



JUNE

AUG

2021

**YOUTH AND  
FAMILY SERVICE**

---

**SUMMER  
PROGRAMS**

---

# Table of Contents

1. INTRODUCTION TO HONG FOOK  
YOUTH AND FAMILY SERVICE
2. CONTACT MASTER LIST
3. EXCITING NEW SUMMER PROGRAMS
4. REGULAR PROGRAMS
5. CALENDAR

# 1. INTRODUCTION TO HONG FOOK YOUTH AND FAMILY SERVICE



# Introduction to Hong Fook Youth and Family Service

Hong Fook's Youth and Family Service offers programs and counselling services for East Asian youths ages 12- 29, their family members and caregivers to promote resilience, while providing a safe space to address and support the various challenges the community may face. This year, Hong Fook's Youth and Family Service will be delivering a variety of exciting new summer programs, in addition to our regular programs!

All our programs are developed and delivered under four goals:

1. Enhancing youth emotional and social competency
2. Strengthening families
3. Cultivating leadership, social connectedness and mutual aids
4. Raising mental health awareness and facilitating service navigation

For more details on our counselling services please contact Kennes Lin (section 2) or on our website by scanning the QR code below.  
For more details on our new summer programs and regular programs, refer to section 3 & 4.



5.



# 2. CONTACT MASTER LIST

# Contact Master List

Cherry Cheung  
(Youth Program Worker)  
ccheung@hongfook.ca | (647) 267-5013

Hannah Xu  
(Youth Program Worker)  
hxu@hongfook.ca | (647) 920-9013

Joyce Chiu  
(Youth Program Worker/Intensive Youth Outreach Worker)  
jchiu@hongfook.ca | (647) 281-6031

Kennes Lin  
(Lead, Youth and Family Services)  
klin@hongfook.ca | (647) 619-9030

Moshe Sakal  
(Peer Coach)  
msakal@hongfook.ca | (647) 339-0029

Matthew Pi  
(Intensive Youth Outreach Worker)  
mpi@hongfook.ca

Naomi Wong  
(Youth Program Worker)  
nwong@hongfook.ca | (416) 704-2621

Wilson Ho  
(Youth Outreach Worker/Youth Intake Worker)  
who@hongfook.ca | (647) 534-8493



# 3. EXCITING NEW SUMMER PROGRAMS



# THRIVING AT HOME DURING A PANDEMIC



**Calling on families with Cantonese-speaking caregivers and English-speaking young adults aged 20-29, with Cantonese background wanting to improve their mental wellbeing during COVID-19.**

**Date/Time 日期/時間:**

**Cantonese Parent & Caregiver Group (July 19 to August 16):**

**Mondays and Wednesdays at 7:30pm – 9:30pm**

**English Young Adults Group (July 20 to August 12):**

**Tuesdays and Thursdays at 7:30pm – 9:30pm,**

**1-4 Individual Sessions**

**每週一與週三晚上: 廣東話父母組**

**七月 19, 21, 26, 28, 八月 4, 9, 11 & 16, 2021**

**廣東話父母組 7:30—9:30. (共 8 節);**

**每週二與週四晚上: 青少年組**

**七月 20, 22, 27, 29, 八月 3, 5, 10 & 12, 2021**

**7:30—9:30. (共 8 節), 1到4次青少年個人心理輔導**

**Highly recommended both parents and youth register for the workshop.**

**Where 哪里: Zoom gathering - connect from home! 網絡學習**

**Topics Include 主題包括: Emotion regulation 情緒調整能力, mindfulness 正念練習, experiential avoidance 經驗性迴避, identity and values 個人身份和價值觀**

