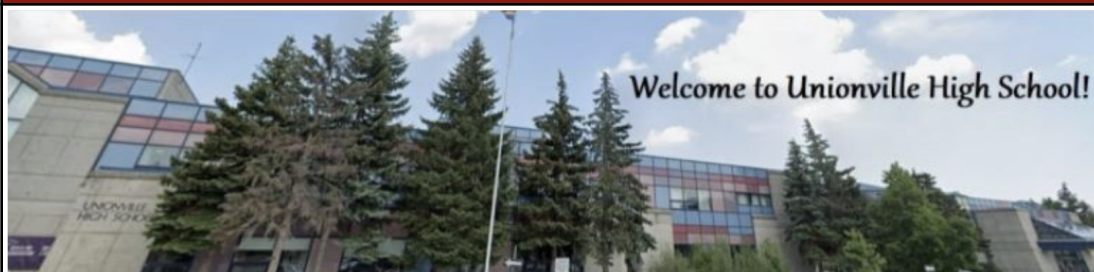




UHS Parent Weekly Bulletin –Vol.35

Friday, May 21, 2021



201 Town Centre Blvd.

Markham, ON
L3R 8G5
(P) 905-479-2787
(F) 905-479-1539

Extensions:

Reception - 431
Attendance - 230
Guidance - 458

Principal

Suelyn Cheong
suelyn.cheong@yrdsb.ca

Vice-Principal

Andrew Gazaneo (A-L)
andrew.gazaneo@yrdsb.ca

Vice-Principal

Patrick Belmonte (M-Z)
patrick.belmonte@yrdsb.ca

Superintendent

Becky Green
becky.green@yrdsb.ca

Board Trustee

Ron Lynn ron.lynn@yrdsb.ca

Email:

unionville.hs@yrdsb.ca

School Website:

[Click here](#)

Tweets

[@UHSupdates](#)

Adaptive Students - Online Schedule

Period 1	8:30 am – 9:45 am
Period 2	9:50 am – 11:05 am
Lunch	11:05 am – 12:25 pm
Period 3	12:25 pm – 1:40 pm
Period 4	1:45 pm – 3:00 pm

24		25		26		27		28	
Victoria Day									
31		1		2		3		4	
						Full Disclosure			

UPCOMING EVENTS

Mon., May 24	<ul style="list-style-type: none"> Victoria Day
Tues., May 25	<ul style="list-style-type: none"> AMS1/2/3/4M - P1 Virtual Guest Artist Jonathan Crow (8:30 AM) AMV1/2/3/4M - P2 Virtual Guest Speaker Marion Newman (9:45 AM) ADD4MM - P2 Virtual Workshop with Lea Tzembelicos (9:50 AM) ADD3MM - P3 Virtual Workshop with Lea Tzembelicos (12:25 PM)
Wed., May 26	
Thurs., May 27	<ul style="list-style-type: none"> ATB2OM/ATB4MM - P1 Virtual Workshop with Brandon Owusu (8:30 AM) ATB10M/ATB3MM- P3 Virtual Workshop with Brandon Owusu (12:25 PM) ADD4MM - P2 Virtual Workshop with Lea Tzembelicos (9:50 AM) ADD3MM - P3 Virtual Workshop with Lea Tzembelicos (12:25 PM)
Fri., May 28	<ul style="list-style-type: none"> ADD4MM - P2 Virtual Workshop with Lea Tzembelicos (9:50 AM) ADD3MM - P3 Virtual Workshop with Lea Tzembelicos (12:25 PM)

Vaccinations for those 12+

Beginning Friday, May 21, 2021 at 8:30 a.m., anyone 12 years of age and older living, working or going to school in York Region is eligible to book an appointment for their COVID-19 vaccination.

[Please click here for more information.](#)

YRDSB 2020-2021 Student and Family Surveys

Student and family input is important to us. The York Region District School Board will be conducting two surveys to collect feedback from students (Grades 7-12) and families (Grades K-12) to understand their experiences of learning during this school year.

Surveys will be available online between **May 26 and June 18, 2021**. All students in Grades 7-12 will be invited to participate in the Student Survey. Families of students in Grades K-12 will be invited to complete the Family Survey. Surveys will take about 15 to 20 minutes to complete.

