



2023 *Hong Fook*



*Gala*

*Caring and Thriving Together*

Saturday, June 17

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Hong Fook acknowledges the land we are standing on today is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis.

# Message from the Governor General of Canada



THE GOVERNOR GENERAL · LA GOUVERNEURE GÉNÉRALE

## Message from the Governor General on occasion of the 40<sup>th</sup> Anniversary of the Hong Fook Mental Health Association

I am pleased to send my warmest greetings to all those attending the Hong Fook Mental Health Association's 40<sup>th</sup> anniversary gala.

I wish to thank everyone involved in making Hong Fook such a successful organization. Thanks to your generosity, thousands of Canadians are able to obtain the help and support they need through Hong Fook's programs every year. Whether you have donated your time or your funds, your efforts have had a positive impact on the lives of those who needed it.

Benevolence of this kind blesses both those who give it and those who receive it. Every one of us has lived through periods of hardship where we have needed a helping or comforting hand. Showing compassion for others has an influence on our whole society and is what makes Canada such a wonderful place to live.

I wish you all a successful gala.

Mary Simon



# Message from the Prime Minister of Canada



PRIME MINISTER · PREMIER MINISTRE

June 17, 2023

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 2023 Hong Fook Gala, in celebration of the 40<sup>th</sup> anniversary of the Hong Fook Mental Health Association.



Since it was established in 1982, the Hong Fook Mental Health Association has become a vital resource in the community, offering a wide array of culturally and linguistically appropriate programs and services aimed at supporting the health and well-being of individuals and families. This milestone offers a wonderful opportunity to reflect upon the history of the organization, to celebrate its many achievements, and to set goals for the future.

I would like to commend the staff and volunteers of the Hong Fook Mental Health Association, past and present, for their hard work and dedication, as well as all guests in attendance this evening for their support. Today, and every day, our mental health matters. We can all be part of building healthier communities where we can discuss our mental health with empathy and break down stigma surrounding it.

Please accept my best wishes for an enjoyable evening and for every success in meeting your fundraising goal.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.

## Message from the Lieutenant Governor of Ontario



THE LIEUTENANT GOVERNOR OF ONTARIO  
LA LIEUTENANTE-GOUVERNEURE DE L'ONTARIO

June 17, 2023

I happily extend greetings to all taking part in the 2023 Hong Fook Gala!

For forty years, Hong Fook Mental Health Foundation has played a crucial role in Ontario, championing culturally informed care and offering key mental health services to members of the East and Southeast Asian communities living in the Greater Toronto Area. We all may take inspiration from the example set by Hong Fook's team of dedicated professionals and volunteers.

I commend Hong Fook on its inclusive and integrated approach to well-being and am grateful for its contributions to enriching the lives of so many Ontarians. Your work is greatly valued as we all strive to build a more just and sustainable province.

As His Majesty The King's representative in Ontario, please accept my best wishes for continued success and an enjoyable gala.

Elizabeth Dowdeswell

## Message from the Premier of Ontario



Premier of Ontario - Premier ministre de l'Ontario

June 17, 2023

### A MESSAGE FROM PREMIER DOUG FORD

Warm greetings and welcome to everyone attending the 2023 Hong Fook Gala in support of the Hong Fook Mental Health Association.

Every year, more than one million people in Ontario experience a mental health or addictions challenge that affects their quality of life, including the ability to go to school or make a living. Our government is making bold, innovative and creative changes to expand mental health supports and cut down wait times thanks to partners like you.

The Hong Fook Mental Health Association is on the frontlines helping people connect to mental health supports they need and providing care, in the languages of the community they serve. Thank you to the hardworking and dedicated team at the Hong Fook Mental Health Foundation for making this gala possible.

Thank you to everyone here tonight for supporting this fundraiser. Your generosity will help the association continue their great work now and for years to come.

Best wishes for a successful event.

