获取详情信息，请联系
Hannah Xu:
hxu@hongfook.ca
电话/微信：647-920-9013
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
PEER SUPPORT GROUP
FOR 2SLGBTQ+ ASIAN IDENTIFYING YOUTH
18 -29 YEARS OLD

WHERE: Zoom Virtual meeting
WHEN: The last Wednesday of each month from 6:30pm - 8pm

FINDING HOPE AND MENTAL HEALTH SUPPORT THROUGH CONVERSATION AND CONNECTION

THE PEER SUPPORT GROUP OFFERS A SPACE FOR YOUTH TO CONNECT AND SHARE THEIR EXPERIENCES AROUND A VARIETY OF TOPICS RELEVANT TO THEIR LIVES, INCLUDING 2SLGBTQ+ AND MENTAL HEALTH. TOGETHER WE CREATE A SUPPORTIVE, NON-JUDGMENTAL ENVIRONMENT, THAT INSPIRES HOPE, HEALING AND CHANGE.

To register, please contact Moshe Sakal before the next group to schedule an intake meeting:
msakal@hongfook.ca

ACAS
Improving the Sexual Health of East & Southeast Asians

HONG FOOK YOUTH & FAMILY PROGRAM
YOUTH OUTREACH PROGRAM

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 5E6
T: 416.493.4242
F: 416.493.2214

Downtown Branch:
407 Huron Street, 3rd Floor
Toronto, ON MSG 2G5
T: 416.493.4242
F: 416.595.6322

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

HF Connecting Health Nurse
Practitioner-Led Clinic
3660 Midland Ave., Suite 201
Scarborough, ON M1V 0B8
T: 416.479.7600
F: 416.479.7601
www.hfchnplic.ca

For more information, please contact
Cherry Cheung - English & Cantonese
Youth Outreach Worker
ccheung@hongfook.ca | (647) 534-8493
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### May 2022

**Program Calendar**

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  o 4pm-8pm **Markham Office**  
  o Choices  
  o 6:00pm-7:30pm **Virtual** | • Young Adult Peer Support  
  o 11am-1pm **Virtual** | • Writing For Self-Expression  
  o 5pm-7pm **Virtual** | • Walk-In Counselling  
  o 10am-3pm **Downtown**  
  o Digital Storytelling  
  o 2pm-4pm **Markham Hub**  
  o Mindfulness  
  o 1pm-2:30pm **Markham Office**  
  o Dumplings of Love  
  o 5pm-7pm **Markham Hub** |
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| • Young Adult Peer Support  
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  o 6:00pm-7:30pm **Virtual** | • Choices  
  o 6:00pm-7:30pm **Virtual** | • Writing For Self-Expression  
  o 5pm-7pm **Virtual** | • Parent Support Network  
  o 10am-12pm **Virtual**  
  o Resilience Training  
  o 2pm-4pm **Virtual**  
  o Mindfulness  
  o 1pm-2:30pm **Markham Office**  
  o Dumplings of Love  
  o 5pm-7pm **Markham Hub** |
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  o 11am-1pm **Virtual** |

**Virtual Programs:**
- Choices
- Resilience Training
- Writing For Self-Expression
- Parent Support Network
- LGBTQ+ Parent Support
- Young Adult Peer Support
- LGBTQ+ Peer Support

**In-Person Programs:**
- Digital Storytelling
- Dumplings of Love
- Mindfulness Group
- Walk-in Counselling
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