The surveys will include questions related to remote learning; technology and learning tools; student engagement; safety, discrimination and bullying; mental health and well-being; equity and inclusive learning environments; and family/school communication. We also ask questions about students' identities (e.g., race and gender) in order to understand how learning experiences may differ among groups of students, and to promote a safe and inclusive school climate for all students.

The Family Survey will be available online in English, Arabic, Simplified Chinese, Traditional Chinese, Farsi, Gujarati, Hebrew, Korean, Punjabi, Russian, Tamil, Turkish Urdu, and Vietnamese. To accommodate participants with varying exceptionalities, both the family and student surveys can be completed using voice recognition software such as Google Read & Write. For your reference, a copy of the surveys as well as translated versions of the Family Survey and the information in this post are available on the [YRDSB website](#).

Surveys are **anonymous and confidential**. No information will be collected that has the potential to identify individuals. Surveys are **voluntary** and respondents will have the option to skip any questions they do not want to answer.

Information provided in these surveys will only be accessible by staff in YRDSB's Research and Assessment Services Department. The third party data collection tool we use will also have access to responses until Research and Assessment Services removes them after the surveys are closed. Storage and retention of data will follow [Board Policy and Procedure #160.0 Records and Information Management](#).

Results from the surveys will be used to inform school and Board planning, and to inform programs and strategies that help to ensure safe, inclusive, and respectful school environments that help support student achievement and well-being. Results will be shared with Trustees, schools, Board departments, and the public in Fall, 2021.

Students in Grades 7-12 will receive an email notifying them that a survey will be available. When the survey opens, students will receive an invitation to complete the Student Survey through their GAPPS school account. Parents/guardians will receive an invitation to complete the Family Survey through the email address that is on file at their child's school.

If you do not want your child(ren) in Grades 7-12 to receive the Student Survey invitation, please contact research.services@yrdsb.ca **no later than May 24, 2021**.

This important initiative will help further our vision as we work together to listen to the voices of students and families to continue meeting their diverse needs. Thank you for your support.

Ministry Survey for Grade 12 Students

As per the Ministry of Education, school boards are required to report 2020/2021 board-level data as part of the Student Success Strategy. The Ministry has provided questions to assess how the [Creating Pathways to Success](#)

policy and program is helping students to develop the knowledge and skills they need for effective education and career/life planning.

Students in Grade 8 and 12 are required to complete the exit survey as per Ministry requirements.

All grade 12 students should complete the survey between May 21 and June 11.

Grade 12 students can access the survey through their My Pathway Planner accounts by doing the following:

1. Go to www2.yrdsb.ca.
2. Click on the “[Online Student Tools](#)” button.
3. Click on the “[My Pathway Planner](#)” button.
4. Log into their account using their YRDSB credentials.
5. Click on the “Complete Survey” button in the blue banner on the homepage.
6. Complete the survey questions in the Google Form that opens.

Many thanks for providing your input.

YRDSB seeks Parent, Family and Community Engagement Advisory Committee Members

York Region District School Board is accepting applications for membership on the Board’s [Parent, Family and Community Engagement Advisory Committee \(PEAC\)](#).

Parents/guardians interested in serving as a member of PEAC are asked to submit an electronic application by **June 15, 2021**.

PEAC supports, encourages and enhances parent engagement at the Board level in order to improve student achievement and well-being. It represents the collective voice of parents who have children attending public schools in York Region. Members are expected to attend a minimum of five meetings each year at the Education Centre in Aurora or virtually during the current pandemic. The first meeting date for the new membership is September 23, 2021.

Applications should be submitted using ONE of the methods below:

- submit the [ONLINE Application Form](#) or;
- email leadership.development@yrdsb.ca or;
- call Leadership Development and Engagement at 905-727-0022 ext. 3650.

Information Session

Interested applicants are invited to attend a virtual information session to [learn more](#) about this parent engagement opportunity.

Date and Time	Registration Information
Monday, May 31, 2021 7:30 p.m.	<ul style="list-style-type: none"> Listen only, telephone access: 647-497-9386; access code 148-686-198 Online virtual registration link: https://attendee.gotowebinar.com/register/856753069566720014

More information is available on the YRDSB [website](#).

