



UHS Parent Weekly Bulletin –Vol.9

Friday, October 30, 2020



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](#)

Rotation - 4

Oct 27 - Nov 9

In Person

Period 4

8:30-11:00 AM

11:00 - 12:30 PM

Transportation
and Lunch

Synchronous Learning

Period 3

12:30-1:20 PM

Synchronous Learning

Period 1

1:20-2:10

Synchronous Learning

Period 2

2:10—3:00 PM

4A ²	4B ³	4A ⁴	4B ⁵	4A ⁶
4B ⁹	Rotation #5 ¹⁰ (Day 1 T2 Careers/Civics) 1A	11 ¹¹ 1B	12 ¹² 1A	PA DAY ¹³



yung_pueblo

...

essential lessons from 2020:

stand up for what is right
prioritize your mental health
being flexible brings success
your voice makes a difference
do not hide from your emotions
hard moments do not last forever
healing yourself makes life better
pursue your goals no matter what
embracing change eases your mind

yung pueblo

NOVEMBER EVENTS

Monday, November 2	•
Tuesday, November 3	<ul style="list-style-type: none"> • STEM Guest Speaker from IBM (3:15 PM) • Arts Unionville Virtual Information Session (7:00PM)
Wednesday, November 4	• TOKW (12:30-3:30 PM)
Thursday, November 5	• Graduation Items Pick Up
Friday, November 6	• Graduation Items Pick Up
Monday, November 9	<ul style="list-style-type: none"> • Rotation 4 Ends • Graduation Items Pick Up
Tuesday, November 10	<ul style="list-style-type: none"> • Rotation 5 Begins • Semester 1 Term 2 Begins • Civics/Careers Turnaround • Graduation Items Pick Up
Wednesday, November 11	• Graduation Items Pick Up
Thursday, November 12	<ul style="list-style-type: none"> • Grade 8 Information Session • Graduation Items Pick Up
Friday, November 13	• PA Day
Monday, November 16	•
Tuesday, November 17	•
Wednesday, November 18	•
Thursday, November 19	•
Friday, November 20	•
Monday, November 23	•
Tuesday, November 24	•
Wednesday, November 25	• Virtual Graduation Broadcast
Thursday, November 26	• Rotation 5 Ends
Friday, November 27	• Rotation 6 Begins
Monday, November 30	• School Council (7:00pm) ELL Anthology Launch

Arts Unionville Information Night

Arts Unionville information night: Tuesday, November 3, 2020, 7:00pm.

Please register to receive the link:

[Arts Unionville Information Session Registration](#)

Auditions: January 2021

Online Application Opens on Monday, November 9, 2020

Application Deadline: Tuesday, December 1st, 2020 (guaranteed audition).

Please note: Applications will not be accepted after the deadline.



COMING SOON

SECONDARY *Arts* SCHOOL INFORMATION NIGHTS

YRDSB OFFERS REGIONAL ARTS SCHOOLS FOR SECONDARY STUDENTS WHO ARE COMMITTED TO ACHIEVING EXCELLENCE IN THE ARTS

Drama

Music

Dance

Visual art

PLEASE VISIT YOUR REGIONAL ARTS' PAGE FOR MORE INFORMATION ON PROGRAMS, INFORMATION NIGHTS AND HOW TO APPLY



[Alexander Mackenzie HS](#)

Thursday Nov. 5th



[Huron Heights SS](#)

Thursday Nov. 5th



[Unionville HS](#)

Tuesday Nov. 3rd



[Westmount CI](#)

Thursday Nov. 5th

REMINDER applications open November 9th, due December 1st

NEW ITEMS

Take Our Kids to Work Day

"Take Our Kids to Work" (TOKW) is a national initiative that provides grade 9 students with the opportunity to OBSERVE a work environment or ENGAGE in pathways planning for one day. As suggested by the Premier's Highly Skilled Workforce Expert Panel Report, the Take our Kids to Work program will support students to begin planning their future career path by helping them better understand the world of work.