**Contact and Registration**

**報名查詢, 可致电:**

**Kevin Lai, Mental Health Worker,  
647-205-7059 (English & Cantonese)**

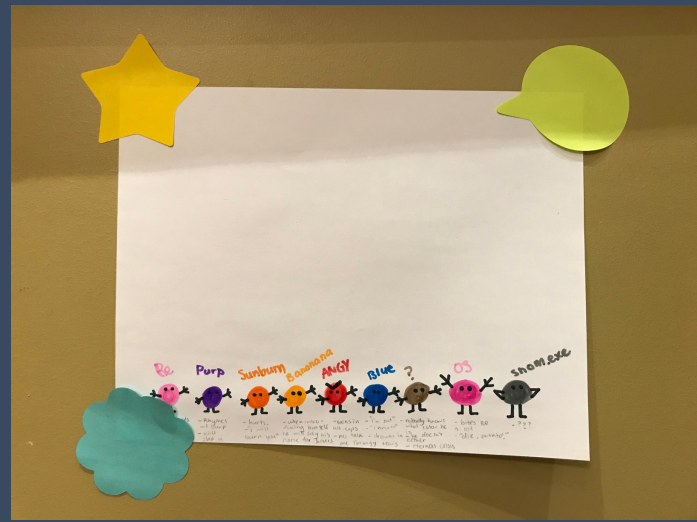




9.

# DIGITAL STORY- TELLING INITIATIVE

Age: 13-17



A 8-session workshop series where East Asian youth will participate in arts-based activities to create a digital video on a topic of their choice. Through group collaboration and critical reflection, youth can redefine and represent their lived experience. For more information or to register, email [jchiu@hongfook.ca](mailto:jchiu@hongfook.ca) or contact Joyce Chiu at (647) 281-6031.

## space to process

This 4-session anti-Asian racism workshop for youth ages 12-18 is held in partnership with the Chinese Canadian National Council – Toronto Chapter (CCNCTO). Led by CCNCTO Youth Facilitators and Hong Fook Youth Program Workers, participants will be learning from peers and discussing topics related to identity and wellbeing. For more information, email [ccheung@hongfook.ca](mailto:ccheung@hongfook.ca) or contact Cherry Cheung at (647) 267-5013.



# CAREGIVER

## MENTAL HEALTH WORKSHOP



This is a virtual 6-sessions Vietnamese speaking psychoeducation and mutual support group for Vietnamese parents of youth age 12 to 25 to discuss coping strategies, emotional regulation, and parenting support. The group is led by a registered social worker.

# BACK TO SCHOOL



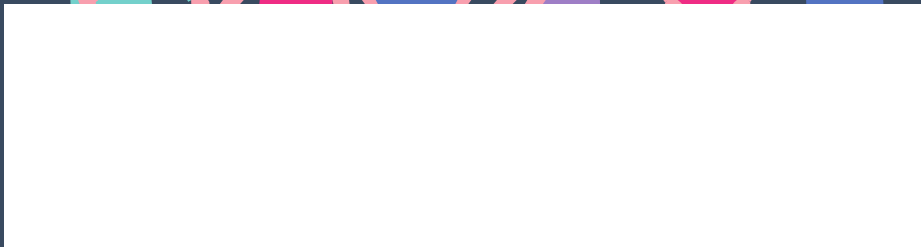
Event announcements/additional details to come.  
To stay up-to-date, email [hxu@hongfook.ca](mailto:hxu@hongfook.ca) or  
contact Hannah Xu at (647) 920-9013.

Ages: 12-18, 19-29





# 4. REGULAR PROGRAMS



Something bothering you?

Need to talk?

Virtual  
WALK  
IN   
Counselling

Free immediate mental health single session counselling

CALL 647-534-8493

OR

[counselling@hongfook.ca](mailto:counselling@hongfook.ca)

TO BOOK YOUR  
VIRTUAL (PHONE & VIDEO)  
COUNSELLING SESSION

Offered in Cantonese, Mandarin, Korean, Vietnamese, Japanese, English  
for Asian identifying young people age 12 to 25



**VIRTUAL**

# **COUNSELLING**

## **How can I have a session?**

Please call 647-534-8493 or email [counselling@hongfook.ca](mailto:counselling@hongfook.ca) for more information or to book your session. We will schedule you in for a 45 – 60 minutes phone or video counselling session. We speak Cantonese, Mandarin and English at intake.