Doug Ford  
Premier





*Frank Scarpitti*  
Mayor

June 17, 2023

**MESSAGE FROM MAYOR FRANK SCARPITTI**

On behalf of Members of Council and the City of Markham, I am pleased to extend a warm and sincere welcome to everyone attending the *2023 Hong Fook Gala*.

I would like to commend the team at Hong Fook Mental Foundation for your significant contributions to the vibrancy of our community. I recognize your outstanding leadership, dedication and commitment to promoting mental health awareness by providing a wide range of social, health and supportive services through the Hong Fook Mental Health Association. By ensuring access to programs and services, you are helping us break down barriers and foster a greater sense of belonging among our youth, adults and seniors of diverse cultural backgrounds, while contributing toward a warm, welcoming and inclusive community.

As the Mayor of Markham, I would like to extend my sincere appreciation to all the organizers, sponsors and volunteers for your kindness and compassion in enriching the lives of others. I am very pleased to extend our support and best wishes for a successful event!

Sincerely,

*Frank Scarpitti*  
Frank Scarpitti  
Mayor



**Message from the Deputy Mayor**

It is my pleasure to extend greetings and a warm welcome to everyone attending the Hong Fook Mental Health Foundation's 2023 Gala.

I am pleased this event will benefit the Hong Fook Mental Health Association's important work in supporting the mental health and well-being of Asian communities and communities across the Greater Toronto Area. Thank you to everyone who has generously contributed to tonight's fundraising efforts. Through your generosity, our residents have been able to receive access to mental health programs and facilities, which will positively impact the health of our communities in the years to come.

Congratulations and best wishes to Hong Fook's staff and volunteers on the occasion of your 40<sup>th</sup> anniversary. Thank you for your valued contributions and exceptional care of our citizens that make our city a more compassionate place to live.

The City is proud of organizations that are committed to making a difference. I thank everyone participating in this event for your contribution to the well-being of our communities.

On behalf of Toronto City Council, please accept my best wishes for a memorable event and continued success.

Yours truly,

*Jennifer McKelvie*

Jennifer McKelvie  
Deputy Mayor of Toronto





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## Message from the Director of Hong Kong Economic & Trade Office (Toronto)



**Hong Kong Economic and Trade Office (Toronto)**  
**The Government of the Hong Kong Special Administrative Region**  
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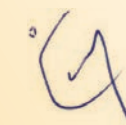
June 17, 2023

On behalf of the Hong Kong Economic and Trade Office (HKETO), I would like to extend my warmest greetings to everyone attending the 2023 Gala hosted by Hong Fook Mental Health Foundation (Hong Fook) celebrating its 40<sup>th</sup> anniversary.

Since its inception four decades ago, Hong Fook has been committed to promoting inclusion, equity and diversity in the community, and delivering integrated and quality-based mental health services to individuals in the Greater Toronto Area. Over the years, Hong Fook has offered unwavering support to their clients with programmes covering the spectrum from “promoting wellness” to “managing illness” in their mother tongues, including Cantonese and Mandarin, which enable people in need to access the crucial assistance in the languages they are most comfortable with.

The Hong Kong Special Administrative Region (HKSAR) Government likewise attaches great importance to the mental wellness of the community with services targeting the needs of various groups. Various initiatives are being introduced to strengthen the multi-disciplinary Student Mental Health Support Scheme helping students in need to receive professional support at the first opportunity. Additional resources are also allocated to strengthen community psychiatric services, to launch a pilot public-private partnership programme for out-patient service, and to enhance the services of the Integrated Community Centres for Mental Wellness. Apart from continuing to subsidise organisations to implement community support projects, the government also sets up a mental health support hotline to provide immediate support and referral services.

My best wishes for a wonderful gala and the continued success of Hong Fook in the years to come.



Emily Mo  
*Director*

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**Dr. Ling Zeng (Resident)**

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## Message from the Gala Committee Co-Chairs

Dear distinguished guests and patrons,

Welcome to the 2023 Hong Fook Gala "Caring and Thriving Together", where we celebrate Hong Fook's 40th Anniversary and the tremendous impact we've made thanks to our donors and corporate partners like you.

