

Message from the President

By Ramon Tam

It is with great pleasure that I share some exciting updates and milestones that have taken place in recent months.

The Association was honoured to participate in the Ontario Lieutenant Governor's reception for Asian Heritage Month on May 18. This event marked the importance of recognition of the contribution of the Asian community towards the well being of life in Ontario. We took part in it with quite a few friends and partners - individuals and organizations.

Another significant event was the groundbreaking ceremony for the highly anticipated Bridletowne Neighbourhood Centre (BNC) project on June 19. This momentous occasion brought together government officials and community activists from all levels. After more than a decade of collaborative effort with several organizations, including Hong Fook, we are thrilled to see the project taking a significant step forward.

The fundraising Gala on June 17 was a success. Staff members and a lot of volunteers, including Association board members helped out in this Foundation annual event.

As we continue our journey, let us take pride in these milestones and the positive impact they bring to our community.

Message from the Executive Director

By Andrew Chung

I hope you are enjoying the warm summer days with family and friends, and soaking in the sun whether it's at the park or the beach!

Our summers here at Hong Fook are always filled with celebration and fun activities that remind us of the joy we can create when we're together.

As Ramon mentioned in his message, we are thrilled to have broken ground for the new BNC, which will be Hong Fook's new headquarter starting in 2026, when the building is expected to be completed. The BNC will be more than just our new home. This innovative hub in the heart of North Scarborough signifies the importance of integrating mental health care with other supports – from primary care to social programs – where people across the lifespan can get holistic support for mind and body. We are so grateful for the support from the many funders, donors and community leaders who have made this possible. I look forward to sharing more as the project unfolds.

Also in June, Hong Fook marched alongside the Ontario Health Teams and partners for Pride in Downtown Toronto. We celebrated the diversity of our 2SLGBTQIA communities we represent across all our organizations, emphasizing the importance of ensuring that we unapologetically support the health of all community members. About a

week later, our beloved Hong Fook Singers participated in the Fort York Canada Day events, showcasing the outstanding talents of our singer members, and we could not be prouder of their exceptional performance. Not only did they sound beautiful, their performance was a reminder of Canada's rich cultural diversity and the immense contributions of Asian communities to our nation's social tapestry.

Canada, at its core, is a land of immigrants, and this is a value that lies close to our hearts as an organization. Embracing diversity and inclusivity has been the foundation of our journey, and the Hong Fook Singers' participation exemplifies this beautifully. Moreover, we must not forget that we are privileged to reside on this very soil, which bears the ancestral heritage of many First Nations and reflects a history fraught with violence and cultural genocide. As we celebrate our collective identity as Canadians, we must also reflect upon the role we ought to play towards reconciliation and honouring the history of Indigenous peoples.

This summer, I hope you find time to celebrate what matters most to you and remember to carve out time and space for you to engage in activities, big or small, that spark joy and create meaningful connections with those around you. As we progress through the year, I look forward to fostering a stronger, united community with you.



Our ED Andrew Chung (fourth from the left) at the BNC Groundbreaking Ceremony

Annual General Meeting

Saturday, September 16, 10am-11am
Markham Office (3621 Highway 7, Suite 301)

OR on Zoom

RSVP by Friday, September 1
to Alice Le ale@hongfook.ca
416-493-4242 ext. 2261

Amplifying Community Voices on Anti-Asian Racism A partnership with the University of Toronto

On May 16, the Amplifying Community Voices (ACV) Forum, addressing perspectives of anti-Asian racism from youth and parents, was hosted at the William Doo Auditorium at the University of Toronto, led by Dr. Lin Fang, Associate Professor and the Factor-Inwentash Chair in Children's Mental Health. Our Youth Ambassador Team, Chinese Canadian National Council Toronto Chapter, The Asian Canadian Living Archive, and Scarborough Youth United are the key partners of this forum. The forum yielded a high attendance rate with key change agents such as educators, health care service providers, school board trustees, researchers, as well as students, which provided invaluable and diverse insights in small group discussions to change the future of anti-Asian racism for Asian youth.