## **How long will I have to wait for a session?**

Your session will be scheduled to happen within 5 business days.

## **What platform will be used for video counselling?**

We use OTN (Ontario Telemedicine Network), a private and secure platform used by many health care practitioners in Ontario to communicate with and care for patients, and connect with peers and specialists. We also use Microsoft Teams.

## **What equipment do I need for video counselling?**

A computer, a webcam, and stable internet. Or, a smartphone or tablet with the download of an App. If possible, set up in a private space you feel comfortable to speak openly in.

## **What can I expect if I choose phone counselling?**

You will receive a call from a Clinician named "No Caller ID" at your scheduled time.

## **What languages will be offered?**

Cantonese, Mandarin, Korean, Vietnamese, Japanese and English

## **Who do you offer services to?**

We offer counselling to Asian youth age 12 to 25 living in Toronto and York Region.

## **What are the qualifications of the Clinician?**

Your Clinician is qualified and trained to provide mental health counselling. Your Clinician is registered with their professional College.

# ONLINE PEER SUPPORT GROUP FOR ENGLISH SPEAKERS

## WHAT IS THE PEER SUPPORT GROUP?

The Peer Support Group for English speakers is a group where peers can connect and share their experiences with one another in a supportive, non-judgmental environment. Participants who attend the peer support groups at Hong Fook have said that participating in the group helps them realize that they are not alone in their mental health recovery and it gives them hope.

*If you attend adult programs or receive case management at Hong Fook and you speak English, please join us! We are happy to have you in the group.*

**NEW MEMBERS WILL NEED TO AGREE TO THE GROUP COMFORT AGREEMENT BEFORE JOINING.**

### **Topics we Talk about in the Group Include:**

- Sharing our mental health experiences.
- Discovering and recognizing our strengths.
- Developing recovery goals.
- Connecting with community resources.
- Exploring and discovering our identity.
- Self-care and improving our mental health.

To Register Contact:  
msakal@hongfook.ca  
Moshe Sakal, Peer Coach



# CHOICES YOUTH PROGRAM



TEN-WEEK PROGRAM AT HONG FOOK

**PROGRAM IS  
FREE!**

**MEET NEW  
PEOPLE!**

**INVITE YOUR  
FRIENDS!**

## REGISTRATIONS

Joyce Chiu

Youth Program Worker

Tel: (647) 281-6031

Email: [jchiu@hongfook.ca](mailto:jchiu@hongfook.ca)

### WHAT IS CHOICES?

Choices Youth Program is a ten-week prevention and early-intervention program that helps youth develop skills to make informed decisions and the confidence to resist risk-taking behaviours. By providing opportunities for open discussion, participants learn positive coping strategies, refusal skills and practice new skills in a safe space.

