

**2024-2025**

# **Annual Report**



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In September 2024, Hong Fook embarked on a 12-month journey to create a new strategic plan. Approved just after this reporting year, the plan fundamentally re-examined who we are and where we're going. What emerged was a refreshed mission, vision, and values that clearly define our focus, the future we envision for our community, and the enduring values that will continue to guide our work.

## Mission

To champion culturally rooted mental healthcare for people from East and Southeast Asian communities in the Greater Toronto Area.

## Vision

Connected communities where every person can live their fullest, most meaningful life.

## Values

**Belonging:** everyone is welcome and accepted as part of our community

**Dignity:** everyone has inherent worth and agency

**Courage:** we nurture the strength to move forward despite challenges

**Hope:** we believe in the capacity of people and communities to heal

**Relations:** our approach is rooted in the power of relationships

Hong Fook acknowledges that our communities reside on the traditional territory of many nations, including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, and the Wendat peoples. We express deep gratitude to Indigenous peoples for sharing this space with us, the majority of whom are Asian settlers.

Recognizing the weight of history carried by this land, we embrace our diverse experiences and commit to collaborating with other racialized and Indigenous communities toward our shared vision of the future.

## Joint Message from Chair and Executive Director

Every accomplishment of the past year was a testament to the collective strength, compassion, and shared purpose of the Hong Fook community. It was a year of deep connection and significant milestones. We witnessed our community's strength in action by expanding programs that champion culturally rooted mental healthcare, from the Community Garden to our Youth Leadership Training. The Toronto Waterfront Marathon and our most successful Gala to date were not just fundraising triumphs; they were powerful displays of our community's commitment to building a future where everyone can thrive.

This year was also dedicated to deep listening and reflection as we developed our new strategic plan. We observed growing pressures from rising living costs and increasing mental health needs, confirming the essential role our programs and services play. These realities also underscore the importance of our increased efforts on financial sustainability, ensuring we can continue to serve our communities in the long term. By intentionally gathering voices from across our entire community, we were able to rely on their wisdom to anticipate future needs and prepare our organization for the years to come.

As we look ahead, we are ready to face these challenges with our new strategic plan, approved just outside this reporting year. This plan is a direct result of the insights you shared with us. It's a roadmap to ensure our mission remains strong and enduring, a beacon for culturally rooted mental healthcare that can weather any storm.

To our staff and volunteers, thank you for your steadfast commitment and compassion. To our donors and partners, your trust and support make our work possible. And to our community—the reason we have the privilege of doing this work—thank you. Your courage, your stories, and your trust enrich our journey and inspire us daily. We are grateful for all you bring.



Winnie Tsang,  
Board Chair



Andrew Chung,  
Executive Director

### Board of Directors

**Chair:** Winnie Tsang

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**Members:** Ben Chan, Delia Pan, Gillian Gray, Hillson Tse, Kevin Zhang, Houyan Luo, Qian Julie Li



## A New Chapter

For more than four decades, Hong Fook has led the way in offering culturally competent mental healthcare, fostering belonging, and breaking stigma within East and Southeast Asian communities in Toronto. Today, shifting demographics, rising needs, and a complex social landscape call us to evolve with clarity and purpose.

Over 200 voices from across our community guided the development of our new strategic plan. They affirmed our strengths, including culturally rooted care, trusted staff, and a reputation for quality, while also challenging us to sharpen our focus and step boldly into our role as both a direct service provider and a systems leader.

At the heart of this evolution is the Hong Fook "way of care." By balancing direct support with upstream impact, and by grounding every step in our culturally rooted approach, we are poised not only to meet growing demand but also to help shape a more inclusive and responsive system where such demand is reduced.

Over the next three years, this vision will be advanced through three strategic priorities:

1. Grow our impact by cementing our progressive model of culturally rooted mental healthcare
2. Amplify our unique expertise and the voices of our community
3. Strengthen our core to sustain long term impact

We believe these new strategic priorities will help the communities we serve experience greater mental health and well-being and can lead fuller, more meaningful lives. We look forward to sharing the full details of our strategic plan with you soon.

## Clinical Services

### Expanding Crisis Response Through TCCS

When a mental health crisis happens, the first voice you hear can change everything. Through the Toronto Community Crisis Service (TCCS), trained mental health crisis workers are available 24/7 to respond directly to provide compassionate, culturally safe support where it's needed most.

TCCS is now officially the City's fourth emergency service, alongside Fire, Paramedic, and Police Services. By calling 211 instead of 911, people in crisis can connect with a team trained in trauma-informed care and de-escalation, backed by 24/7 availability and language interpretation.