*York Region District School Board is the third largest school district in Ontario with over **127,000** students in **180** elementary schools and **33** secondary schools. York Region students consistently perform above average in provincial testing and the Board is one of the top achievers in Ontario. For more information about the York Region District School Board, please visit the Board [website](#) and follow YRDSB on [Twitter](#), Instagram, YouTube and LinkedIn.*

For more information contact Corporate.communications@yrdsb.ca.

Valedictorian Election Results

We would like to thank all of our valedictorian nominees for taking the time to share their accomplishments and contributions using our nomination selection process. We are very grateful for their enthusiasm and dedication to UHS. **They are all worthy candidates.**

As a result of yesterday's online vote, **the student elected to be our 2021 valedictorian is Hira Ansari!** We would like to congratulate Hira and look forward to hearing her valedictory speech, which she will make on behalf of the class of 2021 in our Graduation Video.

BFCN Scholarship Application Workshop

Black students and their families are invited to attend another online edition of the BFCN Scholarship Application & Educational Pathways Planning Workshop on Friday, May 28, 2021 from 7 PM - 9 PM. The workshop is offered free of charge as the goal is to share our collective knowledge so that Black students and their families can make informed decisions about post-secondary education. Note that the Scholarship Program Coordinator will also be present to answer any questions.

[Please click here to register.](#)

Recognizing Pride Month's Past, Present and Future

The recognition of Pride Month has roots in the events that occurred in New York City in June of 1969 at the Stonewall Inn. The history of this event is rooted in decades of 2SLGBTQ+ activism responding to police brutality, unjust laws that limited gender expression, and other laws that targeted the 2SLGBTQ+ community. It is important that we remember that many of the leaders of the Stonewall movement were trans women of colour and marginalized youth. The 2SLGBTQ+ community's activism has continued to create supportive environments that benefit all communities. Our YRDSB students often discuss in GSAs (Gender and Sexuality Alliances) how we can create intersectional, inclusive, and welcoming environments for all.

UHS Feed the Need - Week of May 17th

Did you know that first-time food bank use rose by 50% during the state of emergency in York Region? The COVID-19 pandemic continues to increase the number of food insecure households in York Region and around the world. The UHS Feed The Need Initiative is working to respond to the increasing demand for food products from the York Region Food Bank. We would like to thank everyone who has donated so far and made a difference in addressing this crucial issue. However, it's not too late to donate! We encourage all staff, students, and families

to contribute and make a difference. If you wish to make a monetary donation please access the following link: <https://fbvr.ca/uhs/>. After UHS students (or families of UHS students) have donated using the link, they are encouraged to enter the raffle by completing the Google Form for monetary donations below. Please remember that students are eligible to enter if they have donated \$5 or more towards the initiative.

The UHS community can also make a difference by donating non-perishable food items to our FOOD DRIVE. Our food drive logistics group has organized drop off locations where non-perishable food items can be delivered. If you would like to donate non-perishable food for this fundraiser, please visit any of the following that are closest to you.

- No Frills
- Loblaw's
- Real Canadian Superstore
- Food Basics
- Any fire station

Once you are done, complete the Google Form for food items below. For every \$5 worth of non-perishable food items donated, you will be entered to win a \$50 Village Grocer gift card.

Google form link for **monetary donation**:

<https://docs.google.com/forms/d/e/1FAIpQLSdhvuu5nUpkHqI7VsFSeWMIzvyt2APf1qgOIL1HxVrnPZT-JA/viewform>

Google form link for **non-perishable food items**:

https://docs.google.com/forms/d/e/1FAIpQLScxE-0q50XPtSDGA4g0iNJxsnLwxjwzeS0XO_ig40aW2oA2-w/viewform

Please remember that your donations make a difference. They really put a smile on the faces of families and individuals in our community who are going through a rough time because of the pandemic. On behalf of UHS Feed the Need, we thank you very much for participating in this initiative and we hope you have an amazing week ahead.

ARTS UNIONVILLE MUSICIANSHIP ASIAN HERITAGE MONTH PLAYLISTS

The Period Two Senior AU Musicianship class has spent the last while creating a number of projects in celebration of Asian Heritage Month, including a video of songs, instrumental works, stories, poems, presentations and messages of hope and advocacy.

In addition, please find links below to Asian Heritage Month Spotify playlists, curated by Lisa Liu and Rahul Vivekanandan with help from others in the class. There are four in total divided by genre: Pop, R&B, Ballad, and Traditional. Each playlist has 15 songs, except for Traditional which has 25.