In the past four decades, the Association has grown to a leading ethno-cultural community mental health agency with a consolidated culturally competent, inter-professional team with four locations across Toronto and York Region, and recently accredited with Exemplary Standing, the highest level of accreditation status awarded by Accreditation Canada and a true validation of Hong Fook's tremendous quality care to Asian communities.

As we recover from the pandemic, it's more important than ever to prioritize mental health. With 1 in 4 Ontarians accessing mental health help - the highest rate during the pandemic, we need to come together to support those who need it most in our East and Southeast Asian

communities. Your contribution will sustain our continuum of services and quality care helping 1,700 individuals with mental health challenges, and will facilitate our stigma reduction engagement to over 5,000 community members in a year.

We owe a debt of gratitude to our volunteers, committee members and staff for making this finale celebration of our 40th anniversary, and to our generous sponsors and donors - especially TD Bank as our Event Sponsor - for their unwavering support. We cannot express enough how much your presence and support have touched us. And we cherish the chance to build a lasting relationship with you.

Let's celebrate this evening of inspiration, hope, and giving for Asian mental health and continue Caring and Thriving Together.

Michael Ma  
Co-Chair



John Chemilian  
Co-Chair



### CO-CHAIRS:

Michael Ma and John Chemilian

### MEMBERS:

Annie Hu

Eugene Johnson

Peter Chang

Ben Chan

Fred Zhu

Peter K.C. Lee

Ben Leung

Jonathan Wong

Sue Tang

Betty Tai

Julia Zhang

Ted Lo

Charlotte Liang

Justin Hung

Warren Yu

Emily Lee

Michael Mak

Woon Nam Cheung



## Message from the Foundation Chair

Dear distinguished donors and patrons,

Welcome to the 2023 Hong Fook Gala, Caring and Thriving Together. It is with great joy and gratitude that we gather here tonight to commemorate Hong Fook's momentous 40th Anniversary and honour the incredible impact we have achieved. This remarkable milestone would not have been possible without the unwavering support of donors and esteemed corporate partners like you.



Over the past four years, we have faced unprecedented challenges, including the global pandemic. In response, we swiftly adapted and shifted our fundraising efforts to the digital realm, launching the successful Hong Fook Radiothon. Your steadfast support throughout these difficult times has been instrumental in helping us continue our mission and assure the essential mental health care to our communities.

One of the notable accomplishments made possible by your generosity is the acquisition of our new Markham office. This iconic addition, sponsored by the Foundation, stands as a testament to our commitment to supporting the mental health needs of Asian communities. The Markham Branch houses the Asian Youth and Family Hub and the Counselling and Psychotherapy Centre in York Region. Since its opening in 2022, this branch has become a beacon of hope, offering accessible and safe spaces for individuals with mental health challenges to access a comprehensive range of services, from prevention to recovery, from illness to wellness.

We are forever grateful to our dedicated volunteers, committee members, and staff, whose unwavering efforts and passion have brought us to this grand celebration of our 40th anniversary. It is your collective commitment and tireless dedication that fuels our organization's success and inspires us to reach even greater heights.

Words cannot adequately express the depth of gratitude we feel for your presence and support. We treasure this opportunity to nurture an enduring relationship with you, bound by our shared dedication to making a difference in the lives of individuals and families in need. Thank you again for joining us on this special occasion.

Michael Ma  
Chair, Hong Fook Mental Health Foundation

Immediate Past Chair: Peter Chang  
Vice Chair: Warren Yu  
Treasurer: Peter K.C. Lee  
Secretary: Emily Lee  
Directors: Annie Hu, Ben Chan, Ben Leung, Fred Zhu, John Chemilian, Julia Zhang, Michael Mak, Ted Lo



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Message from the Association President



Welcome to the 2023 Hong Fook Gala, a night of celebration, gratitude, and renewed determination. We gather here today to express our heartfelt appreciation to the staff and volunteers who have fearlessly and wholeheartedly worked through the challenging years of the COVID-19 pandemic. Your unwavering commitment and dedication have been a beacon of light during these difficult times.