Dr. Fang and her team also presented the results of My Script My Voice, a research project conducted during the pandemic, with the participation of our Youth Ambassadors. Through multimedia formats, our youth shared their own personal experiences around anti-Asian racism and explored new ways to outreach and educate peers. As one of the project



results, an informative booklet "Asian You(th): Racism, Mental Health & Identity" has been published. Please visit our online Resource Centre (hongfook.ca/association/resources/resources-for-youth/) to access this booklet.

Connect with Your Roots Our recovery programs in summer



While embracing the hot, sunny weather, more groups and courses are hosted outdoor. In partnership with Centre for Immigrant and Community Services, our Recovery College has kicked off one course "Connect with Your Roots" since May, aiming to foster personal and agricultural growth of peers. This unique program not only teaches valuable gardening skills for cultivating vegetables and maintaining a garden, but also provides an opportunity to delve into one's inner self. By participating in this course, peers have gained a deeper appreciation for the origins of our food and culture, developed mindfulness and the practice of slowing down through the therapeutic act of gardening, and fostered a sense of community and teamwork by learning the importance of collaborative efforts.

Upcoming Programs & Activities



Welcome to our onsite programs throughout the summer.

Weekly Holistic Dropin

For individuals in recovery

North York Office
Mon, 1:00pm-4:30pm
Cantonese/Mandarin

North York Office
Thur, 1:30pm-3:30pm
Korean/Mandarin

Downtown Toronto Office
Fri, 12:30pm-4:00pm
All language groups

Walk-In Counselling

For Asian-identifying youth ages 12-25 and their families

Downtown Toronto Office
1st Sat of every month
11:00am-3:00pm

Markham Office
1st Wed of every month
4:00pm-8:00pm

Visit our website www.hongfook.ca/association, check our monthly calendars and Youth and Family seasonal catalogue for more program activities. Visit our YouTube Channel @HongFookMHA for recorded Wellness Seminars.

Call for Youth Ambassadors

For Asian-Identifying Youth Ages 16-25
In York Region
To register: byeung@hongfook.ca

Request for Trainings

Our team delivers trainings on mental health related topics, cultural competency, crisis intervention to professionals, community service providers, educators and parent groups.
To request: info@hongfook.ca

Celebrating a Decade of Culturally Competent Primary Care!

HF Connecting Health Nurse Practitioner-Led Clinic (NPLC) hosted its Annual General Meeting on June 29. We would like to express our sincere appreciation to Gem Lee-Herder (President), Janet Law (Vice President), Alan Ng (Treasurer), and Andrew Wong (Secretary), who continue serving in critical positions on the board, and welcome the new board directors, who are Ian Waters, Sara Fung, and Vincent Wong. Please also join us to send our best wishes to Katherine Wong, the immediate Past President, a long-term dedicated Hong Fook volunteer who served on NPLC board for 10 years since its establishment.



Katherine Wong (third from the left in the front row) with NPLC staff and board members of the Association and the NPLC



Drum Circle with Chinese seniors and partner agencies

With the funding support from the New Horizons for Seniors, the NPLC has extended the partnership with two agencies in the same neighbourhood, Yee Hong Centre For Geriatric Care and Mount Sinai Hospital Wellness Centre. A Drum Circle was put together to collaboratively promote holistic health to Chinese seniors and their caregivers. All participants enjoyed the soothing, cooperative rhythm generated in a relaxing atmosphere. This partnered program with various activities runs every Thursday from 10:00am to 11:15am. To register, please contact **Annie Tse, Health Promoter at 647-330-7534.**

Our NPLC officially opened its doors in September 2013 with the vision to provide culturally competent primary care to the equity deserving populations in the community, with a special focus on making primary care accessible to clients with mental health challenges. A group of supportive and dedicated community members from the Association was behind the birth and establishment of the Clinic. The NPLC has since grown to be a robust clinic serving over 4600 clients. On September 22, please join us to celebrate the 10th anniversary and significant milestones we have achieved in the past decade.