POP: <https://open.spotify.com/playlist/1kOla2KVVAmd7AgsKh28M?si=fe25fbe042684863>

R&B: <https://open.spotify.com/playlist/2KHyzQErNho07pAwBPftmR?si=2878f773174344b4>

BALLAD: <https://open.spotify.com/playlist/0Kg1AFHL8ACpEyG76sMG3f?si=36909a6683e34b95>

TRADITIONAL: <https://open.spotify.com/playlist/79cTkz1qwSesNtHZdE0JkW?si=e34a8de132bc4ff1>

Enjoy and thank you for your support!

Trustee Determination and Distribution Study

To prepare for the 2022 Municipal Election, York Region District School Board is undertaking a review of school board trustee electoral areas in what is officially called a Trustee Determination and Distribution Study.

The Board of Trustees is committed to ensuring that, as the region's population changes, electoral areas reflect the communities we serve. To achieve this, the Board has retained the services of a consultant team to conduct a review and prepare recommendations for the Board's consideration on the trustee electoral area boundaries.

Throughout the process there will be a number of ways for you to learn more about the review and to provide input. On behalf of the Board of Trustees, you are invited to participate in an upcoming virtual consultation session with consultants, Ms. Beate Bowron and Dr. Gary Davidson.

You are also welcome to provide input through a [survey](#) that will be available **May 14 - June 18**.

Virtual Consultation Date	Registration Information
Wednesday, May 26, 2021 7:00 p.m.	<ul style="list-style-type: none">• Listen only telephone access: 647-497-9368 and pin # 871-209-738• Registration link for online attendees: https://attendee.gotowebinar.com/register/1294907353152832012

Information on the trustee electoral areas review, including process, timelines, presentations and reports will be available on the Board's [website](#). You will also find upcoming dates of public meetings and the online survey to complete.

Your input is important to the Board of Trustees. We invite you to complete the online survey by **June 18** and attend public meetings as they are scheduled.

Should you have questions about the review process, please email trustee.services@yrdsb.ca.

Chef It Up!

Hey Wolves! The UHS Wellness Council wants YOU to join us in this year's Chef it Up live online event to promote healthy nutrition! We will be making customizable crêpes together on Google Meet, along with hosting trivia games and fun icebreakers. It'll be a MasterChef style competition and you'll have a chance to vote for your favourite crepes at the end! Prizes will be won throughout the event including 2 \$25 Chipotle Gift Cards and a Felix and Norton \$20 gift card or 24 cookie voucher!

We will be providing the recipe ahead of time for participants! Sign up in the google form to spend a fun evening making crepes with us and earning prizes! Registrants will be receiving an email with more information afterward. We're looking forward to learning more about nutritional health with you, but will you 'Chef It Up'? If you have any questions, feel free to visit and message our Instagram page @uhshealthandwellness.

SIGN UP FORM LINK: <https://forms.gle/kGVmPg4ZPWGUu7z79>

FORM DEADLINE: Friday May 28, 2021 @11:59PM

Art From Our Hearts

Hey Wolves! The UHS Wellness Council is hosting this year's wellness arts competition, "Art From Our Hearts," to bring our creativity together and break down the barriers surrounding mental health. The purpose of this competition is to promote artwork that communicates the message of this year's Mental Health Week: Understanding and Expressing Our Emotions. Your artwork can be about this theme, mental health, youth wellness and anything that encourages or relates to wellness!

This is YOUR opportunity to create works of art including videos, songs, poetry, posters, etc. (the possibilities are endless!) and submit them to us for a chance to win a \$50 Chipotle Gift Card and have your work shared publicly

and promoted by Wellness Council for years to come. The winners will be voted on by the student body through an anonymous Google Form to ensure fairness.

Please keep all submissions appropriate and visit our submission google form for more information. If you have any questions or concerns feel free to message the @uhshealthandwellness Instagram account. We're looking forward to seeing all your pieces and the creativity that UHS students have to offer!

