YOUTH & FAMILY SERVICES

JAN- MAR 2023

WINTER PROGRAMS

HONG FOOK
YOUTH & FAMILY SERVICES

TABLE OF CONTENT

3 INTRODUCTION TO HONG FOOK YOUTH AND FAMILY SERVICES

4 TEAM CONTACT LIST

5 PROGRAM UPDATES

11 REGULAR PROGRAMS

17 CALENDAR

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- 25, 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 programs and services!

For more info on our counselling services please contact counselling@hongfook.ca
For more info on our programs and services, refer to section 3 & 4.

Team Contact List

Bernie Yeung - English & Cantonese
(Youth Program Worker)
byeung@hongfook.ca | (647)-267-5013

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

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

PROGRAM UPDATES

06

In-person Walk- in Counselling
New Location in Markham
12-25 yrs youth
and family members
Downtown Toronto/Markham

07

Hot Pot SQUATS
Peer support group for LGBTQ+ Asian youth
Age extends from 16-29yrs
Virtual
Youth

08

CHOICES
12-17yrs
Jan 25- Mar 28
Midland Office
Youth

09

TNT Psychoeducational Group
16-25yrs
Jan 25- Mar 28
Virtual
Youth

10

Emotional Intelligence Workshop
16-29yrs
Jan 24
Virtual
Youth

IN-PERSON WALK IN COUNSELLING

WEDNESDAYS

4PM - 8PM

LAST APPOINTMENT 6:30PM

MARKHAM

#301, 3621 Highway 7

JAN 4, 2023

FEB 1, 2023

MAR 1, 2023

APR 5, 2023

SATURDAYS

11AM - 3PM

LAST APPOINTMENT 1:30PM

DOWNTOWN T.O.

407 Huron St.

JAN 7, 2023

FEB 4, 2023

MAR 4, 2023

APR 1, 2023

First Come First Serve
No Appointment Needed
No Health Card Needed

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 May 2022

HONG FOOK MENTAL HEALTH ASSOCIATION
416-493-4242
www.hongfook.ca
Bell Let's Talk
RBC Royal Bank
TORONTO
Funded by The Regional Municipality of York
York Region

JOIN HOT POT SQUATS!

SUPPORTING QUEER AND TRANS STORIES

A PEER SUPPORT GROUP
FOR 2SLGBTQ+ ASIAN-IDENTIFYING
YOUTH 16 -29 YEARS OLD

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

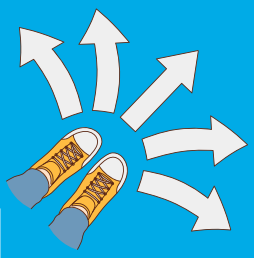
WHERE: Online on Zoom
WHEN: During the last week of each month on a Wednesday **or** Thursday from 6:30-8pm. Contact Moshe for more details and to register.

Moshe Sakal, **msakal@hongfook.ca**

HONG FOOK
YOUTH & FAMILY SERVICES

ACAS
Improving the Sexual Health of East & Southeast Asians

CHOICES YOUTH PROGRAM



TEN WEEK PROGRAM AT HONG FOOK

WHAT IS CHOICES?

- A ten-week prevention and early intervention program with a different topic each week
- Learn and develop important life skills to help navigate high school and university
- Build confidence to resist risk-taking behaviours in practical and real life scenarios
- Weekly topics are incorporated into interactive activities and engaging group discussions

WHERE AND WHEN?

Tuesdays, 5:30-7:30PM
January 24 - March 28
Unit 201 - 3320 Midland Avenue, Scarborough

WHO CAN JOIN?

Asian-identifying youth ages 12-17

TOPICS INCLUDE

- Communication
- Decision making
- Goal setting
- Alcohol and drug use
- Relationships
- Peer pressure
- Mental health
- Excessive internet use
- Resiliency
- Risk taking

PROGRAM IS FREE!

MAKE NEW FRIENDS!

LEARN COOL LIFE SKILLS!

GAMES AND SNACKS!

REGISTER NOW!

byeung@hongfook.ca

647-267-5013

HONG FOOK YOUTH & FAMILY PROGRAM
www.hongfook.ca

Ontario
Central East Local Health Integration Network
Réseau local d'intégration des services de santé du Centre-Est

TAIBU COMMUNITY HEALTH CENTRE

Sarnia-Lambton REBOUND

YOUTH AND FAMILY SERVICES

TNT

TRANSFORMATION & THRIVING PROGRAM

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

Led by: Dr. Kenneth Fung
Co-Facilitated by: Rita Au & Alice Yeung (MSW Students)

WHO CAN JOIN ?

Asian-identifying youth age 16-25

WHEN & WHERE?