### WHEN & WHERE

Tuesdays, 4:30-6:00pm

Dates: June 29-August 31

Where: Virtual meetings

### WHO CAN JOIN

Youth ages 12-17

### WEEKLY TOPICS

Communication

Decision making

Goal setting

Alcohol

Coping strategies, mental health, and self care

Relationships

Leadership and confidence

Self respect

Risk taking & social media

# GAME ON!

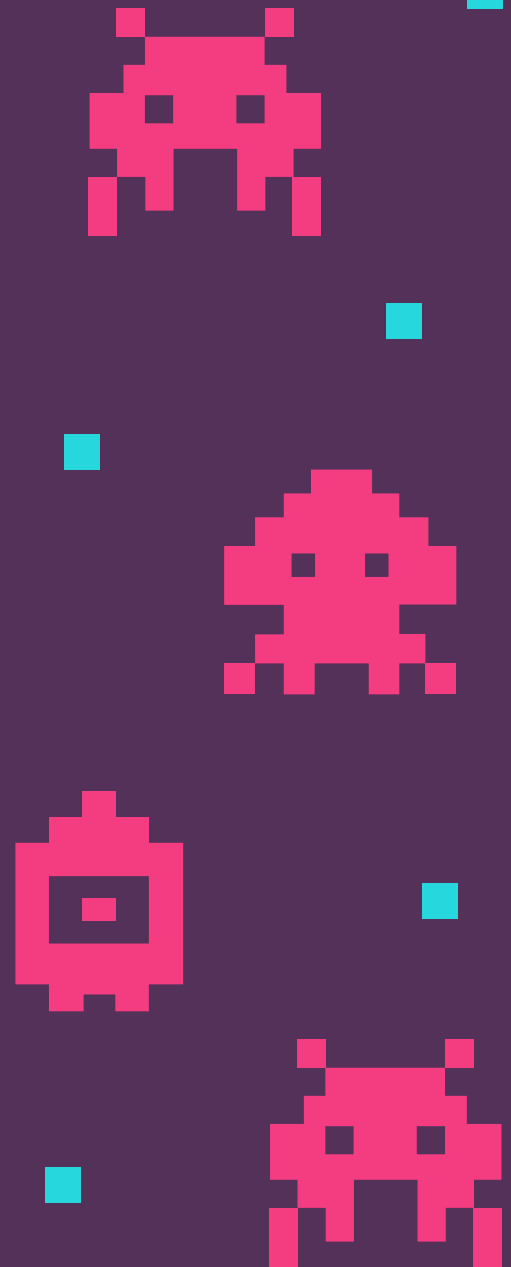
Compete to be the ultimate games master! Join to play games with other youth!

**When:** Every Wednesday until August 25, 2021

**Time:** 5:00-6:00pm

**Where:** Zoom (English and Mandarin channels)

Please contact Naomi to register  
[nwong@hongfook.ca](mailto:nwong@hongfook.ca)





17.

# PARENT SUPPORT NETWORK

A peer network of parents interested in positive parenting, skill-building, leadership, and resource sharing

## If you are a parent who:

- Cares for children/youth aged 11-18
- Lives in York Region
- Wants to gain skills and strategies for parenting
- Needs a safe space to talk
- Wants to support other parents
- Wants to access more community resources

**THEN JOIN HONG FOOK'S PARENT SUPPORT NETWORK!**

## Participants will gain:

- Knowledge about positive parenting
- Practical communication skills
- Safe space to share feelings and experience
- Emotional support from other participants
- Opportunities for leadership and community-building
- Peer support and friendship
- Community resources

**For more information, contact:**

**Hannah Xu**

**Youth Worker**

**Tel: 1-647-920-9013**

**Wechat: HF\_Youthworker**

**E-mail: [hxu@hongfook.ca](mailto:hxu@hongfook.ca)**



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION

  
**York Region**





## DIGITAL STORY-TELLING INITIATIVE

The Digital Story-Telling Initiative is a 8 session workshop series where you will participate in arts-based activities to create a digital video on a topic of your choice. Through group collaboration and critical reflection, you can redefine and represent your lived experience.

### DSI Meeting Days

Monday evenings, 4:30-6:00  
Thursday studio time, 4:30-6:00  
July 5 - July 29

### YAC Meeting Days

Monday evenings, 4:30-6:00  
Thursday studio time, 4:30-6:00  
August 9-September 2

### Virtual meetings on Zoom

Who: youth ages 13 to 17

#### FOR MORE INFO CONTACT:

Joyce Chiu  
Youth Program Worker  
Email: [jchiu@hongfook.ca](mailto:jchiu@hongfook.ca)  
Phone: (648) 281-6031

# Youth Advisory Committee

LEADERSHIP & DIGITAL STORY-TELLING

## ARE YOU AN EAST ASIAN HIGHSCHOOL STUDENT WHO WANTS TO...

- Talk with others about identity, race, and social issues to understand yourself better?
- Use different arts media to tell your story?
- Share your lived experiences and connect with other people?
- Lead initiatives around things you are passionate about?
- Boost your wellness in a group setting?

