



HONG FOOK GALA 2024
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REDEFINED.

SATURDAY, JUNE 1

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關愛傳承 星島同行

Proud to support
the 2024 Hong Fook Gala
with our shared goal to empower our youth

WITH COMPLIMENTS FROM
SING TAO CANADA FOUNDATION

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Canada
FOUNDATION



LAND ACKNOWLEDGMENT

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.

ASIAN YOUTH MENTAL HEALTH MATTERS

This May, we launched “A Love Letter to Your Younger Self” for Asian Heritage Month, honouring our heritage by embracing our mental well-being.

Our Youth Ambassadors participated in this heartfelt campaign, sharing messages of hope with others who might be going through difficult times, and ultimately believing that, with community support, they too will rise above even the darkest circumstances.

I would like to tell my younger self...

*“You are cherished,
admired, and loved
deeply, just as you are.”*



*“Whether tears flow
freely after life's trials,
whether you were left
aside while adults dealt
with their own matters,
you will be more than
okay as you grow.”*



"There'll be pain and regret. More importantly, there will be light. Small joys to hold on to. To love."

"You are valuable because you exist. Not because of what you do, or what you have done, but simply because you are."

"If no one will accept your emotions and take them seriously, then I will. Here and now."

It will take all of us to support our most vulnerable Asian youth. With your help, tonight we can make that a possibility.

Thank you for giving with an open heart.

MESSAGE FROM THE GOVERNOR GENERAL OF CANADA



THE GOVERNOR GENERAL · LA GOUVERNEURE GÉNÉRALE

Message from the Governor General on the occasion of the Hong Fook Mental Health Association's 2024 Gala

I am pleased to convey warm greetings to everyone gathered for the Hong Fook Mental Health Association's 2024 Gala.

Regardless of age or background, where one works or lives, mental illness can affect us all. During and after the pandemic, our youth in particular have been at higher risk of experiencing symptoms of poor mental health.

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 donate your time or your funds, your efforts have a positive impact on the lives of those who need it.

I wish you wonderful event.

Handwritten signature of Mary Simon.

Mary Simon



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MESSAGE FROM THE
PRIME MINISTER OF CANADA



PRIME MINISTER · PREMIER MINISTRE



June 1, 2024

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 2024 Hong Fook Gala.

Since it was established in 1982, the Hong Fook Mental Health Association has provided a wide array of culturally and linguistically appropriate mental health programs and services to East and Southeast Asian communities in the Greater Toronto Area. I am certain that everyone in attendance will take satisfaction in knowing that funds raised this evening will help the organization continue to fulfill its important mission.

I would like to commend the staff and volunteers of the Hong Fook Mental Health Association for their hard work, dedication and commitment to making a difference. 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, break down the stigma surrounding it, and make sure no one has to fight their battle alone.

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.
Prime Minister of Canada

MESSAGE FROM THE LIEUTENANT GOVERNOR OF ONTARIO



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

June 1, 2024

For over three decades, the Hong Fook Mental Health Foundation has been a beacon of hope, providing vital mental health services to members of the East and Southeast Asian communities in the Greater Toronto Area. As we navigate through the ongoing challenges of our time, the need to prioritize mental health remains paramount.

The Hong Fook Mental Health Association provides a lifeline for those in need, allowing each individual to feel truly seen and understood. I am grateful to the foundation, its dedicated staff, and its numerous volunteers and supporters for their unwavering commitment to enriching the lives of so many individuals.

As you gather tonight, may you find joy and inspiration in the knowledge that your efforts are making a profound difference in the lives of others. Please accept my heartfelt wishes for a memorable and uplifting evening.

Edith Dumont

MESSAGE FROM THE PREMIER OF ONTARIO



Premier of Ontario - Premier ministre de l'Ontario

June 1, 2024

A MESSAGE FROM PREMIER DOUG FORD

Welcome to the 2024 Hong Fook Gala.

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 helping people connect to mental health supports they need. Thank you to the hardworking and dedicated team at the foundation for making this gala possible. I also want to thank everyone in attendance for supporting this fundraiser. Your generosity will help the association build on the culturally appropriate mental health services it provides to Asian communities in the Greater Toronto Area, now and in the years to come.

Best wishes for a successful fundraiser.

A handwritten signature in black ink, appearing to read 'Doug Ford'.