Sign Up Form Link: <https://forms.gle/3QXq7stZgnttT4CW7>

Sign Up Form Deadline: FRIDAY, MAY 28, 2021 @11:59 PM

2021 Summer Learning Programs Available

During the month of July, YRDSB continues to offer credit and non-credit summer school program opportunities for elementary, secondary and adult students. Traditional in-class face-to-face summer programs will move to a remote learning delivery model. Registration is now open for the following programs:

Elementary Credit and Non-Credit Programs:

- Elementary Summer School (Grades 6 - 8 non-credit reinforcement)
- Grade 8 Reach Ahead

Secondary Credit Programs:

- Online-Learning
- Remote Learning

Please view the following links for information regarding each model and how to register:

[Secondary Program Flyer](#)

[Summer School Update April 20, 2021](#)

[How to Register](#)

Note to students: **A sign-off form is NOT required.** Disregard this step. Your alpha counsellor will review your registration and will send an email confirmation to your GAPPs account confirming that the course has been approved. If there are any concerns with your summer school selection, you will be contacted directly by your alpha counsellor.

Adult Learning Programs:

- Adult Literacy and Basic Skills
- English as a Second Language
- Citizenship Classes

For more information about summer learning programs and registration please visit www.yrdsb.ca and follow us on Twitter @YRDSB.

Scholarship News

Continue to check the Guidance Moodle for upcoming scholarship information as well as application and eligibility details.

Please note: Scholarship information is intended for graduating students that plan to attend a post secondary institution in 2021-2022.

Upcoming Scholarship Information:

The Scholarship Report (February - May), (PDF located on the Guidance Moodle)

University Listing Scholarships - Fall 2021 Entrance (PDF located on the Guidance Moodle)

College Listing Scholarships - Fall 2021 Entrance (PDF located on the Guidance Moodle)

May 24th, 2021 - Direct application

Jean Lumb Awards - [Jean Lumb Foundation: Jean Lumb Awards](#)

June 1st, 2021:

Canadian Pediatric Stroke and Acquired Brain Injury Survivors Scholarship Application

www.achievingbeyondbraininjury.com

June 18, 2021

Black Education Fund - [Back Education Fund Inaugural Scholarship](#)

Crisis Mental Health Support for Students

For a variety of support services and agencies, please refer to the following list:

- 310-COPE www.yssn.ca: 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7
- www.KidsHelpPhone.ca: 1-800-668-6868, text 686868 - available 24/7
- Mental Health Helpline <https://www.ontario.ca/page/mental-health-services>: 1-866-531-2600 - available 24/7
- York Hills Help Phone Line: 905-503-9561 Monday, Wednesday, Friday 9:30-4:00 pm; for children & youth (0-18 years), parents, caregivers or adult supporters. Visit www.yorkhills.ca for more information.
- Markham Stouffville Hospital www.msh.on.ca: 905-472-7000
- Poison Control www.ontariopoisoncentre.ca: 1-800-268-9017
- Lesbian Gay BI Trans Youth Line www.youthline.ca: 1-888-687-9689
- Trans Lifeline www.translifeline.org: 1-877-330-6366
- Black Youth Helpline www.blackyouth.ca: 1-833-294-8650
- York Region Children's Aid Society www.yorkcas.org: 905-895-2318
- York Region Abuse Program www.centralhealthline.ca: 905-895-3646
- Police-Fire-Ambulance 911



Our mission:

We work with Asian communities (Chinese, Vietnamese, Korean and Cambodian) to keep people mentally healthy and manage mental illness from recovery to wellness, through promotion and prevention, treatment, capacity building and advocacy.

Our services include:

- Case Management (Individual Support)
- Prevention and Promotion Program
- Support within Housing
- Self-Help Program
- Family Support Program
- Asian Community Psychiatric Clinic/ HF Connecting Health Nurse Practitioner-Led Clinic
- Mental Health Training for Settlement Workers
- Volunteer Development
- Youth Outreach Program



LOCATIONS



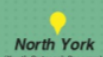
Scarborough

Scarborough Head Office:
3320 Midland Ave., Suite 201
Scarborough, ON M1V 5E6
T: 416.493.4242
F: 416.493.2214



Downtown

Downtown Branch:
130 Dundas St. W., 3rd Floor
Toronto, ON M5G 1C3
T: 416.493.4242
F: 416.595.6332



North York

(Youth Outreach Program)

North York Branch:
1751 Sheppard Ave. E., G/F
North York, ON M2J 0A4
T: 416.493.4242
F: 416.492.0644



Scarborough

HF Connecting Health Nurse Practitioner-Led Clinic
3280 Midland Ave., Unit 22
Scarborough, ON M1V 4W9
T: 416-479-7600
F: 416-479-7601
www.hfchnplc.ca

www.hongfook.ca
info@hongfook.ca

YOUTH OUTREACH PROGRAM



A part of the East Quadrant Team
Funded by the Ministry of Children and Youth Services

www.hongfook.ca
info@hongfook.ca



Who is eligible?