Date/Time: Saturdays 1pm-3pm starting Feb 4 - Mar 18, 2023
Where: Virtual
****No session on Feb 18****

CONTACT & REGISTRATION

Bernie Yeung
Youth Program Worker
Email: byeung@hongfook.ca
Tel: 647-267-5013

HONG FOOK YOUTH & FAMILY SERVICES
UHN Toronto General Toronto Western Princess Margaret Toronto Rehab Michener Institute
Funded by The Regional Municipality of York
York Region

HONG FOOK YOUTH & FAMILY SERVICES

EI

Hope + Me
Support. Recovery. Community.
Mood Disorders Association of Ontario

EMOTIONAL INTELLIGENCE

CHANGING MINDS With YOUTH

PART OF OUR PROGRESS AS YOUTH IS FACING NEW AND UNIQUE CHALLENGES. MANY SOCIAL INTERACTIONS, WHETHER AT HOME OR IN SCHOOL, HAPPEN VIA AN ELECTRONIC SCREEN RATHER THAN FACE-TO-FACE.

EMOTIONAL INTELLIGENCE IS THE CAPACITY OF AN INDIVIDUAL TO UNDERSTAND AND MANAGE EMOTIONS AND TO RECOGNIZE AND UNDERSTAND THE EMOTIONS OF OTHERS.

TUESDAY JAN 24, 2023
6PM-8PM

ONLINE ON ZOOM

ASIAN-IDENTIFYING YOUTH 16-29 YEARS OLD

A HIGH EI CAN IMPACT SUCCESS IN SOCIAL AND EMOTIONAL SITUATIONS.

EI HELPS US BUILD STRONG RELATIONSHIPS, MAKE GOOD DECISIONS, AND DEAL WITH DIFFICULT SITUATIONS.

JOIN US TO EXAMINE EXAMPLES SHOWCASING LOW VS. HIGH EI RESPONSES, EXPLORE TECHNIQUES FOR INCREASING EI, AND LEARN EMOTIONAL SELF-CARE TIPS.

CONTACT MOSHE TO REGISTER, MSAKAL@HONGFOOK.CA

REGULAR PROGRAMS

12

Brief Counselling
12-25yrs
Virtual
Family

14

Parent Support Group
12-25yrs
Virtual
Parent

15

Peer support group
for Asian youth
18-29yrs
Virtual
Youth

16

Youth Outreach Program
12-25yrs
GTA/Virtual
Family

BRIEF COUNSELLING SERVICE

WALK IN & SHORT TERM

Single Session

Free

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

Virtual (Phone/Video)

or

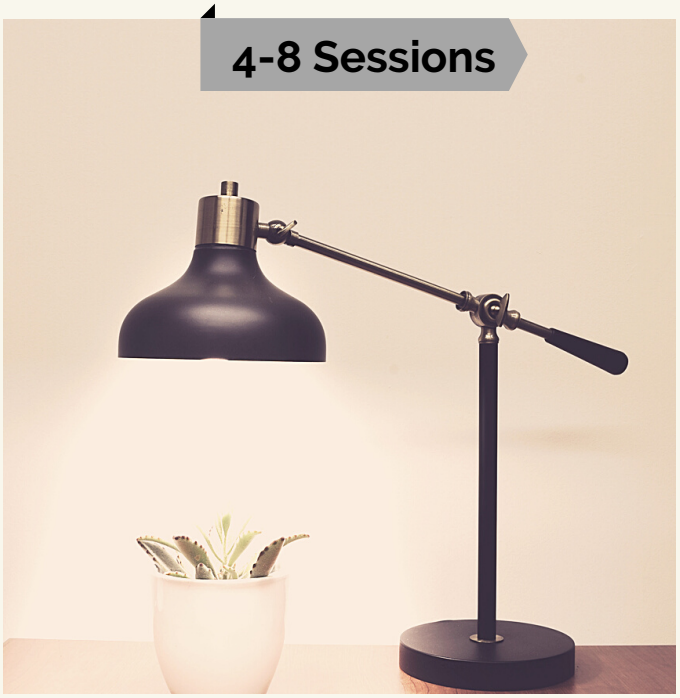
In-Person By Appointment

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

4-8 Sessions



Flyer last updated October 2021

HONG FOOK MENTAL HEALTH ASSOCIATION
416-493-4242
www.hongfook.ca

Bell Let's Talk
RBC Royal Bank
TORONTO
Funded by The Regional Municipality of York
York Region

WALK IN & SHORT TERM COUNSELLING

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.

Flyer last updated October 2021

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 SUPPORTNETWORK!