In July 2024, Hong Fook Mental Health Association became a part of this response. In partnership with Canadian Mental Health Association (CMHA) Toronto, we are providing post-crisis short-term case management in



Cantonese, Korean, Mandarin, and Vietnamese in North York as part of a three-year project.

For Hong Fook, referrals come directly from CMHA Toronto. Our role is to follow up after the immediate crisis—linking people to resources, offering emotional support, and helping them navigate the next steps toward stability and recovery. This is especially critical for the racialized communities we serve, where stigma, cultural barriers, and systemic racism can intensify a crisis.

By recognizing culturally competent mental health professionals as first responders, the TCCS expansion is building trust, reducing the harms of over-policing, and creating safer ways for people to get help. It's a model that puts care before enforcement, making sure that those we serve don't face a crisis alone.

# 2,414

clients accessed **Intake**, for information and referrals or to access our **Case Management**

# 62

clients received rental subsidy through the **Support within Housing Program**

# 1,500+91

one-on-one **Ontario Structured Psychotherapy** and **Group Psychotherapy** sessions delivered

### Community Sharing...

When I was discharged from the hospital in the early days of the pandemic, my daughter found out for the first time that I was sick. I'm a divorced mother of five and had lived with schizophrenia for over a decade without my children knowing. In our community, mental illness is kept hidden, and I struggled alone. Through Hong Fook's Clinical Services, I finally found a safe place to recover and reconnect without shame.

Ann,  
Client of Clinical Services



### Partner Sharing...

Over the past year, our partnership with Hong Fook has shown the power of meeting clients where they are both physically and culturally. Through the Toronto Community Crisis Service, mobile crisis teams respond to people in crisis and connect them to short-term case management in clients' own languages. Culturally appropriate care fosters trust, safety, and belonging, reducing barriers and supporting recovery. Together, we're ensuring every person feels understood, connected, and equipped to move forward.

Canadian Mental Health Association Toronto



# 342

clients received  
**Case Management** through

# 12,861

in-person or virtual interactions

# 89%

Case Management clients agree or strongly agree Hong Fook's services have helped them deal more effectively with their life challenges. (Source: Ontario Perception of Care evaluation)

#### Preferred Languages

- Mandarin 28%
- Cantonese 23%
- Korean 20%
- Vietnamese 15%
- English 10%
- Cambodian 4%

#### Age Group

- 55 and above 54%
- 25-54 42%
- 24 and below 4%

# Recovery Programs

## Nourish to Flourish: Community Garden to Table

In 2024, our Community Garden Program blossomed into a vibrant space for empowerment and wellness. Beginning in May, nine peers participated regularly in tending the garden, planting vegetables from seed, journaling their progress, and enjoying the satisfaction of watching their efforts grow over time.

Participants often expressed how much they appreciated being outdoors, working with their hands, and seeing the transformation in the garden. As the growing season progressed, they harvested their crops and cooked with the produce, sharing meals and recipes with each other. These simple but meaningful moments helped foster a strong sense of belonging and



cultural exchange. Garden journals provided a space for reflection, allowing participants to track both plant growth and personal recovery milestones. The group maintained the garden through to late August, cultivating not just food, but also pride and joy.

The success of the 2024 season laid the groundwork for continued collaboration. In 2025, we built on our strong partnership with Centre for Immigrant and Community Services to expand the program, introducing food bank support services through our Table Series, a growing set of conversations and activities centered around food and community. Together, we are deepening the impact of the garden by connecting participants not only through shared meals but also through essential community resources, strengthening the support network available to them.



# 599

Recovery College  
peers attended

# 816

course, leisure club, and  
support group sessions

### Preferred Languages

- Cantonese 46%
- Mandarin 23%
- Korean 18%
- English 6%
- Vietnamese 5%
- Cambodian 2%

# 152

caregivers  
attended

# 91

psychoeducation and  
support group sessions

### Preferred Languages

- Korean 38%
- Mandarin 32%
- Cantonese 27%
- English 3%

# 22

Peer Supporters  
empowered in the  
co-production process  
through honorarium-based  
placement

# 24%

increase in self-reported  
personal recovery for our  
Recovery College peers  
(Source: Recovery Program  
Experience Survey)

# 93%

of caregivers agreed or strongly  
agreed our services and supports  
have helped them deal more  
effectively with the challenges  
experienced by their loved one  
(Source: Ontario Perception of  
Care evaluation)

# CS

When I first came to Hong Fook's Recovery College, I couldn't see a future for myself. I didn't know there was a place where people would understand me. Here, I found connection, learned how to care for my mental health, and slowly began to share my story. It feels good to be able to speak about what I've been through. Now, as a peer supporter and volunteer at the front desk, I can welcome others into the community that welcomed me.