We extend our deepest gratitude to our funders, donors, and partners who have provided us with not only financial and moral support but also additional resources and encouragement. Your support has been instrumental in helping us navigate the uncertainties and continue to provide essential services to our community. Together, we have learned to adapt and adjust, finding innovative ways to improve and enhance our programs while ensuring the delivery of vital services.

Although we had to postpone our 40th anniversary celebration, when the time finally came, it was a joyous and momentous occasion. Now, as we step into the next phase with a new Executive Director and renewed vigor, we are filled with excitement and anticipation. Our board comprises talented individuals from diverse professional disciplines, ready to thrive with the opportunities and the challenges that lie ahead.

Thank you for joining us tonight as we celebrate our achievements, express our gratitude, and embrace Caring and Thriving Together.

Sincerely,

Ramon Tam  
President, Hong Fook Mental Health Association

Vice Presidents: Janice Chu, Winnie Tsang  
Treasurer: Eric Ngai  
Secretary: Hillson Tse  
Directors: Charles Xie, Delia Pan, Gillian Gray, Grace Kangmeehae Lee, Houyuan Luo

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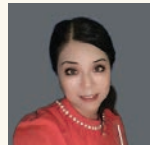


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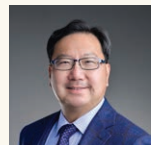
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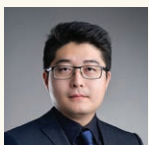
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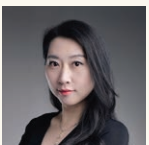
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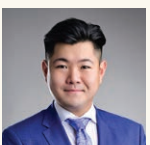
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## Message from the Association ED

Welcome to the grand finale of the Hong Fook Mental Health Association's 40th anniversary celebrations! Tonight, we gather here as a caring community, filled with hope, purpose, and a shared commitment to transform lives across the many Asian communities in the Greater Toronto Area and beyond.



In this momentous occasion, we are not merely celebrating the longevity of our organization, but rather embracing the transformative power of philanthropy. We stand as advocates for change, united in our mission to shape a future where mental health care is accessible, equitable, and compassionate for all members of our diverse communities.

Throughout our journey, we have witnessed the profound impact that mental health programs and services can have on individuals, families, and entire communities. We have seen how a listening ear, a helping hand, and a supportive environment can nurture resilience, restore hope, and empower individuals to reclaim their lives.

But let us not forget that there is still much work to be done. Our vision extends beyond today's celebration. It encompasses a future where mental health is prioritized, stigma is eradicated, and barriers to care are dismantled. We envision a society that recognizes mental health as an integral part of overall well-being, one where access to services is not a privilege but a fundamental right.

As we come together in the spirit of philanthropy, I am filled with gratitude for the countless lives that have been touched and transformed by our donor community. You have helped enable stories of resilience and hope from the heart of our community where our mental health care system would have not otherwise reached. And let us be emboldened by the knowledge that we hold the key to a future where mental health is just as important as our physical health.

Thank you for joining us on this extraordinary evening. I hope you enjoy tonight's celebration.

Sincerely,

Andrew Chung  
 Executive Director, Hong Fook Mental Health Association

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SCAN ME

## Gala Program

### Introduction by Masters of Ceremony

Ms. Pauline Chan and Mr. Peter K.C. Lee

### National Anthem

CarryOn Band

### Welcome Speech by Gala Co-Chairs

Mr. Michela Ma & Mr. John Chemilian

### Speech by Event Sponsor

TD Bank Group

### Opening Remarks

Hon. Michael Tibollo, Associate Minister of Mental Health and Addictions

### Dinner

### Performance

Singing by Ms. Angela Zheng, Founder of AZ Vocal Studio

### Keynote Speech

Ms. Yollanda Zhang, Founder of Panda Mandarin and We Are Girl. Strong. sharing her lived experience with bipolar disorder "Beautifully unbroken"

### Performance

Jang Go Chum Dance by Navillera Korean Performing Arts Development  
Ao Dai Fashion Show by Ao Dai Canada

### Silent Auction Closing

### Door Prize & Raffle Draw

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## Masters of Ceremony

### Pauline Chan

Pauline Chan is a videojournalist for CTV News Toronto, specializing in health and lifestyle reporting. Pauline has held numerous positions with CTV News Toronto, ranging from general assignment reporter to Co-Anchor of the station's CTV NEWS AT 11:30, a position she held for more than a decade.