Doug Ford
Premier



MESSAGE FROM THE MAYOR OF MARKHAM



Frank Scarpitti
Mayor

June 1, 2024

MESSAGE FROM MAYOR SCARPITTI

On behalf of Members of Council and the City of Markham, I would like to extend a warm welcome to everyone attending **Hong Fook Mental Health Association's Annual Gala – Our Future. Redefined.**

We extend our heartfelt appreciation and congratulations to Hong Fook Mental Health Association, a charitable organization dedicated to supporting individuals with mental health challenges, for hosting their annual fundraising gala. This gala not only showcases the incredible work and dedication of the organization but also serves as a testament to the unwavering support and generosity of the community it serves.

The annual fundraising gala is a pivotal event for Hong Fook Mental Health Association, as it provides an opportunity to raise crucial funds that directly contribute to the organization's programs and services. Through their tireless efforts, Hong Fook Mental Health Association has been able to make a profound difference in the lives of countless individuals and families affected by mental health issues, offering a beacon of hope and support when it's needed most.

It's inspiring to witness the passion and commitment of the team behind the association, who work tirelessly to break down barriers, reduce stigma and provide accessible mental health care to those in need. Their dedication to promoting mental wellness and empowering individuals to lead fulfilling lives is truly commendable and we are honored to be part of a community that values and supports their important work.

As we celebrate the success of this year's gala, we also express our gratitude to everyone who contributed their time, resources and support to make it possible. Together, we can continue to make a meaningful difference in the lives of individuals and families affected by mental health issues, fostering a community of compassion, understanding, and support.

Sincerely,

A handwritten signature in blue ink that reads "Frank Scarpitti".

Frank Scarpitti
Mayor



The Corporation of the City of Markham, Anthony Roman Centre, 101 Town Centre Boulevard, Markham, Ontario L3R 9W3
Tel: 905.475.4872 Fax: 905.479.7775 - fscarpitti@markham.ca www.markham.ca

MESSAGE FROM THE MAYOR OF TORONTO



MESSAGE FROM THE MAYOR

It is my pleasure to extend greetings and a warm welcome to everyone attending the Hong Fook Mental Health Foundation's 2024 Gala.

Best wishes to everyone attending tonight's charity gala in support of Hong Fook Mental Health Association's important work of supporting the mental health of communities across the Greater Toronto Area. Your generous contributions will support programs and services for our city's youth, who are at a higher risk of experiencing poor mental health. Thank you to everyone who is participating in this meaningful initiative.

I would also like to express my gratitude to Hong Fook's staff and volunteers for your dedication and commitment to improving the mental health of our residents through education, financial, newcomer adaptation and research programs over 40 years.

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,

Olivia Chow
Mayor of Toronto

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MESSAGE FROM THE RESOURCE DEVELOPMENT COMMITTEE CO-CHAIRS

Dear guests, volunteers, colleagues and friends,

Welcome to the 2024 Hong Fook Gala dedicated to empowering the next generation of youth mental health in Asian communities. Our Future. Redefined.

Today, Canada is experiencing a mental health crisis: 1 in 5 Canadians suffers from a mental illness. By the time Canadians reach 40, they have a 50% chance of developing a mental illness. Youth between 15 and 24 are more likely to experience mental health challenges than any other age group. As the most severe outcome of mental health problems, youth suicides are on the rise at an alarming rate. The time to act is NOW.

Language and cultural barriers are two significant factors preventing youth from accessing mental health care, especially in immigrant countries like Canada. That is why we must act now to expand culturally competent care in the language with which youth feel comfortable.

As a provincial leader in providing mental health care, Hong Fook Mental Health Association is a fully accredited charitable organization with Exemplary Standing, the highest level of accreditation status awarded by Accreditation Canada. Hong Fook has received the Advancing Minority Mental Health Award from the American Psychiatric Association Foundation. Our organization serves diverse communities in five languages in addition to English. In 2022-2023, 4,050 individuals with mental health needs were served and 8,112 community members were reached out through our service spectrum from “promoting wellness” to “managing illness”.

However, there aren't sufficient resources to respond to this growing need. This year, we are raising funds to establish much needed mental health services targeting youth. We need every dollar we can raise to tackle this unmet need. With your support, we will reduce wait time while serving a greater number of youth who are seeking help from our experienced professionals.