On Wednesday, November 4, 2020, from 12:30 p.m. to 3:30 p.m., grade 9 students will take part in virtual activities (due to COVID restrictions) that will support them with their pathways planning. Grade 9 students, with the support of their parent/guardians, will have the opportunity to participate in one of the following TOKW opportunities:

- For students who wish to arrange for a virtual job shadow placement, we ask that parents/guardians review this [Family Guide](#) with your child. We also ask that the student provide their selected virtual work location with the [Workplace Guide](#); or
- For students who would like to participate in a series of dynamic and engaging "Live Stream" webinars on a variety of Career pathways, please join the Learning Partnership and the Pathways Team, Curriculum and Instructional Services at <http://bit.ly/TOKW2020>. Students will participate in a TOKW Provincial launch, a series of webinars on the Skilled Trades, Innovation and Entrepreneurship, Healthcare and Technology and Finance. For more information, please visit the [YRDSB Take Our Kids to Work Day](#). Students will also engage in reflection activities and learn how to use the Pathways Planner and their IPP.

All grade 9 students will receive an email in their GAPPS account with the required links and the schedule for the day.

Please be advised that permission forms to participate in Take our Kids to Work Day will be sent to your child's GAPPS account. We ask that you review the form with your child and then sign off as per the instructions.

We recognize that you and your child may have questions regarding this information. If it is helpful for you to connect with a staff member from the school, please contact a guidance counsellor or administrator to discuss your questions.

New Mental Health Tool!

The Centre for Addiction and Mental Health (CAMH) has come up with a new phone app that could potentially save lives. The app provides people who experience suicidal thoughts with the tools and resources to help keep them safe. All too often in a crisis, a lot of people find it difficult to ask for help. With this app, all the help you need is at your fingertips and can be personalized just for you! If you or a loved one need more support, check out this website for more information:

https://www.camh.ca/en/camh-news-and-stories/the-camh-hope-app-delivers-on-its-name?utm_campaign=general&utm_medium=email&utm_source=1022_HopeApp

Clubs and USAC

A few virtual clubs have begun meeting. If students are interested in starting a virtual club, they should follow these steps:

1. Find a teacher to be the club advisor.
2. The teacher completes and submits the online application form.
3. All student participants in any club must submit their start-up permission forms that were sent to their gapps account on September 16 or 17.
4. Teachers can submit announcements to promote the club.

The following virtual clubs are currently running. For information on how to join, please email the teacher advisor:

GSA (The UHS Gender and Sexuality Alliance) - sara.faulkner@yrdsb.ca

DECA - Don Pan & Wes Guldemon (closed to new participants)

Computer Club - jei.anandarajan@yrdsb.ca

Student Wellness Council - michelle.farwell@yrdsb.ca

UHS Robotics Team - brian.cho@yrdsb.ca

Regarding USAC, our staff panel has finished reviewing the many applications received and successful candidates will be notified soon.

Pitch In

Founded by two Unionville High School students, *Youth Connect* is a campaign that strives to raise awareness of the importance of youth engagement in the community. The campaign is holding a keynote event, *Pitch In*, where participants can listen to student speakers present their experiences in being young leaders in the community. The speakers are all students from Unionville High School, who are active members of youth-run organizations in Markham, such as the Markham Mayor's Youth Council and the Markham Teen Arts Council. Participants will have the chance to learn about different opportunities for students to get involved in the community, discover the benefits of being an active citizen, and ask student speakers questions regarding youth opportunities in Markham.

Pitch In will be held on November 7, from 4:00 to 4:30 p.m. A Google Meet link to the event will be emailed to participants prior to the event date.

The event is open to both students and parents. Sign up now at bit.ly/pitch_in.



Peer Tutoring Program

BECOMING A PEER TUTOR FOR OTHER STUDENTS:

All students interested in **becoming** a Peer Tutor for the school year of 2020-2021 must submit their application through this link: <https://forms.gle/CrdeBBT9NsHoPB82A>

This application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF file** of the form to print, sign and return to their Alpha Guidance Counsellor via email **OR** dropbox located outside the Guidance Department. Please note: If students are applying to become a Peer Tutor, they will be required to indicate a teacher's name as a reference for that subject.

***** All Peer Tutoring sessions will be held virtually *****

IN NEED OF A PEER TUTOR:

All students **in need of** a Peer Tutor must submit their application through this link: <https://forms.gle/QepjhSTxJ1iTDLCK9>

Please note that this application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF file** of the form to print, sign and return to their Alpha Guidance Counsellor via email **OR** dropbox located outside the Guidance Department.

OUAC Pins

On Thursday October 29, the OUAC (Ontario Universities Application Center) PINs (Personal Identification Numbers) were shared with students via their GAPPS email account. Students requiring assistance or who have any questions regarding the application process are encouraged to contact their alpha counsellor.

Scholarship News

Scholarship News:

Continue to check the Guidance Moodle for upcoming scholarship information and application details, including the Scholarship Report.