- Youth facing challenges in the areas of social, behavioural, economical, educational, and family relationships
- Aged 12-21 living in North York/ Scarborough
- Chinese background or origin
- Mandarin, Cantonese or English speaking

Goals of the Youth Outreach Program

- Help youth reach their full potential
- Foster youth's involvement in civic participation and contribution
- Link youth to resources and opportunities in the community
- Work with community partners to enhance their capacity to serve youth and their families

A part of the East Quadrant Team
Funded by the Ministry of Children and Youth Services

What does the Youth Outreach Worker do?

LOCATE

- Reach out to youth and their families in the community
- Attend community events, conduct workshops, and support programs in the community

ENGAGE

- Build relationships with youth and their families
- Engage youth and their families to identify their needs, interests and strengths
- Promote skills building and leadership development

CONNECT

- Link and support youth and their families to access community resources
- Build support networks for youth and their families
- Connect with community service providers to remove barriers to access

What resources can the Youth Outreach Worker link you with?

- Employment
- Mental Health/Addictions
- Primary Health
- Parenting/Parental Support
- Arts/Recreation/Sports
- Education/Skills Development
- Housing
- Financial Support
- Legal Services
- Settlement
- Relationship Violence
- Other

CONTACT INFORMATION:

Wilson Ho
Youth Outreach Worker
who@hongfook.ca
647-534-8493



青少年外展服務

我們的信念和使命：

建立一個理解心理健康和接納精神病人的多元文化社區。康福心理健康協會服務亞裔社群（柬埔寨裔、華裔、韓國裔，以及越南裔），透過推廣及預防、治療、培育個人能力和倡導的工作，幫助居民保持身心健康，以及協助精神病人康復者控制疾病，從痊癒達至健康。

我們的服務：

- 個人關顧服務
- 住屋支援
- 自助計劃
- 家屬支援計劃
- 預防及推廣計劃
- 亞裔社區精神科診所
- 安保診所 (NP Health Clinic Scarborough Downtown Toronto)
- 心理健康推廣培訓課程 (對象為社會服務人員)
- 義工發展
- 青少年外展計劃



地址

士嘉堡

士嘉堡總部：

3320 Midland Ave., Suite 201
Scarborough, ON M1V 5E6
T: 416.493.4242
F: 416.493.2214

市中心

市中心支部：

130 Dundas St. W., 3rd Floor
Toronto, ON M5G 1C3
T: 416.493.4242
F: 416.595.6332

北約克

北約克支部：

1751 Sheppard Ave. E., G/F
North York, ON M2J 0A4
T: 416.493.4242
F: 416.492.0644

士嘉堡

安保診所：

3280 Midland Ave., Unit 22
Scarborough, ON M1V 4W9
T: 416-479-7600
F: 416-479-7601
www.hfchnplc.ca

www.hongfook.ca
info@hongfook.ca



由安省兒童及青少年部資助
本服務為多倫多東區青少年外展隊成員之一
www.hongfook.ca
info@hongfook.ca

青少年外展工作人員的工作是什麼

服務對象：

- 面對社交、行為、經濟、教育和家庭關係等挑戰的青少年
- 居住在北約克或士嘉堡
- 12-21 歲華裔文化背景
- 說英語、普通話和粵語

青少年外展服務的目標：

- 幫助青少年充份發揮其潛力
- 培養青少年參與社區，貢獻社會
- 為青少年連接社區資源和機會
- 與社區伙伴合作，提昇社區能力，服務青少年及其家人。

走進社區

通過參與社區活動，舉辦工作坊，並支持社區計劃，從而推廣服務，及早辨識和接觸面對挑戰的青少年及家人。

鼓勵參與

與青少年及其家人建立關係，評估他們的需求，興趣和強項，提倡技能培養和發展領導才能。

連結資源

聯系和鼓勵青少年及其家人與其它社區服務網絡搭橋，運用社區資源和服務，消除使用服務的顧慮和障礙。

青少年外展工作可以幫你找到下面的服務？

- 就業
- 心理健康/癲癇
- 基本醫療保健
- 家庭教育/父母支援服務
- 藝術/娛樂/體育
- 升學/技能發展
- 住房
- 收入支持
- 法律服務
- 安居服務
- 人際關係問題，暴力/虐待
- 其他

聯絡方法

Wilson Ho
青少年外展工作人員
who@hongfook.ca
647-534-8493

Uncomfortable going back to school?