I am so grateful for your generosity and interest in supporting Hong Fook. Together with all of you, I am confident that we will improve mental health for our next generations.

Tonight, let's celebrate hope, inspiration and your generosity. A special shout-out goes to our donors and partners for their continued and unwavering support. Hong Fook Mental Health Foundation also extends a heart-felt thank you to our volunteers, staff and Committee members for their dedication and commitment.

Yours truly,

Fred Zhu
Co-Chair



John Chemilian
Co-Chair



Resource Development Committee Members

Annie Hu	Eugene Johnson	Michael Ma
Ben Chan	Grace Lee	Oraska Tam
Charlotte Liang	Julia Zhang	Peter Lee
Daisy Jia	Justin Hung	Warren Yu
Emily Lee	Karen Cheng	Winnie Gan
		Woon Nam Cheung

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MESSAGE FROM THE FOUNDATION CHAIR

Dear distinguished donors and patrons,

Welcome to the 2024 Hong Fook Gala, where we embark on the journey of "Our Future. Redefined."

Your unwavering support and dedication to the cause of Asian mental health are exemplified through your generous contributions over the past years. As we navigate beyond the global pandemic of COVID-19, its lingering impact on mental well-being persists. Did you know that one in three Canadians is currently grappling with mental health challenges? It's a staggering statistic, with one in five individuals experiencing a mental illness at some point during the year.

At Hong Fook, we are gearing up to serve 4,000 individuals through 35,000 visits this fiscal year. While we are immensely grateful for core government funding, it's your philanthropic spirit that instills hope in us to meet the ever-changing needs of our community. Each heartfelt donation is pivotal in nurturing resilience among more youths, assisting individuals and families facing mental health challenges, and empowering community members dedicated to promoting mental wellness.

Your unwavering commitment fuels our mission – to champion culturally competent care and address our communities' urgent mental health needs. From the depths of our hearts, we extend our sincerest gratitude for standing by us in our pursuit of better mental health for all.

We extend our heartfelt gratitude to our dedicated volunteers, committee members, and staff, whose tireless efforts and passion have led us to another successful year of Gala. Your collective commitment propels our organization's success and inspires us to strive for greater heights.

Thank you once again for joining us tonight.

Michael Ma
Chair, Hong Fook Mental Health Foundation



Hong Fook Mental Health Foundation Board of Directors

Chair: Michael Ma
Vice Chair: Warren Yu
Treasurer: Peter Lee
Secretary: Emily Lee
Directors: Annie Hu, Ben Chan, Ben Leung, Fred Zhu,
John Chemillian, Julia Zhang, Dr. Michael Mak, Dr. Ted Lo

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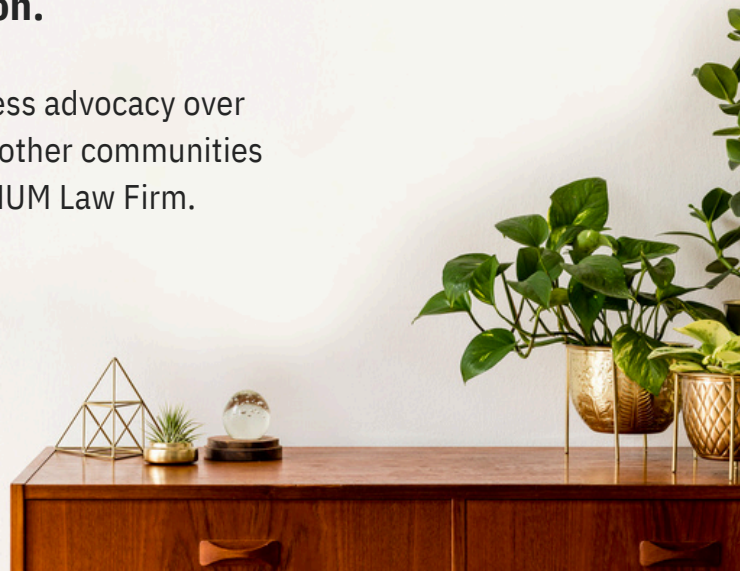
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**The HUM Law Firm is proud to continue its support of
the Hong Fook Mental Health Association.**

We celebrate Hong Fook's achievements and tireless advocacy over the years in their mission to serving the Asian and other communities in the Greater Toronto Area. Thank you, from the HUM Law Firm.

info@thehumlawfirm.ca
thehumlawfirm.ca



MESSAGE FROM THE ASSOCIATION EXECUTIVE DIRECTOR

Dear Friends and Supporters,

Welcome to our annual gala. It is both an honour and a pleasure to gather with you tonight as we come together to champion a cause that is close to our hearts – advancing the mental health and well-being of Asian youth.