Upcoming School sponsored Scholarships (due to Ms. Hawkins stephanie.hawkins@yrdsb.ca by 3pm or in the Guidance drop box outside of our office)

DUE: November 13th, 2020 (school sponsored)

Lester B Pearson Scholarship for International Students

DUE: November 13th, 2020 (school sponsored)

Queen's Chancellor Scholarship

DUE: January 8, 2021 (school sponsored)

Schulich Leaders Scholarship (student must be pursuing Science, Engineering, Technology or Math)

Direct Applications:

TD Bank Community Scholarship - apply directly by November 13th, 2020

<https://www.td.com/ca/en/personal-banking/solutions/student-banking/community-leadership-scholarship-for-canadians/>

Volunteering Opportunities:

Online/virtual opportunities have been added to the Volunteering Google Classroom. Please continue to look for eligible non-profit organization volunteer opportunities to complete your hours.

Graduate Permission

For students who are under 18 and who do NOT wish to have their photo in the graduation video, the parent/guardian is kindly asked to complete the section below and send it to the school via email NO LATER THAN MONDAY, NOVEMBER 9, 2020:

If you **do not consent** to have your child's image presented at Virtual Graduation, please complete and return the following via email (unionville.hs@yrdsb.ca) by **MONDAY, NOVEMBER 9, 2020**.

Name: _____ Student Number: _____

- ☐ I do not consent to have my child's picture in the video.
- ☐ I do approve of a silhouette representing my child's picture in the video. (name will be published)

Students who are 18 years or older and who do NOT wish to have their photo in the graduation video are kindly asked to complete the section below and send it to the school via email NO LATER THAN MONDAY, NOVEMBER 9, 2020:

If you **do not consent** to have your image presented at Virtual Graduation, please complete and return the following via email (unionville.hs@yrdsb.ca) by **MONDAY, NOVEMBER 9, 2020**.

Name: _____ Student Number: _____

- ☐ I do not consent to have my picture in the video.
- ☐ I do approve of a silhouette representing my picture in the video. (name will be published)

Graduation Items Pick-Up

Hello Graduates.

We hope you are staying healthy and enjoying the start of your post-secondary adventure. We have begun preparing a graduation video which is scheduled for release on Wednesday, November 25th. Yesterday, we sent out a consent notice asking graduates to notify us **ONLY IF THEY DO NOT WANT THEIR PHOTOS PRESENTED IN THE VIDEO**.

We are also preparing for the distribution of graduation items (i.e. diploma, certificates, awards, yearbook, and composite) set to run from THURSDAY, NOVEMBER 5 – THURSDAY, NOVEMBER 12. These items can be picked up by the graduate, a parent/guardian/family member, or a sibling at UHS.

Please use the link below to reserve your pick-up date:

[Graduation Items Pick Up Schedule Form](#)

Many thanks for your ongoing cooperation.



FIRST NATION COMMUNITIES IN TURTLE ISLAND: NUCHATLAHT FIRST NATION

"Nuchatlaht is a small community located approximately 3 hours west of Campbell River in a remote portion of Vancouver Island. It is a member of the Nuuchah-nulth Tribal Council which consists of 14 communities along the western portion of Vancouver Island. Nuchatlaht has approximately 20 members living on-reserve and a total membership of 162. The 14 Nuuchah-nulth First Nations are divided into three regions:

Southern Region: Ditidaht, Huu-ay-aht, Hupacasath, Tse-shaht, and Uchucklesaht

Central Region: Ahousaht, Hesquiaht, Tla-o-qui-aht, Toquaht, and Yuu-cluth-aht

Northern Region: Nuchatlaht, Ehattesaht, Kyuquot/Cheklesah, and Mowachat/Muchalaht"

(from <http://www.nuchatlaht.com>)

INDIGENOUS ARTISTS IN TURTLE ISLAND: Kananginak Pootoogook (1935-2010)

"Kananginak had been involved with drawing and printmaking since the late 1950's when the West Baffin Eskimo Co-op first initiated the graphic arts program at Cape Dorset. Kananginak's first print, a collaborative image with his father, Pootoogook, was included in the first catalogued collection of Cape Dorset prints in 1959. His work has been included in all but three annual collections since that time. Kananginak and his siblings grew up in different camp areas on south Baffin Island. Their main camp was Ikerrasak where their father, Pootoogook, was the respected camp leader. Kananginak married Shooyoo from Cape Dorset in the mid-1950's. They lived at Ikerrasak until 1958 when they moved to Cape Dorset because of Pootoogook's failing health.