JOIN US TO CELEBRATE THE 10th ANNIVERSARY OF
HF CONNECTING HEALTH NURSE PRACTITIONER-LED CLINIC
SEPTEMBER 22, 2023
1:00PM-3:30PM
3660 MIDLAND AVENUE, UNIT 201
For inquiries, contact Annie Tse (647) 330-7534

HF Connecting Health Nurse Practitioner-Led Clinic We Care & We Connect Ontario

Activities:

- Sugar and Fibre Game
- Weight and Height Measurements
- Health Q & A
- Immunization
- Roles of the NP

HF Connecting Health Nurse Practitioner-Led Clinic We Care & We Connect Ontario

Celebrating the Success of the 2023 Hong Fook Gala!

The highly anticipated Hong Fook Gala took place at the Hilton Toronto/Markham Suites, Conference Centre and Spa in Markham, on June 17. With a turnout of almost 400 guests, the event raised over \$300,000. We extend our heartfelt gratitude to our sponsors, donors, and supporters whose generous contributions have enabled us to enhance our quality-based, culturally competent mental health services for Asian communities in the GTA. Please visit the Foundation website <https://hongfook.ca/foundation/take-action/hong-fook-gala/> to watch the recording and read more information.

Gala MCs Pauline Chan, CTV News Anchor (right) and Peter Lee, Foundation Treasure (left)

Gala CoChairs Michael Ma (left) and John Chemilian (right) together with Teresa Yuen (middle) from TD Bank Group, Event Sponsor



Keynote speaker Yollanda Zhang (middle), together with four of our Recovery College's Peer Supporters, shared how they have thrived from their lived experience and how essential the culturally competent mental health care to individuals with mental illness and their families.



Performances from Navillera Korean Performing Arts Development (top) and Ao Dai Canada (bottom)



Peer supporters proudly presenting their knitted items handled with passion and care. Find more at <https://trellis.org/hongfook>

Messages from our Health Ambassadors

The strong self and social stigma in Asian community creates barriers for individuals to seek help sooner. Hong Fook's signature training program, Health Ambassador Training, reaches out and empowers community members with essential knowledge of mental health and mental illness, along with vital skills in stress management and relationship building.

Thanks for your generous commitment in making this comprehensive training more accessible. Our Health Ambassadors not only receive the care and support they need, just like the rain arrives at the perfect moment, but also play an active role in reducing stigma within the community and creating a supportive environment where seeking help for mental health becomes more accessible and embraced.

康福给过的温暖，一直伴随着我！
以前曾经有过的体验：
心里堵得慌、
感觉快过不去的时候，
很奇怪，
听听你的声音
看看你的笑脸
就会如获重释，背上和肩膀也感觉
一轻……
谢谢你亲人般的关怀
真的在关键时刻
能给到一种很默契的温暖……
一直在默默关注着大家
希望有一天
有能力继续为康福出力！

마음건강대사 교육을 받으면서 참 많은것을 배우고
느꼈습니다 때때마다 위에서 내려 주시는 비처럼
어쩌면 제게 때마다 꼭 필요한 프로그램으로
이끌어 주시는지 놀랍고 감사합니다. 오늘 마지막
세션은 특히 요즘의 제 자신을 발견하고 제가
즐겁고 좋아하는 일을 하며 살아가는 것이 얼마나
큰 기쁨과 활력소가 되는지를 잘하는거라고
칭찬하고 격려해주는 내용으로 박수받는
느낌이었습니다. 대화부분에서는 제게 아직 많은
연습과 훈련을 필요로 합니다. 배운것처럼 듣기를
잘 하여서 아픈 사람의 마음을 어루만질수 있는
경청자가 되어 관계를 잘 만들어가면 좋겠습니다.
좋은 교육 프로그램 만드시고 이끄시느라 수고하신
선생님께 감사드리고 힘찬 박수 보내드립니다

Head Office

3320 Midland Avenue, Suite 201
Scarborough, ON M1V 5E6

Downtown Branch

407 Huron Street, 3rd Fl
Toronto, ON M5S 2G5

North York Branch

1751 Sheppard Avenue East, G/F
North York, ON M2J 0A4

Markham Branch

3621 Highway 7 East, Suite 301
Markham, ON L3R 0G6