Something bothering you?

Need to talk?

Virtual WALK IN Counselling

Free immediate mental health single session counselling

CALL 647-619-9030

OR

counselling@hongfook.ca

TO BOOK YOUR
VIRTUAL (PHONE & VIDEO)
COUNSELLING SESSION

Offered in Cantonese, Mandarin, English for age 12 to 25

不想在疫情中返学?
最近觉得特别烦?
想找人谈谈吗?

Virtual WALK IN Counselling

免费，即时，一次的
电话或视频心理辅导服务

请致电
647-619-9030
或
counselling@hongfook.ca
免费预约

粤语，普通话，英语

12至25岁

家长领导互助小组

家長領導互助小組

专门设置给对领导力，正面育儿技巧以及社区资源共享感兴趣的家长
專門設置給對領導力，正面育兒技巧以及社區資源共享感興趣的家庭



如果您家里有青少年，而且您：

如果您家裡有青少年，而且您：

- 关心11-18岁的儿童和青少年/關心11-18歲的兒童和青少年
- 住在约克区/住在約克區
- 想要获得更多育儿技巧和策略/想要獲得更多育兒技巧和策略
- 需要一个安全的空间去倾诉/需要一個安全的空間去傾訴
- 希望支持其他的家长/希望支持其他的家長
- 希望获得更多社区资源/希望獲得更多社區資源

那么欢迎加入康福家长领导互助小组！

那麼歡迎加入康福家長領導互助小組！

参与者将会收获

參與者將會收穫

- 关于正面育儿技巧的相关知识
關於正面育兒技巧的相關知識
- 实用的亲子沟通技巧
實用的親子溝通技巧
- 需要一个安全的空间去倾诉
需要一個安全的空間去傾訴

- 其他成员的情感支持
其他成員的情感支持
- 成为家长领袖并支持社区建设的
成為家長領袖並支持社區建設的機會
- 其他家长支持和友情
其他家長支持和友情
- 社区资源
社區資源

了解更多的资讯，请联系 / 了解更多的資訊，請聯繫：

Hannah Xu
Youth Worker
Tel: 1-647-920-9013
Wechat: HF_YouthWorker
E-mail: hxu@hongfook.ca



HONG FOOK
MENTAL HEALTH ASSOCIATION


York Region

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



HONG FOOK
MENTAL HEALTH ASSOCIATION



UNCOMFY CONVOS

ON INSTAGRAM LIVE

How does the model minority impact our day-to-day life?

Why is there so much inter-Asian racism?

WHEN

FRIDAY, MAY 21
SATURDAY, MAY 22

FRIDAY, MAY 28
SATURDAY, MAY 29

WHO

EMMA C.
ZICHEN XU

VINNIE L.
GRAYSON LEE

TIME

8:00PM EST

How are certain types of representation perpetuating stereotypes?

How did we get to this level of anti-Asian racism?

WHERE

@HFYOUTHFAM
INSTAGRAM

#myscriptmyvoice

UNCOMFY CONVOS

ON INSTAGRAM LIVE

WHAT

Anti-Asian racism has been on the rise since the start of the COVID-19 pandemic, but it is not a new issue. It has been around for decades, and it continues to be a part of our day-to-day lives and how we see the world. It can be challenging to understand all aspects of anti-Asian racism, but we aim to continue the conversation with Uncomfy Convos.

Inspired by Emmanuel Acho's YouTube series, each IG live will feature a guest speaker to share honest and candid thoughts about anti-Asian racism, solidarity, recent events, protection and safety, and much more.