## YES? THEN COME JOIN THE YAC!

### WHAT YAC MEMBERS DO

#### Leadership Development and Digital Story-Telling

- Lead projects on mental health promotion
- Get mentorship with HF Youth Workers
- Teach workshops to other youth
- Expand their network of youth and professionals
- Get volunteer hours and honoraria for projects
- Participate in Digital Story-Telling Initiative

# HF YOUTH COUNCIL

*A youth-led group to help lead and support Hong Fook's mandate to support youth mental health*

As a Youth Council Member, you will:

- Provide input on HF's priorities and activities to improve youth wellbeing
- Identify specific projects or new initiatives for HF Youth and Family Service
- Provide input and analysis into HF's public awareness, research, and events
- Participate in an evaluation of the youth advisory role in the organization

## *What does a Youth Council Member Do?*

- Dedicates 2-3 hours a month for meetings by videoconference or phone
- Works on Youth Council activities between meetings
- Receives an honorarium for Youth Council participation

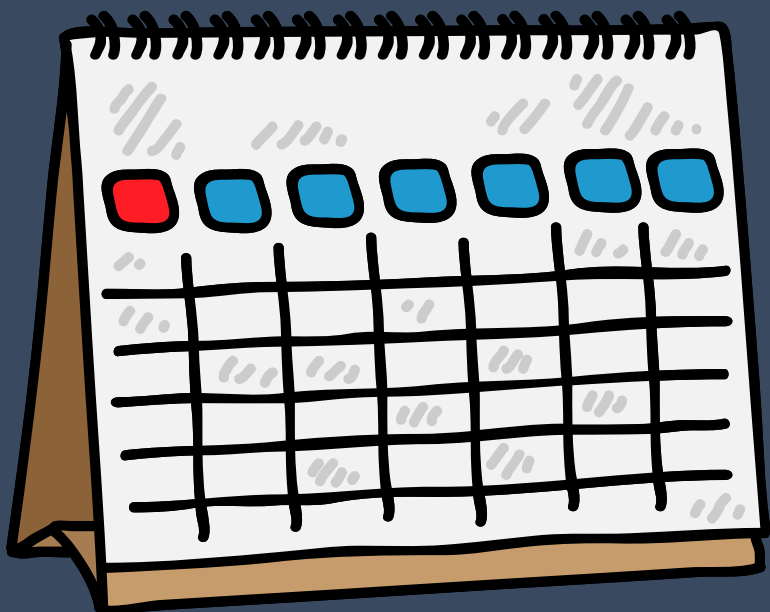
## *Applications*

Applications are open for East Asian youth ages 12-29 from across GTA and will create a Youth Council of 10 members. In this first cycle, Members will be appointed from May 2021 to September 2021

Have questions?



Contact Youth Program Worker, Joyce Chiu  
[jchiu@hongfook.ca](mailto:jchiu@hongfook.ca)