**Kitty,  
Peer Supporter of  
Recovery Programs**



# CS

**Partner Sharing...**

Over the past three years, our partnership with Hong Fook in the community garden program has supported over 30 peers in connecting with nature, staying active, and improving mental well-being. It's been wonderful to see participants who once knew little about gardening now confidently growing and harvesting their own food! Their smiles and sense of accomplishment are truly rewarding. This partnership shows the healing power of nature, and we look forward to continuing this meaningful work together.

**Centre for Immigrant and  
Community Services**

# Community Education

## The Sleep Quality Series: Building Knowledge for a Healthier Community

Quality sleep is vital for mental health, yet many people find it difficult to get a good night's rest. In response, the Community Education team developed the Sleep Quality Series—a set of interactive workshops and activities to help participants understand their sleep patterns and build healthier habits.

The series offered a balance of education and hands-on experiences. Participants learned about the science of sleep and explored practical strategies for better rest. The Compassionate Sleep Workshop encouraged a kinder approach

to sleepless nights, teaching ways to respond to restlessness without judgment. In the Sleep Lab, participants made herbal sleep sachets, experimented with calming light settings, and tried gentle stretching routines to prepare the body for rest. Each person could choose techniques that felt most helpful, creating a personal toolkit for better sleep.

The program was designed as an adult learning environment, giving participants the space to explore what worked for them. It also fostered a sense of community. Conversations during workshops helped people see they were not alone in facing sleep challenges. Over time, the group built a shared commitment to caring for both body and mind.

By blending information with practical application, the Sleep Quality Series created a supportive space where community members could prioritize their holistic well-being.



**4,389**

community members engaged through **health promotion** workshops, booth displays, and other community education campaigns

**74**

**new Health Ambassadors**  
trained and invested

**1,560**

volunteer hours together with the existing ambassadors

**95%**

of participants agreed or strongly agreed the Health Ambassador Training increased their knowledge of mental health and mental illness

**738+465**

**settlement workers** and **professionals** across various sectors (such as York Regional Police) completed trainings on Cultural Competency, Workplace Wellness, and Mental Health First Aid

**70%**

increase in settlement workers' confidence to motivate clients to take proactive steps towards improving their mental health after the Journey to Promote Mental Health Training

**87%**

of professionals indicated that they can better tap into inner and outer resources for self-care after the Workplace Psychological Wellness Training



**Community Sharing...**

When I put on the green Hong Fook volunteer uniform, a sense of mission rises in me. At the booth, I greet each person, hoping every brochure I hand out reaches someone in need. When I first arrived in Canada, I felt anxious and lost. Through Hong Fook's Health Ambassador Training, I found friends who shared my values and learned to spread warmth and support. This journey renewed my hope and confidence, reminding me that even the hardest winters lead to spring.

**Selinna,  
Health Ambassador  
Training Participant**



**Partner Sharing...**

The sleep study workshops were very informative and interactive. The activities kept participants engaged and made learning enjoyable, while the clear, accessible slides helped everyone understand and remember the content. Our clients learned a lot about healthy sleep habits and how to apply them in their daily lives. It was a valuable experience for our community, and we hope we can partner with Hong Fook again in the future to continue building knowledge and supporting well-being.

**Support Enhance Access Services (S.E.A.S.) Centre**

**”**

# Youth and Family Services

## School-Based Compassionate Community Building

Compassion is the foundation of emotional well-being. It begins with treating ourselves with kindness and extends to understanding others. For young people, self-compassion builds resilience, reduces stress, and fosters healthier relationships. To help students develop this skill, we shifted from traditional workshops to a Youth Leadership Training model that empowers them to lead with empathy.

Piloted with school teachers, the program integrated compassion training into the health curriculum, showing students how to support peers while maintaining healthy boundaries. We reduced stigma by promoting mental health as a lifestyle, not just a response to struggles. Our clinicians emphasized that counselling is not only for crisis intervention, but also for self-discovery and prevention.

After the training, youth leaders adapted workshops for their peers, translated sessions into French, and created activities for younger

students. These efforts made mental health education more accessible across ages and backgrounds. By placing youth in leadership roles, the program fostered a culture of compassion within schools. Students built skills to advocate for mental health and support one another, planting the seeds for a generation who see mental health as a shared responsibility and part of daily life.



