

Message from the Executive Director

As we continue to enjoy the warmth and joy of summer, we are excited to share some important updates with our community. Our Annual Meeting is scheduled for September 7, and it promises to be a significant event for our organization.

This year, a key focus of the Annual Meeting will be the presentation and discussion of our new by-laws. These updates are necessary to ensure our compliance with the Ontario Non-profit Corporations Act, a requirement that affects all non-profits in Ontario. We will also be recognizing staff and volunteers who will reach significant milestones in their service to the Hong Fook community. Details on how to RSVP to attend our Annual Meeting is below.

In addition to the by-law updates, we are thrilled to announce the launch of a new strategic planning process. This initiative

aims to chart the course for the next three years of our organization's impact, all within the framework of a 10-year aspirational vision. Our goal is to engage our community in this process, ensuring that our collective voice shapes the future direction of our work. We look forward to your participation and input as we embark on this exciting journey together.

As we prepare for these important milestones, we also want to take a

moment to wish everyone a safe and happy remainder of the summer. Remember to stay hydrated, take advantage of the long, warm days, and continue to find joy in the season. Your well-being is important to us, and we hope you make the most of this beautiful time of year.

Warm regards,

Andrew



Our Youth Team participated in the Scarborough Pride hosted by the Malvern Family Resources Centre, and joined by TAIBU Community Health Centre, Lumenus, Strides Toronto, BGC East Scarborough, etc.



Hong Fook welcomed a special group of visitors from Kyung Hee University College of Medicine in Seoul, Korea. We are grateful for this rare opportunity to share some of our best practices from a Canadian perspective on suicide prevention plans, community programming and initiatives, and organizational policies with Prof Jong-Woo Paik and his team.

Annual Meeting
Saturday, September 7

10am–11:30am

@ HF Connecting Health Nurse
Practitioner-Led Clinic

3660 Midland Ave, Suite 201, Scarborough

RSVP JLe@hongfook.ca

Collaboration Spotlight: New Partnership with CMHA Toronto on Toronto Community Crisis Service

As part of the city-wide expansion of the Toronto Community Crisis Service (TCCS), Hong Fook will be providing post-crisis short-term case management in Cantonese, Korean, Mandarin, and Vietnamese in North York through a three-year partnership project with Canadian Mental Health Association (CMHA) Toronto, starting from this July.

The TCCS is officially the City's fourth emergency service, alongside Fire Services,

Paramedic Services, and Police Services. Instead of calling 911, when individuals call 211 for support with a mental health crisis, TCCS sends crisis workers trained in mental health and crisis response to their location. TCCS is available 24 hours a day, seven days a week. Language interpretation is available.

Hong Fook will be receiving referrals from the CMHA Toronto directly, to provide post-crisis follow up supports, resources and information. This is especially

meaningful to the racialized community we work with. Racism, including anti-Black, anti-Indigenous and anti-Asian racism, compound these crisis interactions. The TCCS program expansion has acknowledged professionals with trauma-informed, culturally safe mental health training as first responders in communities that face over-policing and concerns about police interactions, and strengthened confidence in community safety efforts.

A Long-Lasting Impact on Empowerment Celebrating the new chapter of the Hua Le Yuan Elderly Health Club

On June 5, the Hua Le Yuan Elderly Health Club hosted the event "Gratitude to Hong Fook, Moving Forward Together" at Cummer Park Community Centre, to celebrate its establishment as an independent, registered non-profit group.

This Mandarin Senior Wellness Group has been led by a group of dedicated senior volunteers who received training and support by Hong Fook for over 20 years. Today, we are thrilled to witness the "empowerment" approach has provided a solid ground for the senior volunteers to start their new chapter.

The event was attended by over 60 senior participants ranging in age from their early 60s to their 90s. The seniors were moved to see two long-term senior volunteers in their 90s join the event with their walking aids,

and they were impressed by the energy and independence of an 80-year-old senior who arrived on her own electric bike. They shared that "the volunteers' dedication and care ensured that elderly participants, especially those over 80 years old, were well-protected and looked after. This spirit of respecting and caring for the elderly is a core value of our society and our work."

Members also expressed deep gratitude to the club leaders, "just as the fast train runs smoothly due to the engine, we thank our current leader, Helen Cao, and the dedicated volunteers. We eagerly anticipate actively participating in Hua Le Yuan's new chapter to make our elderly life even more vibrant."

Updates from the NPLC

Have you experienced memory issues? Or do you know of anyone who may have?

Canada's population is aging and this trend will continue to grow over the next few decades. In response, we are excited to collaborate with the HF Connecting Health NPLC and Mt. Sinai's Wellness Centre to offer the 55+ Fit Cantonese program.

This season, we will be focusing on brain health starting August 1st for four sessions, including healthy eating tips and memory games.

Come and join us to know more about how our brain works, the signs and symptoms for dementia and try the games that may help us re-stimulate our brain!



Mr. Min (third from the left), one of the longest committed volunteers at the Hua Le Yuan, presenting his calligraphy to Raymond Chung (fourth from the right), Hong Fook's previous Executive Director who initiated the group during his tenure.

55+ FIT FREE CLASSES
健康 55+ FIT 免費課程

逢星期四上午 10 - 11:15
Every Thursday 10-11:15am
10-10:20 for exercise | 10:20-10:30 for mindfulness | 10:30-11:15 talk of the day

3860 Midland Ave, Unit 201, Scarborough, Ontario
www.hfnplc.ca | 416-479-7600

- 7月18日 腳部護理服務 Foot Care Service
- 7月25日 腳部護理講座 Foot Care Talk
- 8月1日 腦部健康 - 食得健康 Brain Health - Dietician Talk
- 8月8日 腦部健康 - 腦退化症 Brain Health - Dementia
- 8月15日 腦部健康 - 記憶與老化 Brain Health - Memory and Aging
- 8月22日 腦部健康 - 記憶遊戲 Brain Health - Memory Games

此課程是針對 55+ 人士及長者所設計的免費網上課程參加者可輕鬆在家運動鍛鍊互相支持，一起學習及保持健康
This class is a learning platform designed for 55+. It is to support each other to exercise, to learn and maintain active living.