# 5. CALENDAR



# JUNE 28- SEPTEMBER 5TH



June

Mon Tue Wed

**28** ★

**29** ★  
- Choices  
4:30pm-6pm

**30** ★  
- Game On  
5pm-6pm

 : Canada Day  
★ : Brief counselling and YOW Program

July

Mon Tue Wed Thur Fri Sat

**1** 

**2** ★

**3**

**5** ★  
- DSI  
4:30pm-6pm

**6** ★  
- Choices  
4:30pm-6pm

**7** ★  
- Game On  
5pm-6pm

**8** ★  
- DSI  
4:30pm-6pm

**9** ★

**10** ★  
- PSN (Parent Support Network)  
10am-12pm

**12** ★  
- DSI  
4:30pm-6pm

**13** ★  
- Choices  
4:30pm-6pm

**14** ★  
- Game On  
5pm-6pm

**15** ★  
- DSI  
4:30pm-6pm

**16** ★

**17**

**19** ★  
- DSI  
4:30pm-6pm  
- SASP (Parent & Caregiver Group)  
7:30pm-9:30pm

**20** ★  
- Choices  
4:30pm-6pm  
- SASP (Young Adult Group)  
7:30pm-9:30pm

**21** ★  
- Game On  
5pm-6pm  
- SASP (Parent & Caregiver Group)  
7:30pm-9:30pm

**22** ★  
- DSI  
4:30pm-6pm  
- SASP (Young Adult Group)  
7:30pm-9:30pm

**23** ★

**24** ★  
- PSN (Parent Support Network)  
10am-12pm

**26** ★  
- DSI  
4:30pm-6pm  
- SASP (Parent & Caregiver Group)  
7:30pm-9:30pm

**27** ★  
- Choices  
4:30pm-6pm  
- SASP (Young Adult Group)  
7:30pm-9:30pm

**28** ★  
- Game On  
5pm-6pm  
- SASP (Parent & Caregiver Group)  
7:30pm-9:30pm

**29** ★  
- DSI  
4:30pm-6pm  
- SASP (Young Adult Group)  
7:30pm-9:30pm

**30** ★

**31**

# JUNE 28- SEPTEMBER 5TH



*August*

Mon      Tue      Wed      Thur      Fri      Sat

<b>2</b>  HOLIDAY	<b>3</b> ★ - Choices 4:30pm-6pm - SASP (Young Adult Group) 7:30pm-9:30pm	<b>4</b> ★ - Game On 5pm-6pm - SASP (Parent & Caregiver Group) 7:30pm-9:30pm	<b>5</b> ★ - SASP (Young Adult Group) 7:30pm-9:30pm	<b>6</b> ★	<b>7</b>
<b>9</b> ★ - YAC 4:30pm-6pm - SASP (Parent & Caregiver Group) 7:30pm-9:30pm	<b>10</b> ★ - Choices 4:30pm-6pm - SASP (Young Adult Group) 7:30pm-9:30pm	<b>11</b> ★ - Game On 5pm-6pm - SASP (Parent & Caregiver Group) 7:30pm-9:30pm	<b>12</b> ★ - YAC 4:30pm-6pm - SASP (Young Adult Group) 7:30pm-9:30pm	<b>13</b> ★	<b>14</b> - PSN (Parent Support Network) 10am-12pm
<b>16</b> ★ - YAC 4:30pm-6pm - SASP (Parent & Caregiver Group) 7:30pm-9:30pm	<b>17</b> ★ - Choices 4:30pm-6pm	<b>18</b> ★ - Game On 5pm-6pm	<b>19</b> ★ - YAC 4:30pm-6pm	<b>20</b> ★	<b>21</b>
<b>23</b> ★ - YAC 4:30pm-6pm	<b>24</b> ★ - Choices 4:30pm-6pm	<b>25</b> ★ - Game On 5pm-6pm	<b>26</b> ★ - YAC 4:30pm-6pm	<b>27</b> ★	<b>28</b> - PSN (Parent Support Network) 10am-12pm
<b>30</b> ★ - YAC 4:30pm-6pm	<b>31</b> ★ - Choices 4:30pm-6pm	<div style="border: 2px solid cyan; padding: 10px;">  : Civic Holiday    : Brief counselling and YOW Program                 </div>			

*September*

Mon      Tue      Wed      Thur      Fri      Sat

<b>1</b> ★	<b>2</b> ★ - YAC 4:30pm-6pm	<b>3</b> ★	<b>4</b>
------------	-----------------------------------	------------	----------