**427+100**

**280+63**

youth and parents participated in prevention, recovery, and inter-generational programs

accessed

**860**

Brief Counselling sessions in  
Toronto and York Region



**10+2+7**

Youth Ambassadors, Youth Peer Supporters, and Youth Council Members were empowered to support their peers' mental health journeys and speak up for common concerns

## Partner Sharing...

SS

The Lunch & Learn on 'Supporting the Mental Health of East Asian Students' gave our staff valuable insights and practical strategies to better support our students. The resources and perspectives shared will help us ensure they receive the care they need to thrive both academically and emotionally. We're grateful to the team from Hong Fook for their knowledge, expertise, and dedication to helping our school community better understand and meet the needs of East Asian students.

St. Robert Catholic High School



## Community Sharing...



After counselling,

**90%**

of youth felt heard and listened to by the clinician

**5.2**

times youths' stress levels decreased

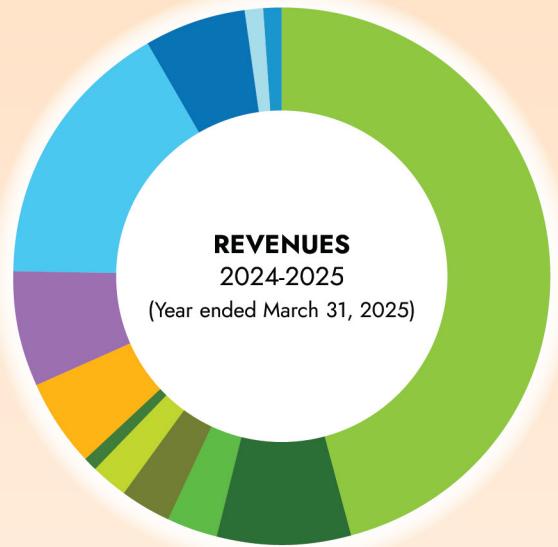


Fresh Perspective  
Friday was a perfect mix of learning and impact. Each week, we created posts to share mental wellness tips and stories for Asian youth. We were challenged to make mental health topics more approachable and also to reducing stigma. The Youth Leadership Training, with guidance from Hong Fook staff (who gave us space to be creative) we got new skills in planning, outreach and peer support. It built my confidence and helped us open up more honest conversations about mental health.

Hong Fook Youth Ambassador

99

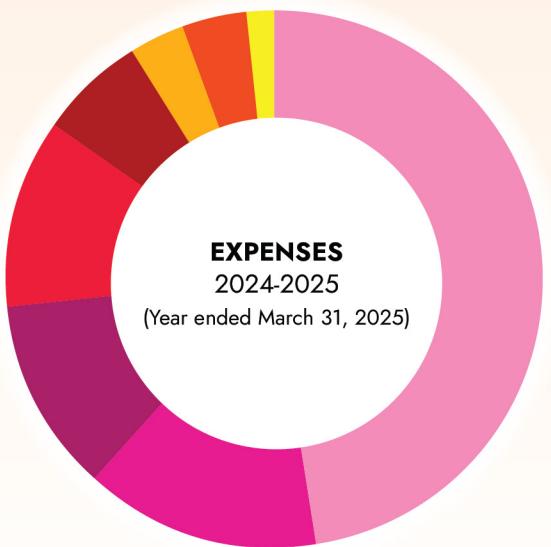
# Financial Snapshot



## REVENUES 2024-2025 (Year ended March 31, 2025)

### GOVERNMENT FUNDINGS

Ontario Health Toronto	\$2,766,425	44.7%
Ontario Ministry of Health	\$487,705	7.9%
Immigration, Refugees and Citizenship Canada	\$207,081	3.3%
Regional Municipality of York	\$202,104	3.3%
Ontario Ministry of Education	\$100,000	1.6%
Employment and Social Development Canada	\$61,143	1.0%
City of Toronto	\$29,337	0.5%
<b>NON-GOVERNMENT GRANTS</b>		
United Way of Greater Toronto	\$306,505	5.0%
<b>FOUNDATION CONTRIBUTIONS</b>		
Hong Fook Mental Health Foundation	\$455,000	7.4%
<b>OTHER REVENUES</b>		
Hospital & Community Partnerships	\$1,006,866	16.3%
Rent Supplement Program	\$400,607	6.5%
Donations	\$4,305	0.1%
Other Income	\$72,127	1.2%
Amortization of Deferred Contributions	\$87,794	1.4%
<b>Total Revenues</b>	<b>\$6,186,999</b>	<b>100%</b>