Born and raised in Toronto, Pauline considers herself exceptionally fortunate to work in the GTA where she and her husband now raise their two wonderful children. In her spare time, Pauline loves ballet dancing and supporting the arts. She is also an active community voice, participating in events such as Walk So Kids Can Talk and the Cathay Ball. She is a popular emcee for many events in Toronto's Chinese and Filipino communities.



### Peter K.C. Lee

Peter Lee started volunteering at Hong Fook back in 2013 at its Tax Clinic. He then joined the Board of the Association in 2014 and served two terms. A Chartered Professional Accountant (CPA) by trade, Peter lends his finance expertise through his involvement in various Finance Committee. Currently, Peter is the Treasurer of Hong Fook Mental Health Foundation and served as MC at various Hong Fook events. Peter believes in "giving back" to the community and considers mental health the most important aspect in a harmonious society. Peter enjoys travelling Asia after his "busy season" to maintain his own mental health.



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The Honourable

## Michael A. Tibollo

Ontario – Associate Minister of Mental Health & Addictions

For over 30 years, Minister Tibollo has been a strong advocate for the people of Vaughan-Woodbridge. Among his many accomplishments, Minister Tibollo is a distinguished lawyer with over 30 years of experience.

Prior to taking office in 2018, Minister Tibollo volunteered as a certified addictions counsellor, and advocated for Caritas - a residential therapeutic community seeking to provide high-quality care for those living with mental health and addictions challenges.

Minister Tibollo proudly serves the people of Ontario in his role as the province's first Associate Minister of Mental Health and Addictions and is looking forward to creating a connected system of care with comprehensive wraparound services, so that every Ontarian can be fully supported in their journey towards mental wellness.

Minister Tibollo previously served as Minister of Tourism, Culture and Sport and Minister of Community Safety and Correctional Services.

An avid sports fan, Minister Tibollo holds a fifth-degree black belt in the martial art of Taekwondo. He has applied his experience



while volunteering with the META Centre - an organization that assists physically and developmentally challenged adults in living better, more enriched lives.

Always eager to pursue his passion for learning, Minister Tibollo is currently pursuing his PhD in Clinical Psychology with a focus on Addictions and Concurrent Disorders, through the University of Southern California. Minister Tibollo is also fluent in five languages, including English, French, Italian, German, and Spanish.

## Yollanda Zhang

Born in China, Yollanda Zhang emigrated to Toronto at the age of 10. She was diagnosed with bipolar disorder at the age of 20 and thought her life as she knew it was over. Fortunately, she has been blessed with amazing support and was able to turn this challenge into the best learning experience about life. Over the past few years, her journey has been marked by a courageous commitment to sharing her 23-year journey with bipolar disorder, ensuring that others facing similar are not alone. Yollanda utilizes her diverse background in motherhood, teaching, and engineering to empower individuals by recognizing and nurturing their unique strengths and potentials.

Guided by genuine curiosity, Yollanda fearlessly confronts obstacles and pioneers innovative solutions to address the needs of her community. Her latest coaching and corporate consulting practice, serves as a testament to her dedication to supporting women navigating mental health challenges. Drawing upon her knowledge, personal and professional experiences, Yollanda provides compassionate coaching and corporate training programs that empower women to navigate the complexities of life and work while prioritizing their mental well-being.