From the beginning Kananginak had represented Arctic wildlife in his work. He was especially capable at drawing the many species of birds, which frequent the Arctic. In the 2000's he focused on the material culture of the Inuit, producing realistic, narrative drawings of camp and hunting scenes. His work has been produced in several print media – copper engravings, stonecuts, stencils, lithographs and etchings. Kananginak was an accomplished printmaker himself; in the early years he often proofed and editioned his work. Kananginak was a prominent and involved community leader. He was instrumental in the formation of the West Baffin Eskimo Co-operative and served for many years as President of its Board of Directors. He was also a member of the Royal Canadian Academy.

In 1978, the World Wildlife Commission released a limited edition portfolio of works in which four of Kananginak's images were included. His work has been featured in numerous exhibitions in both public institutions and commercial galleries. He was also a notable sculptor.

In 1997, Kananginak was commissioned by the Governor General of Canada, Romeo Leblanc, to construct an Inukshut in Cape Dorset, which was then deconstructed and shipped to Ottawa. Kananginak and his son, Johnny, were then invited to Ottawa to re-assemble the Inukshuk on the grounds of Rideau Hall as part of a tribute to native people in Canada.

Kananginak lived in Cape Dorset with his wife, Shooyoo and their family until his death in 2010. "

(from <http://www.dorsetfinearts.com>)

CALLS TO ACTION (FROM THE TRUTH AND RECONCILIATION REPORT, 2015)

- #9.** We call upon the federal government to prepare and publish annual reports comparing funding for the education of First Nations children on and off reserves, as well as educational and income attainments of Aboriginal peoples in Canada compared with non Aboriginal people.

ONGOING ITEMS

Adult ESL Programs

Please click the following link for more information on adult ESL programs: [Adult Classes Information](#)
Chinese Translation: [Adult Classes Information - Chinese Version](#)

UHS Library Learning Commons

Although the physical library is closed this semester, the UHS library is available online to support student learning.

Many great resources are available on the library's webpage: <http://www.yrdsb.ca/schools/unionville.hs/library/Pages/default.aspx>

This is where students can find the GALE and EBSCO databases, which support research in any subject.

Also, students are invited to join the library's Google Classroom. The enrollment code is sv427pg. The Google Classroom is the best way for students to ask their questions about research and book recommendations. It is also where to find the passwords for the databases.

Finally, remember that e-books can be accessed through the YRDSB's subscription to SORA. Students can find SORA by clicking on "search for a book" on the library's webpage. The link to SORA is at the bottom, in the middle of the page. Students can login with 0 + their student number.

Full Disclosure Deadlines

October 29

Schools distribute OUAC (Ontario Universities Application Centre) PINS (Personal Identification Numbers) electronically to students via GAPPS email.

November 12

Teachers will share mid semester mark updates with students in Grade 11 and 12 courses.

November 12 - 19

Potential graduates applying to an Ontario College or University that are planning to drop a course, and do not wish to have the course mark shared with OUAC/OCAS are advised to connect with their Guidance Counsellor.

November 20

School to submit Semester 1 midterm and/or final marks (for quadmester courses) to OUAC and OCAS

December 16

This is the full disclosure date which is the final day that a student, in a grade 11 or 12 course, may drop a course in order that it not be recorded on the Ontario Student Transcript.

Grad Google Classroom 2020-2021

Grade 12 potential grads have been asked to join the Grad Google classroom. Information regarding graduation information, post-secondary programs, scholarships/bursaries and much much more will be posted here.

Classroom code: **fdae3qe**

Guidance Moodle:

Students can join the Guidance moodle to learn about scholarships, bursaries and other enrichment opportunities.

Please visit: <https://moodle2.yrdsb.ca/login/index.php>

Search: UHS Guidance

Username: UHS student number

Password: UHS login

Requesting copies of transcripts and other documents from the Guidance department

Students, parents and guardians requesting hard copies of transcript documents, etc. must email the Guidance secretary, Ms. Simtikidis (nellie.simtikidis@yrdsb.ca) first. Ms. Simtikidis will schedule a time with the student as to when the documents can be picked up.

Guidance Appointment Booking

Although Guidance counsellors are not seeing students in person, students and parent/guardians can still speak to a counsellor by booking an appointment with the student's alpha counsellor through Teach Assist (<https://ta.yrdsb.ca/yrdsb/>).

We ask that once the appointment is booked, please email the counsellor indicating whether the student would prefer a phone appointment (provide a phone number where the student can be reached) or a google meet appointment (the counsellor will email the google meet code prior to the appointment).