## EXPENSES 2024-2025 (Year ended March 31, 2025)

Community Mental Health	\$2,937,310	47.5%
Rent Supplement Program	\$888,312	14.4%
Community Programs	\$716,928	11.6%
Youth and Family Services	\$701,920	11.3%
Psychotherapy and Counselling Programs	\$403,177	6.5%
Professional Training (Journey to Promote Mental Health)	\$206,947	3.3%
Other Programs and General	\$233,877	3.8%
Amortization	\$96,455	1.6%
<b>Total Expenses</b>	<b>\$6,184,926</b>	<b>100%</b>

**Excess of Revenues over Expenses** **\$2,073**



Hong Fook Gala 2025 "Together for Tomorrow"

Team Hong Fook at the 2024 Toronto Waterfront Marathon

## Together for Tomorrow: Turning Generosity into Impact

As I reflect on the past year, I am filled with gratitude for the passion, generosity, and resilience of the Hong Fook community. Together, we have achieved milestones that will strengthen culturally rooted mental healthcare for years to come.

The highlight of 2025 was our Gala, Together for Tomorrow, an inspiring evening where friends, families, and community leaders gathered to celebrate hope and connection. Thanks to your generosity, we raised over \$410,000, the highest total in our recent history. Beyond the numbers, the Gala proved that when we focus on bringing the right people together and inspiring them with a clear purpose, we can create extraordinary impact.

Our presence at the Toronto Waterfront Marathon was another proud moment. Clients, families, youth, alumni, volunteers, and staff joined forces to walk and run for mental health awareness. Standing side by side, we showed that no one has to face their journey alone.

Looking ahead, we will continue to create ripples of healing—from individuals finding help, to families finding hope, to communities learning that mental health care is strength, not a weakness. Every dollar raised, every hour volunteered, and every voice of support brings us closer to a future where mental health care is accessible, inclusive, and culturally attuned.

Thank you for standing with us. Together, we are building not only for today—but for tomorrow.



*Fred Zhu*

Fred Zhu  
Chair, Board of Directors

### Hong Fook Mental Health Foundation Board of Directors

**Chair:** Fred Zhu  
**Vice Chair:** Warren Yu  
**Treasurer:** Peter Lee  
**Secretary:** Monica Lee  
**Members:** Annie Hu, Emily Lee, Jeff Kang, John Chemillian, Julia Zhang, Kirstin Ling, Michael Mak, Ted Lo

# Thank You

We are deeply grateful for the generous contributions of these visionary philanthropists. Your sustained support makes this work possible and helps us shape a brighter future, together.

## Champion Level (\$100,000+)

The New Hope Foundation  
RBC Foundation  
TD Bank Group  
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## Gold Level (\$50,000+)

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John Chan

Our sincere appreciation goes to over one thousand donors this past year, including those who contributed \$1,000 and above:

AlectraCARES Community Support Program  
Andrew Chung  
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Annie Hu & Christopher Tam  
Ben & Joyce Chan  
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A heartfelt thanks to our 2025 Gala sponsors:

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# Moments Of The Year



October 2024

At the Addictions & Mental Health Ontario (AMHO)'s 9th Annual Conference, Hong Fook co-presented with the Ontario Shores Centre for Mental Health Sciences and shared the innovative approach of our Recovery Colleges, which empower individuals with lived experience through peer-driven education.



December 2024

We launched our inaugural **Holiday Hampers** program to support clients experiencing chronic mental illness, low income, and a higher risk of social isolation. 200 hampers filled with culturally appropriate food, warm essentials, and holiday treats were distributed.



December 2024

Hong Fook's **Alumni Circle** was launched, offering a unique platform to keep past Association members, former board and committee members, and previous peer supporters and volunteers engaged. Together, this circle is building an even brighter future for the Asian communities we serve.



March 2025

Co-presented by the Asian Arts and Culture Trust, the **Interwoven Identities: Intersectionality in Asian Mental Health** exhibit highlights how our identities are shaped by the stories we carry—threads of memory, values, and lived experiences—striking a deep chord with the essence of Hong Fook's mission.



March 2025

This special new collection of stories through art and writing brings together the voices and visions of participants from three of Hong Fook's cultural wellness programs: Korean Culture Circle, Art of Writing, and Healing Art. Scan this QR code to explore the whole collection.



## Volunteer With Us



Join our incredible volunteers in reducing stigma and supporting mental well-being—email [volunteer@hongfook.ca](mailto:volunteer@hongfook.ca) to get involved.



## Support Us

Your donations help provide timely, equitable mental health care for Asian communities—join our monthly giving circle at [foundation@hongfook.ca](mailto:foundation@hongfook.ca).

## Connect With Us



Stay updated on our programs and events—sign up for our calendars and newsletters or email [info@hongfook.ca](mailto:info@hongfook.ca) with questions.



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HongFookMHA

## We wish to thank our funders



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