Through her three successful businesses—Panda Mandarin Language Programs



Inc., We Are Girl. Strong. Inc., and coaching/consulting practice—Yollanda exemplifies her enduring commitment to making a difference. Her constant pursuit of excellence and sincere desire to uplift others establish her as a role model and leader. Yollanda has been featured by various media outlets for her entrepreneurial achievements and has been honoured with the nomination of RBC's "Women Entrepreneur of the Year" for three years.

Please visit [www.yollandazhang.com](http://www.yollandazhang.com) to find out more about Yollanda.

# CarryOn



The CarryOn Band was formed in early '80s in Toronto, and it remains active in performing in parties, functions, and major events, such as this Hong Fook Gala. In fact, the Band

performed at Hong Fook Galas in the past. The CarryOn Band was initially active mostly in dance parties and functions, playing pop and rock music. Since the early '90s the band became active in accompanying famous artists from Canada and the Far East in concerts. The Band has performed with top-ranked artists at major local venues such as Rogers Centre, Kingswood Theatre at Canada's Wonderland, casinos, hotels, and concert halls. Across Canada, performances have taken the Band to Vancouver, Calgary, Edmonton, Ottawa and Montreal; and outside Canada to major venues in the USA - in Las Vegas and Atlantic City; and the Caribbean in Dominican Republic and Puerto Rico.

# Angela Zheng

As a famous soprano singer and Chinese cultural ambassador, Angela Zheng's journey began when she attended the China Conservatory of Music. She was the lead singer in the original Shanghai Ballet production of "The White-Haired Girl" and has been interviewed by CCTV as a representative of overseas Chinese. She was awarded the title of Star Ambassador for Charity by the international charity organization "Orbis." Angela has released six personal albums of songs published by China Record Corporation, Shanghai Audio & Video Publishing House, and Cherry Beach Records in Canada.

In 1994, Angela held her first solo concert organized by Shanghai TV. In 2002, she studied popular music in the United States,

and in 2004, she immigrated to Toronto, Canada. In 2008, she established the "Zheng Yueqiu Art Center" and "AZ Vocal Studio" and held four solo concerts. Her annual event, the "Zheng Yueqiu Christmas Gala Dinner," has been well-known in the community for twelve consecutive years at Hilton Suites. She has also held numerous mini-concerts, providing abundant practical opportunities for students who love singing. Over the years, she has nurtured a large number of outstanding singing talents.



# Navillera Korean Performing Arts Development

Navillera Korean Performing Arts Development (NKPAD), a non-profit organization based in Toronto that promotes traditional and creative Korean culture through performing arts, workshops, and education. Toronto Korean Dance Company (TKDC) is a professional dance troupe affiliated with NKPAD, showcasing various Korean dance repertoires to promote Korean dance.



The Janggu Chum is characterized by attaching straps to the drums, slinging them over the shoulder, and hitting the drums in rhythm

while dancing. It's a graceful and elegant dance that emphasizes the beauty of femininity through the fusion of drumming and dancing. The dance that we introduced today is a piece choreographed by NKPAD.

# Ao Dai Canada



Ao Dai Canada is a Toronto-based non-profit organization that focuses on preserving the Vietnamese culture while raising awareness against human trafficking and child exploitation. The group aims to provide

cultural and charitable opportunities for youth involvement. Ao Dai Canada is the co-organizer for the Taste of Vietnam™ festival August 11 & 12, 2023, an extraordinary festival that showcases the beauty of Vietnamese culture, latest fashion, and exquisite cuisine, while raising awareness against human trafficking and child exploitation. Ao Dai Canada welcomes new participants, models, performers, singers, designers, and volunteers from all communities to join. For more information, please visit, [www.TasteOfVietnam.org](http://www.TasteOfVietnam.org)



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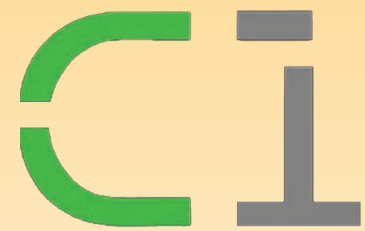
#### Special Recognition

Heartfelt gratitude to Sephora Canada for selecting Hong Fook as their Charity Rewards Partner this May, during Asian Heritage Month, and doubling the donated amount from all redeemed points towards Hong Fook.