Our theme this year is “Our Future. Redefined.” It encapsulates our collective commitment to supporting our community’s young people as they navigate challenges through some of the most critical years leading up to adulthood. It’s also our promise to Asian youth that we will do what we can to support their mental health that will ultimately set them up for the best trajectory into the future possible.

Asian youth today are confronted with a myriad of pressures, from mental health struggles and family conflicts to the pervasive impacts of anti-Asian racism and the burden of the model minority myth. These challenges can profoundly affect their identities and sense of belonging, and oftentimes lead to feeling isolated and hopeless. Yet, through our dedicated programs and clinical services, we strive to offer a place where they can find support, better understanding within their families and the tools to feel right within themselves.

Tonight, your caring and generous support will enable Hong Fook to ensure it has the organizational capacity to anticipate and respond to the growing needs we are witnessing across Asian youth and their families. We are stretching our arms to support our community across the lifespan. With your help, we will enhance our ability to create safe spaces for open dialogue, provide essential mental health support, and foster a sense of community where our youth can thrive.

Together, we can redefine what is possible and build a brighter, more inclusive future for all.

Thank you for being here and for your steadfast support. Enjoy the evening!

With gratitude,

Andrew Chung
Executive Director

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GLLA PROGRAM

Introduction by Masters of Ceremony
Jee-Yun Lee and Aaron Madar

Welcome Speech
Andrew Chung
Executive Director
Hong Fook Mental Health Association

Dinner

Table Prize and Door Prize Draw

Keynote Speech
A Love Letter to My Younger Self
By Karen B. K. Chan

Performance
Three Sounds to Enlightenment
By Jin Zuo and Kemin Zhang

Live Auction
By Jason Kao

Give with an Open Heart
Andrew Chung

Performance
Perfect Night Kpop Dance Show
By Limelight Dance Crew

Silent Auction Closing and Raffle Draw



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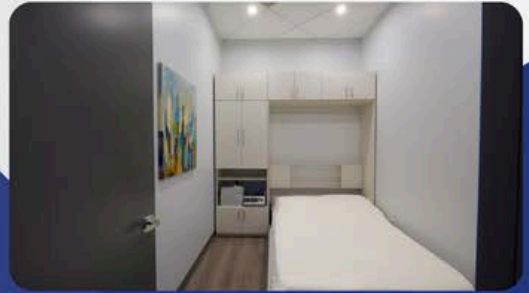
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Dr. Dhun Noria O.ONT

President & Owner

Dr. Noria is a Fellow of the Royal College of Physicians and Surgeons of Canada. Dr. Noria is the Chief of Laboratory Medicine at the Scarborough Hospital. She serves on several hospital boards including UHN Board of Director and the Toronto Police Services Board. She is certified in Health Care Organization and Management by the Canadian Hospital Association.



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MASTERS OF CEREMONY

Jee-Yun Lee



Jee-Yun Lee is an Anchor and Reporter at CP24. Born in South Korea, Lee's family immigrated to Canada when she was a year old. Her first job in journalism was with CTV Saskatchewan. Wearing several hats, she was a videographer, anchor, weather reporter, producer, writer, and line-up editor. In 1997, Lee returned to central Canada working for CHCH TV in Hamilton for five years and subsequently with Citytv in Toronto for eight years. Her beats ranged from health to Queen's Park to consumer stories. She has had fun along the way hosting Citytv New Year's Eve Bash from Nathan Phillips Square from 2002 to 2004. Lee was also the host of THE SPIN for Star Daily.

Outside of work, Lee also works closely with the Korean Canadian Women's Association, focusing on fundraising efforts to provide social and family services to Korean families in Canada. For her support and pride in her Korean heritage, Lee was the proud 2011 recipient of the Korean Canadian Heritage Award in the area of Arts and Entertainment.

Lee is also a part-time actress. She has appeared in several television shows and movies including The Incredible Hulk, Camp Rock with the Jonas Brothers, and Room.