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): Stephanie.hawkins@yrdsb.ca

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

You can also contact Ms. Simtikidis, the Guidance secretary if you are having any difficulty with appointment bookings or have general questions.

Ms. Simtikidis: nellie.simtikidis@yrdsb.ca

Health Care Plans

Dear families,

Supporting your child's health and well-being is our priority. If your child has a medical condition, please complete the applicable form(s) below and submit them electronically to priscilla.chan@yrdsb.ca. Also, if your child carries an epi-pen or inhaler, we would like to reserve a second one in our main office (Note: Please check the expiry date). Once we receive your child's health care plan, your child will be notified to supply us with a second epi-pen or inhaler in case of emergency. If you would prefer a hard copy of one or more of these forms, please let us know. Any questions regarding health care plans can be sent to patrick.belmonte@yrdsb.ca. Thank you for providing us with this important information in a timely manner.

[Anaphylaxis Health Care Plan](#)

[Asthma Health Care Plan](#)

[Diabetes Health Care Plan](#)

[Epilepsy Seizure Disorder Health Care Plan](#)

[Health Care Plan \(Other\)](#)

[Staff Administration of Medication](#)

[Self Administration of Medication](#)

Memory As Legacy Series: Holocaust Education

Please click the links below for more information on Memory As Legacy Series:

[Memory As Legacy Series Flyer](#)

[How to Register](#)

Mental Health Resources

To find out how to support your child's mental health during COVID-19 and the return to school please click the link below:

[Mental Health Resources](#)

Start Up and Verification Forms

On September 16th and 17th, families were emailed the **School Start-Up Package**. This package contains mandatory forms for both parents/guardians and students that must be submitted electronically. To help ensure security and privacy, we cannot provide the Start-Up Package link in this email. However, if you, as a parent/guardian (via personal contact email) or student (via gapps email) did not receive this electronic package from YRDSB, please email the main office at UHS (Unionville.hs@yrdsb.ca) so that we can personally send you the link. Parents/guardians and students who have already received this package via email should submit the necessary forms as soon as possible.

We have also distributed our **student registration verification forms**. Please check these forms at home to ensure all information is accurate. Please make changes on the form itself. All forms are due back to the school, with or without

School Entry & Dismissal

Classrooms will be opened 15 minutes before the first bell. Students will be allowed entry to the building as of **8:15 a.m.** Students may enter through one of four entry points below in a single file fashion while maintaining social distance:

1. Town Centre Blvd. (main entrance)
2. Warden (Cafeteria)
3. Caretaking (Music)
4. Small Gym/Tech Wing

All students must be wearing a mask and sanitize their hands as they enter. Doors at all four entry points will be locked at 8:45 am. Students who arrive before 8:45 am should proceed directly to class. **Students who arrive after 8:45 am must enter from Town Centre Blvd. only and report to the office prior to going to class.** Parents/guardians cannot enter the building unless they have a pre-arranged appointment that has been approved by the principal.

Students are expected to leave the school and school property after their last scheduled class is completed at 11:00 am. Students may not socialize in corridors or the cafeteria and must leave the school directly. Students are expected to continue wearing a face covering until they leave school property. All students must sanitize their hands as they exit. Students can exit at one of five exit points:

1. Town Centre Blvd. (main entrance)
2. Warden (Cafeteria)
3. Caretaking (Music)
4. Small Gym/Tech Wing
5. New wing (stairwell 13)

Please note that dismissal will be staggered by grade beginning at 10:50 in order to prevent crowding.

10:50 am - grade 9

10:53 am - grade 10

10:56 am - grade 11

11:00 am - grade 12

Parking

Please be aware that the school driveway is very busy in the mornings between 8:00 and 8:30 am. Do not stop your car in the "No Idle Cars" zone. This is also a **Fire Route**. Cars left idling may be ticketed. As well, parking passes are required for all cars. Cars that do not have a parking pass will be ticketed by the City of Markham.

Protecting Yourself During COVID-19

You can protect yourself and others from COVID-19 by observing the following measures:

- Stay at home if you are not feeling well—even if your symptoms are only mild
- Practice physical distancing keeping 2-metres from others outside of your household members
- Wash your hands thoroughly and often
- Practice good respiratory etiquette
- Avoid touching your face with unwashed hands
- Wear a face mask or covering when inside public spaces and when physical distancing cannot be maintained
- Clean high-touch surfaces often
- Download the COVID-Alert app
- Avoid travel

It is also important to keep your body healthy and strong by getting lots of sleep, eating nutritious food, drinking plenty of water, exercising and spending time on self-care.