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### Special Recognition

Yollanda Zhang hosted a ten-week fundraiser in loving memory of her friend Maggie Ng, who created beauty in so many ways using her skills and poured her heart in everything she touched. Unfortunately, Maggie must have felt completely alone in her last moments on earth. Funds raised are sent to Hong Fook wishing those who may be suffering in silence like Maggie will receive the timely support through Hong Fook's culturally competent mental health services in Asian communities.

*The list was updated as of May 31, 2023. We apologize to those not included in the list due to the publication deadline.*

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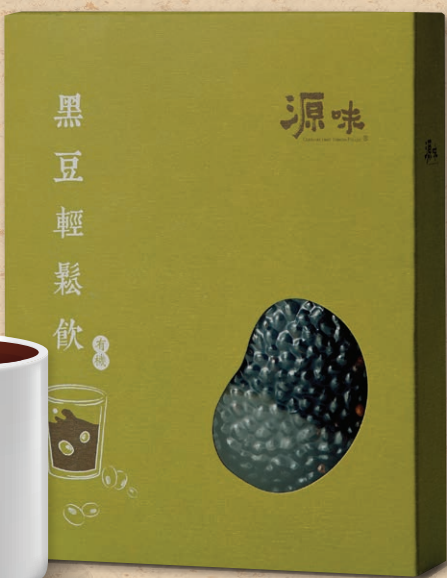
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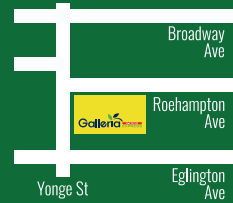


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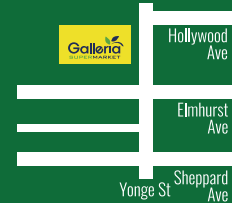
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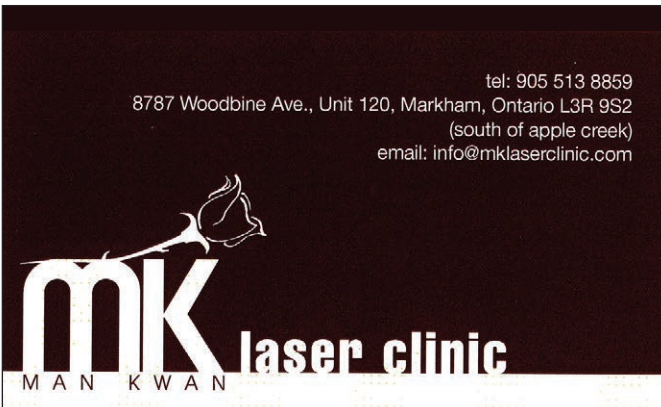
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Supported our **stigma reduction** work in our communities, building our coping skills and promoting help seeking behaviors. In 2022, **over 4,000 community members** were equipped with skills to stay resilient while adjusting to new normal post pandemic. **Over 1,000 professionals** in non-profit and corporate sectors across Ontario received our trainings on workplace wellness, cultural competency, mental health first aid, crisis intervention and trauma-informed care.

Fostered the growth of our innovative **Culturally Competent Recovery College**, a non-clinical model to improve personal recovery and create placement opportunities for peers to live a meaningful, autonomous and empowered life. In 2022, **24 Peer Supporters** have been offered with paid placement opportunities and received Team Achievement Award by Bhayana Family Foundation together with staff. **Over 300 peers** have attended our courses or leisure clubs and experienced the improvement of their personal recovery.

Facilitated the expansion of **our resilience-based Youth and Family Services**, a safe space for our youth to develop concrete tools and strategies for mental wellbeing, and a channel for parents to understand their children better. In 2022, **297 youth** and **69 parents** have accessed Asian Youth Brief Counselling Services.