#myscriptmyvoice

Finding Adler: Jewish Musicians and China's Classical Music

Presentation for YRDSB Parents, Guardians & Staff

English Presentation: June 16th, 7:00PM - 8:00 PM

Mandarin Presentation: June 17th, 7:00PM - 8:00PM

Registration Form (English): bit.ly/2R8hCOI

Registration Form (Mandarin): bit.ly/3tGR0Se



This presentation highlights connections and bonds between different peoples in times of suffering through acceptance, tolerance, compassion, understanding and giving back. Humanity eventually triumphs.

In the late 1930s, Shanghai was the only major city in the world that didn't require visas or financial guarantees of Jewish refugees. During the peak of influx of refugees, over 20,000 Central European Jews fled Nazi persecution and resettled in Shanghai. One of them was Austrian violinist Ferdinand Adler. Not only did he find a safe haven in Shanghai, but he also established a successful career as the concertmaster of the Shanghai Municipal Orchestra – today's Shanghai Symphony Orchestra. He appreciated the safe haven afforded him, and was willingly giving back to the community that hosted him. Little did he know, several of the orphans he taught later became the backbone of China's National Symphony. Decades later, the son of one of Ferdinand Adler's students embarked on a journey to find out about him.

A CBC documentary has been made about the 'Finding Adler Project. For more information, please feel free to view the online article, "[Finding Adler: The music and mystery of the Jewish refugee who shaped the lives of a Chinese family.](#)"

寻找阿德勒：犹太音寻家和中国古典音寻

英语讲座：六月16日，晚7点到8点

普通话讲座：六月17日，晚7点到8点

寻名表 (英寻): bit.ly/2R8hCOI

寻名表 (中文): bit.ly/3tGR0Se



此次讲座强调人与人之间在苦难时期通过接受，宽容，同情，理解，和回馈而拥有的联系和纽带。人类最终会胜利。

在1930年代末期，上海是世界上唯一不向犹太难民要求签证或经济担保的城市。在难民涌入的高峰期，超过两万名中欧犹太人逃离了纳粹的迫害，并重新定居在了上海。奥地利小提琴家费迪南德·阿德勒就是其中的一名。他不仅在上海找到了庇护所，而且还成功地成为了上海市政管弦乐团（现在的上海交响乐团）的音乐总监。他感恩庇护所提供的安全，也积极地回馈了接纳他的社区。他完全不知道，他教过的几名孤儿之后成为了中国国家交响乐团的骨干。几十年后，他教过的一名学生的儿子踏上了寻找他的旅途。

一部关于寻找阿德勒的CBC纪录片被制作了出来。有关的更多信息，您可以查看这篇线上的报道：
"[Finding Adler: The music and mystery of the Jewish refugee who shaped the lives of a Chinese family.](#)"

Reflecting on Racism & Discrimination



a monthly lecture series

Session 4

**Impact of Systemic
Racism**

Thursday, May 27

7:00pm

**Presented by
Donna Walwyn**

**Attorney at Law and
Chief Executive Officer at
The Fairway Group**

 **Register on Eventbrite**

**Session 5
June 22 @ 7:00 pm**

**The Educational and
Social Costs of Life in the
Suburbs for Black Youth**





Just starting out at University?

MOVING FORWARD is a summer transition program for new students at any level.

This program supports students living with disabilities by:

- helping you navigate academic accommodations
- introducing you to online learning and lectures
- connecting you with a community of peers and Accessibility Services staff

Join us and learn how to prepare for post-secondary learning!

uoft.me/movingforward



Alliance of Educators for Black Students (AEBS) Student & Family Event

When

Thursday, May 27, 2021
6:30 pm - 8:00 pm (EST)

Registration

Please register via bit.ly/3eHpIMB by May 25, 2021.

In a year that has punctuated the impact of anti-Black racism across systems, people of African descent around the world are choosing to resist through JOY.

This is an event that supports Black-Identifying students and their families from YRDSB and the community. We are providing a Black-affirming space for dialogue and community building in a safe forum. We will have specific break-out sessions for adults and students. Having separate devices is recommended.

Special Guests Include:

Tracey Elleston Thomas (YRDSB Identity Specific Social Worker)
Jay Martin (comedian) and Nadia Hohn (storyteller)
YRDSB Student Panelists- Julius Adu, Renee Wint-White

Follow Us On Twitter

[@AEBSyrdsb](https://twitter.com/AEBSyrdsb)

Contact

For additional information please contact aebasca@gmail.com