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

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 PLEASE CONTACT MOSHE SAKAL: MSAKAL@HONGFOOK.CA

MONDAYS
11AM-1:00PM

HONG FOOK
YOUTH & FAMILY SERVICES

THURSDAYS
6PM-8:00PM

YOUTH OUTREACH PROGRAM

HONG FOOK MENTAL HEALTH ASSOCIATION

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

HONG FOOK MENTAL HEALTH ASSOCIATION

FREE SERVICES

LOCATIONS

Scarborough

Scarborough Head Office:
3320 Midland Ave., Suite 201
Scarborough, ON M1V 5E6
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

Scarborough

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.hfchnplc.ca

www.hongfook.ca
info@hongfook.ca

YOUTH OUTREACH PROGRAM

HONG FOOK MENTAL HEALTH ASSOCIATION

A part of the East Quadrant Team
Funded by the Ministry of Children and Youth Services

www.hongfook.ca
info@hongfook.ca

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

Jan 2023

PROGRAM CALENDAR

MON	TUE	WED	THU	FRI	SAT
2	3	4 • Walk-In Counselling ◦ **4pm-8pm** Markham Office	5 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	6	7 • Walk-In Counselling ◦ **10am-3pm** Downtown
9 • Young Adult Peer Support ◦ **11am-1pm** Virtual	10	11	12	13	14 • Parent Support Network ◦ **10am-12pm** Virtual
16 • Young Adult Peer Support ◦ **11am-1pm** Virtual	17	18	19 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	20	21
23 • Young Adult Peer Support ◦ **11am-1pm** Virtual	24 • CHOICES ◦ **5:30pm-7:30pm** Midland • Emotinal Intelligence ◦ **6pm-8pm** Virtual	25 • Hot Pot SQUATS ◦ **6:30pm-8:00pm** Virtual	26	27	28 • Parent Support Network ◦ **10am-12pm** Virtual
30 • Young Adult Peer Support ◦ **11am-1pm** Virtual	31 • CHOICES ◦ **5:30pm-7:30pm** Midland	1	2	3	4

VIRTUAL PROGRAMS:

Parent Support Network	Page 12
Young Adult Peer Support	Page 13
Hot Pot SQUATS	Page 7
Emotional Intelligence	Page 10

IN PERSON PROGRAMS:

Walk-in Counselling	Page 6
CHOICES	Page 8

Feb 2023

PROGRAM CALENDAR

MON	TUE	WED	THU	FRI	SAT
30	31	1 • Walk-In Counselling ◦ **4pm-8pm** Markham Office	2 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	3	4 • Walk-In Counselling ◦ **10am-3pm** Downtown • TNT ◦ **1pm-3pm** Virtual
6 • Young Adult Peer Support ◦ **11am-1pm** Virtual	7 • CHOICES ◦ **5:30pm-7:30pm** Midland	8	9	10	11 • Parent Support Network ◦ **10am-12pm** Virtual • TNT ◦ **1pm-3pm** Virtual
13 • Young Adult Peer Support ◦ **11am-1pm** Virtual	14 • CHOICES ◦ **5:30pm-7:30pm** Midland	15	16 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	17	18
20 	21 • CHOICES ◦ **5:30pm-7:30pm** Midland	22 • Hot Pot SQUATS ◦ **6:30pm-8:00pm** Virtual	23	24	25 • Parent Support Network ◦ **10am-12pm** Virtual • TNT ◦ **1pm-3pm** Virtual
27 • Young Adult Peer Support ◦ **11am-1pm** Virtual	28 • CHOICES ◦ **5:30pm-7:30pm** Midland	1	2	3	4

VIRTUAL PROGRAMS:

Parent Support Network	Page 12
Young Adult Peer Support	Page 13
Hot Pot SQUATS	Page 7
TNT	Page 9

IN-PERSON PROGRAMS:

Walk-in Conselling	Page 6
CHOICES	Page 8

Mar2023

MONTHLY PLANNER

MON	TUE	WED	THU	FRI	SAT
27	28	1 • Walk-In Counselling ◦ **4pm-8pm** Markham Office	2 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	3	4 • Walk-In Counselling ◦ **10am-3pm** Downtown • TNT ◦ **1pm-3pm** Virtual
6 • Young Adult Peer Support ◦ **11am-1pm** Virtual	7 • CHOICES ◦ **5:30pm-7:30pm** Midland	8	9	10	11 • Parent Support Network ◦ **10am-12pm** Virtual • TNT ◦ **1pm-3pm** Virtual
13 • Young Adult Peer Support ◦ **11am-1pm** Virtual	14 • CHOICES ◦ **5:30pm-7:30pm** Midland	15	16 • Young Adult Peer Support ◦ **6pm-8pm** Virtual	17	18 • TNT ◦ **1pm-3pm** Virtual
20 • Young Adult Peer Support ◦ **11am-1pm** Virtual	21 • CHOICES ◦ **5:30pm-7:30pm** Midland	22	23	24	25 • Parent Support Network ◦ **10am-12pm** Virtual
27 • Young Adult Peer Support ◦ **11am-1pm** Virtual	28 • CHOICES ◦ **5:30pm-7:30pm** Midland	29 • Hot Pot SQUATS ◦ **6:30pm-8:00pm** Virtual	30	31	1

VIRTUAL PROGRAMS:

Parent Support Network	Page 12
Young Adult Peer Support	Page 13
Hot Pot SQUATS	Page 7
TNT	Page 9

IN-PERSON PROGRAMS:

Walk-in Counselling	Page 6
CHOICES	Page 8