## Your continuous support means the WORLD to us.

**EMPLOYMENT** is a source of social connection, self esteem and also provides structure. People with mental illness often experience barriers to meaningful employment. As a complement to the Recovery College, Hong Fook's Peer Support Program not only cultivates a non-judgmental environment to connect peers with similar lived experience, but also creates honorarium-based placement for trained peers to co-produce Recovery College courses and co-facilitate peer support groups.

**\$200** = an honorarium-based one-session course coproduction placement, for a Peer Supporter to grow their confidence and achieve a sense of contribution by helping peers on the same journey.

Mental illness affects almost everyone in some way. Immigrants and visible minorities face particular challenges, such as language barrier, culture difference, anti-Asian racism, decreased social capital, poverty and employment issues, which put our mental health at greater risk. However, **STIGMA** creates barriers for individuals in Asian communities to seek help timely. Hong Fook's eight-session Health Ambassador Training promotes mental health knowledge, positive coping skills, and stigma reduction message in the community.

**\$300** = one training spot, for a Health Ambassador to be well equipped to promote mental health literacy in our communities.

Healthy emotional and social development in early years lays the foundation for mental health and resilience throughout life. Guided by the 4R approaches, Strengthening Relationship, Raising Awareness, Building Resilience and being Resource Oriented, Hong Fook's Youth and Family Services provide a safe space for our **YOUTH** to develop concrete tools and strategies for mental wellbeing, and a channel for **PARENTS** to understand their children better.

**\$400** = one Counselling session, for an Asian youth and their family to timely access our quality-based culturally competent care.

## Naming Opportunities with Hong Fook’s Newest Branch

The new Markham Branch is a signature legend of the Foundation to sponsor the Association to establish the Asian Youth and Family Hub and the Counselling and Psychotherapy Centre in York Region. Opened in 2022, this new branch creates an alternate door for Hong Fook to support the rising needs of mental health services in southern York Region with highly concentrated Asian communities, and builds an accessible and safe space for people with mental health challenges to access a spectrum of services from prevention to recovery, from illness to wellness.

In a prime location, with an Activity Room, Counselling Rooms and Interview Rooms, the Markham Branch will deliver mental health services and programs including but not limited to:

1. Asian Youth and Family Hub
2. Counselling and Psychotherapy Programs: Single Session Walk-in Counselling, Integrated Behavioral Group Therapy, and Ontario Structured Psychotherapy
3. Asian Community Psychiatric Clinic
4. Recovery and Community Programs

We are excited to offer a unique **sponsorship opportunity for naming rights to our Activity Room, Counselling Rooms and Interview Rooms!**

If you are interested, please contact **Sunny Wang, Manager, Programs and Resource Advancement, at 416-493-4242 ext. 2258** or **swang@hongfook.ca**. Together, we can create a welcoming and vibrant space where individuals can engage in therapeutic and recreational activities, fostering growth, connection, and healing.



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At First National, our team is built for speed and performance in all market conditions.

As empowered financing experts, we draw on three decades of knowledge and experience to structure and fund high-value conventional and insured loans in an expedited manner. Our only vested interest is seeing you succeed now and over the long run.

Empowered lending means more power for you.

**Henry Chung**  
Assistant Vice President  
416-906-5120

Beyond crafting iconic homes, creating neighbourhood amenities, building master-planned communities and sponsoring local events, Concord is a pioneer of mass-scale wind, water and solar power across Canada, for better living in a better future.

Visit [ConcordAdex.com](http://ConcordAdex.com) for details.



Largest builder of  
community projects across Canada



Green energy proponent of  
wind, water and solar power



First to introduce EV charging  
infrastructure for condos



Major supporter of  
community and charity events



**FIRST NATIONAL**  
FINANCIAL LP

FSRA License Nos. 10514 & 11252





**Proud to  
support the  
2023 Hong Fook  
Gala.**

We are working together with Hong Fook Mental Health Foundation. It's just one way we are helping to open doors for a more inclusive and sustainable tomorrow.

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**TD READY  
COMMITMENT**