Aaron Madar

Aaron Madar is a Master of Ceremonies, a community leader, and a former political candidate.

Aaron was born in Hong Kong and his family immigrated to Canada when he was 10 years old. Aaron grew up in Toronto but has made his home in Markham for the past 10 years where he lives with his wife and two young children. With a multiracial background, Aaron is fluent in English, Cantonese, and Mandarin.

Throughout his career Aaron has worked in various industries. He is currently a Business Development and Marketing Manager at Forward Signs Inc.

Outside the office, Aaron enjoys giving back to the community and has committed to various nonprofit organizations. He is currently a member of the York Region GRACE Lions Club and was a Past President of the Toronto Trillium Lions Club.



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SPEAKERS AND PERFORMERS

Karen B. K. Chan

BK is an award-winning educator in Toronto, with expertise in emotional literacy, sex education, and equity/inclusion.

Migrating from Hong Kong at ten, BK has been connected to Asian community through both work and play. She has been deeply shaped by Queer Asian Youth (a group that she helped found in Toronto), RAW Taiko (formerly called Raging Asian Women Taiko Drummers), and The Jam (people worldwide working on social change through love). These days, she can be found speaking to dietitians about diversity, writing curricula for transformative justice, or creating sex ed animations for Autistic youth.

24 years ago, BK spoke at Hong Fook's "Families in Transition" conference about how diasporic Asian youth – while well-attended to in academics and safety – were inadvertently anxious, lonely, and longing for connection. This year, BK is excited to share a vision for how we can continue to cultivate the ways we tend to our young. After all, she is a parent to two magical beings, as well as a daughter doing her best.



Limelight Dance Crew

Limelight Dance Crew was formed in 2015 as a Korean Pop Dance club in University of Waterloo. They create K-pop dance videos on YouTube and perform at various events, such as Toronto K-pop Concert, Waterloo Chinese New Year, Toronto Night Markets and so on. They quickly grew popularity in the Kitchener-Waterloo region, attracting all talented dancers from the GTA area. In 2017 and 2021, they won first place of Toronto K-pop World Festival hosted by Korean Consulate and UT Korean Student Association. In 2019, they placed second in Changwon Kpop World Festival hosted in Korea representing Canada. They have also ranked top 10 K-pop cover groups in Canada.

Now based in Toronto, the dancers work even harder to fit dance practices into their busy schedules, and deliver quality dance covers and performances to their audiences. They are passionate and good at what we do. They are a group born to perform under the stage light – Limelight.



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SPEAKERS AND PERFORMERS

Kemin Zhang

Kemin Zhang, the magical musical MC. From captivating audiences with his performances at prestigious venues like Toronto's Granite Club, The Mercedes Benz Arena in Shanghai, to starring in the Chinese production of the off-Broadway award winning "Physics Show", for which he not only co-wrote the script but also wrote lyrics and music for its theme song, this versatile performer's range of artistry knows no bounds. His magic has graced the stages of the prestigious Magic Castle in Hollywood, as well as television screens across China with appearances on CCTV, BTV, Hunan TV, Jiangsu TV to name a few. He has hosted countless events including the West Lake International Magic Convention, We Belong Sustainability Conference, TEDx Beijing conferences, as well as the annual east meets west new year's concert at the Meridian Arts Centre in Toronto Canada.



Zuo Jin

Mr. Jin Zuo is the founder of the Enlightenment school artistic movement, epitomizing his belief in using art to awaken self-awareness and the essence of the cosmos. In addition to serving as the President of the Sino-Canadian Art Association, Mr. Zuo is the Chief Artist of C9 Art Gallery and the Vice President of the China International Collections Association. Among Mr. Zuo's notable work, his 'Colored Vision Debunked' series exhibition became one of the top ten Toronto news events in 2017. His anti-war piece 'Eternal Vision' caught the attention of international art critics at the 2023 New York International Contemporary Art Exhibition.

Jason Yaohsing Kao

Dr. Jason Kao is a renowned cultural worker, art critic, curator, auctioneer, and columnist. He holds a master's degree from McGill University and a doctoral degree from the University of Toronto in Canada. Dr. Kao has received numerous honours for his dedication to public service - including the Canadian Queen Elizabeth II Diamond Jubilee Medal, the Canadian King Charles Coronation Commemorative Medal, and the Canadian Fairchild TV Audience Choice Award for Social Contribution.