本學度節目歡迎參加者於網上或實體參與 (online or in-person are welcomed) 節目如有更改，將會另行通知 (Program is subjected to change, and will be informed separately) 詳情或登記請洽方姑娘 Joy Fang 電郵 Email: jfang@hfnplc.ca

Ontario Health Sinai Health 恆康中心 Wellness Centre HF NPLC 10 YEARS HF Connecting Health Nurse Practitioner-Led Clinic We Care & We Connect

Busy Summer with Our Programs

Build Confidence with English! was a five-session Recovery College course facilitated by one of our peer supporters in June. This course uses English learning as a medium to attract participants and provides a safe and flexible space to build their confidence in both English and their self-capacity. The participants focused on different topics at each session and were encouraged to share in English. Compared with the rigid forms of language classes, our peers all enjoyed the flexible setting that keeps them involved.



The Community Garden Program started in May, with nine peers joining us regularly to grow vegetables from seeds. They've been enjoying gardening and harvesting in the great weather and were excited to look back at their journals to see how this collective experience has supported their mental well-being over the past months. The program will continue until late August.

During the past cycle of our **CHOICES** youth program, the youth discussed their dreams for the future regarding themselves, families, and our communities. The youth visualized what they wanted in these three aspects and discovered how much they have valued the connections between them. Some identified differences between their current situation and their desired future and expressed a desire to close that gap.



Don't Force My "Choice" on Anyone! Hong Fook and Branches Theater Company's "Choice" Performance



After five intensive sessions of training and scriptwriting, Hong Fook's Korean Wellness Group proudly presented "Choice," directed by Hyunsoon Lee and jointly performed by the talented Korean theatre company Branches. The live performance on July 15 at the Hong Fook North York Office was a captivating showcase of actors in black outfits and white masks, sharing their powerful stories of overcoming trauma. Themes such as the "Good Child Complex," "Family and Failure," and "Forced Deprivation" were explored, ultimately delivering uplifting messages about the importance of respecting individual choices. Audience members felt deeply connected to these poignant narratives. Violinist Hannah Kim's performance of three beautiful pieces added an extra layer of emotion, making the event truly memorable.

Upcoming Programs & Activities



Walk-In Counselling Clinic (With additional dates!)

For Asian identifying youth age 12-25 and their families
@Markham Office
Every 1st Wed, 4-8pm
@North York Office
Every 2nd and 3rd Weds, 4-8pm

Artistry in the Nature

For youth and adults
Mon., Aug. 12 & 19
@Markham Civic Centre Park
RSVP: slui@hongfook.ca

Conversation-Connect

Wed., Aug. 14 - Sep. 25
@North York Office
RSVP: nsuh@hongfook.ca

Men's Sky (Cantonese)

Mon., Aug. 12 - Oct. 7
@North York Office
RSVP: slui@hongfook.ca

Compassion Course (Mandarin)

Sat., Aug. 10-31
@North York Office
RSVP: slui@hongfook.ca

Visit our website www.hongfook.ca/association to check monthly calendars and Youth and Family seasonal program catalogue.

Celebrating Success and Inspiring Change

2024 Hong Fook Gala

We were thrilled to welcome 400 guests to our annual Gala on June 1, an evening filled with inspiration and hope for future generations. Our sincere appreciation goes to our guests, donors, sponsors, event production team, and volunteers for their exceptional dedication of time, talent, and treasure. Together, we raised over \$350,000, significantly enhancing our capacity to provide services to our youth where and when they need it most.



Hey there, me.
A lot has happened. I'll spare you the details and I'll be honest.
That anger that you feel everyday. It's valid. The joy that you feel. Also valid. The disappointment. Everything.
If no one will accept your emotions and take them seriously, then I will. Here and now.
There's going to be a bunch of crummy stuff coming. In fact, crummy is an understatement.
There'll be pain and regret. More importantly, there will be light. Small joys to hold on to.
To love.
I'm proof that we'll make it through somehow.
Please, believe that I love you.

During the Gala, we presented a series of heartfelt letters written by our Youth Ambassadors to their younger selves, collected during Asian Heritage Month. Our Youth and Family Services have changed the future trajectory of these young individuals, from service users to young leaders advocating for others. We hope this Gala evening marked just the beginning of a journey toward creating positive change for our future.

Appreciation

We are deeply grateful for the generous contributions made by the **Beutel Goodman Charitable Foundation** and **Trisura Guarantee Insurance Company**. A special thanks to the dedicated workplace champions who passionately advocated for Asian mental health and brought our name to their giving committees.

We are also proud to be chosen as one of the beneficiary charities for the **TED-Ed Talk** hosted by the Canada After School Group and the Canada Art and Cultural Exchange Association, as well as the upcoming **Kids Fashion Show** hosted by NA Showstar. Thank you to the host organizations for creating platforms that grow youth confidence and talents while raising resources to cultivate youth mental well-being.

October 19-20 Sign Up for Hong Fook Team in Toronto Waterfront Marathon

Hong Fook is thrilled to be back as one of the official charities for the Toronto Waterfront Marathon this October! Whether you're running or walking, we invite you to support our cause by choosing us as your charity and continuously building up resources for our Youth Counselling Services. **Sign up by August 20 before the price increases!** Please contact **Wendy Huynh** at **whuynh@hongfook.ca** for registration details — your support means the world to us!



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