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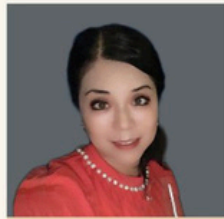


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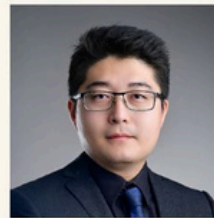
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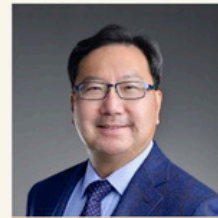
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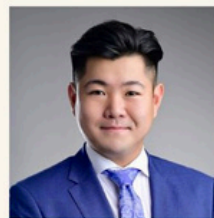
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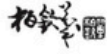
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THANK YOU



Thank you for your support in empowering Asian youth mental health.

As youth, it's common to feel hopeless or overwhelmed sometimes. We inherit the world, and there's much room for improvement. We're acutely aware of the need for progress and support, especially through the challenging and sensitive topics that our Hong Fook teams address.

As youth ambassadors, our greatest hope is for you to leave tonight feeling more informed, curious, and inspired to effect change. Whether in your personal life or on a broader scale, every action you take, regardless of size, matters. We acknowledge and appreciate your efforts. We're in this together!

We hope this evening marks just the beginning of your journey toward creating positive change for the future. Let's envision a world that is more beautiful and joyful for us all. Together, we will make it a reality.

FUNDRAISING AND IMPACT

Since 2020, Hong Fook has been supporting Asian identifying youth aged 12 to 25 with individual counselling by our Registered Social Workers and Registered Psychotherapists. The Brief Counselling Services provide free, immediate, single-session therapy in person and online, for not only newcomer youth but also Canadian-born, second and third generation Asian youth.

The service makes a difference supporting youth isolated during the pandemic, and navigating all of life's challenges in a post-pandemic world.



ADDRESSING IMMEDIATE NEEDS

Top three reasons for seeking our services are:

- anxiety and depression symptoms
- family relationships
- school-related stress



HOLISTIC WELL-BEING

Mental health is interconnected with physical wellbeing.

- 67% of our clients reported sleep issues
- 17% mentioned headaches



AFTER COUNSELLING

- Help-Seeking Behavioural Change:
84% of youth more willing to seeking help for their concerns
- Emotional Intelligence:
74% of youth more aware of their emotions
- Clarity and Insight:
75% of youth had a better understanding of the concerns they came for



"The counselling services have been a source of comfort, stability, and support for me. With all of the distressing events happening in my life, the help I received has allowed my mental health to stay afloat and work towards feeling better. The service gave me a space to truly express myself without judgement, but with acceptance and understanding instead."

A youth service user

"Originally, my son was an active child. During the pandemic, he had to stay home all day. Gradually, he started skipping classes and hardly talking to us. A teacher at school introduced me to Hong Fook's Parent Support Network. Every weekend, they delve into different topics, offering simple yet comprehensive explanations on the mental health challenges teenagers face, along with effective solutions. Hearing about others' positive experiences within the group also filled me with inspiration and hope. Also with the counselling service support, my child now opens the door more often."

A parent

In 2023-2024

214 youth and 62 parents accessed 633 sessions of Brief Counselling Services in Toronto and York Region

258 youth and 65 parents participated in our other prevention, recovery and inter-generational programs for youth and families

Your generous support tonight will reach 600 youth and their families to access our culturally safe programs and services sooner.

Join our shared goal to support our future generation.

CONTACT INFORMATION

SUPPORT US

Our communities thrive because people like you show care through giving. Together, we are accelerating the right care at the right time, and cultivating an equitable opportunity for Asian Canadians to achieve the best possible mental health and well-being. If you are interested in becoming one of our thousands of generous donors, please email foundation@hongfook.ca.



VOLUNTEER WITH US

Our remarkable growth and impact have been closely tied to the enthusiastic efforts of our dedicated volunteers. We always welcome new volunteers joining our work in reducing stigma, promoting mental wellness, and supporting individuals' recovery journey. If you are interested in joining us, please email volunteer@hongfook.ca.



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Stay tuned with our upcoming programs and latest updates in many ways. Sign up for our monthly calendars, seasonal catalogues for youth, and quarterly newsletters. For any inquiries, please email info@hongfook.ca.





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