[To find out more, click here.](#)

Virtual School

Virtual Secondary School contact information:

Phone: 905-900-1163 or 647-749-4328

Email: secondary.VS@yrdsb.ca School

Website: <http://yrdsbsvs.yrdsb.ca/>

Any concerns or inquiries regarding Virtual School should be directed to the administration team at Virtual School:

Principal: Maria Maiato

Vice-Principals:

North: Pamala Agawa

Central: Patrick McQuade

East: Tanya-Lynn Paul

West: Hubert Brard

Virtual School Transfers

Dear Secondary Families,

On September 3, we sent communication to all families informing you that our schools have confirmed spaces in the virtual schools and home schools for all students.

Our Secondary Virtual School (SVS) has developed timetables for over 8,000 students. And over the past two weeks, we have finalized this process for all students who selected the SVS through the Reopening Registration Form.

As we indicated previously, no further transfers between the different models would occur until the end of Semester 1 (January 29, 2021). We appreciate this may be disappointing for some families, however, we've based our reopening strategy on a balance of health and safety, as well as teaching and learning benefits. We are making every effort to ensure that each learning model YRDSB students will participate in this year will be both safe and engaging.

Later this month, all families will be notified about how to access the second semester Secondary School Model Transfer process. The transfer process provides all families the opportunity to request a change. Only families/students requesting a change in their current school model will need to complete this process. Semester 2 will begin on February 3, 2021. Students changing models will continue to be supported through the process by their home school Guidance departments. This will be the only opportunity to transfer between models for Semester 2.

Korean Heritage Month in Ontario (Bill 123, Korean Heritage Month Act, 2017)

Ontario is home to about 80,000 Korean Canadians. Koreans started to migrate to Ontario after the devastating Second World War (1939-1945) and Korean War (1950-1953), both of which heavily affected the Korean peninsula.

Korean Canadians have made important contributions to the economic, political, social and cultural fabric of Ontario's society. Having a Korean Heritage Month will provide an opportunity to remember, celebrate and educate future generations about the outstanding achievements and contributions of Korean Canadians in the province of Ontario.

October is a historically significant month for the Korean Canadian community. On October 3, the Korean people celebrate National Foundation Day. National Foundation Day celebrates the legendary formation of the first Korean state of Gojoseon. It is widely seen by the Korean people as the creation and foundation of the modern Korean state.

Volunteer Hours

We hope this correspondence finds you and your family well.

For the 2020-2021 school year, the Ministry of Education has revised the 40-hour community involvement graduation requirement by providing increased flexibility in how hours can be earned for all students, so that they will not be adversely impacted by the ongoing challenges related to COVID-19.

Students are encouraged to continue working on completing their community involvement hours. Community involvement opportunities can be completed in person and virtually.

To ensure their activity is eligible, students are asked to receive approval for their activity from their alpha counsellor prior to completing their hours.

Students can still pick up community involvement tracking forms outside the Guidance office or can obtain a digital form. Completed forms can be submitted in one of two ways: making arrangements to drop off the form to the Guidance office (contact Ms. Simtikidis), or by scanning or taking a picture of the complete form and sending it to the student's alpha counsellor:

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): stephanie.hawkins@yrdsb.ca

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

Ms. Simtikidis (Guidance Secretary): nellie.simtikidis@yrdsb.ca

To learn more about volunteer opportunities, students are encouraged to join the google classroom (Code: **gsrz264**).

Additional information can be found here: <http://www.yrdsb.ca/Programs/Guidance/CommunityInvolvement/Pages/default.aspx>

Virtual Opportunities

<p>Youth Assisting Youth</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=582285</p> <p>More info https://youthassistingyouth.com/</p>
<p>Virtual Program Assistant Volunteer (be able to speak Tamil)</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617184</p> <p>www.splc.ca</p>
<p>Virtual Community Outreach Volunteer</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617916</p>
<p>The Corporation of Roy Thomson Hall and Massey Hall</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617779</p>
<p>Call and Response Youth Volunteer</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=518178</p>
<p>Bengali Information & Employment Services</p>	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=611529</p>
<p>Letter and Smiles (letters to the elderly)</p> 	<p>https://lettersandsmiles.wixsite.com/mysite/letter-to-elderly</p>
	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=616848</p>

Community Involvement Hours

For the 2020-2021 school year, the Ministry of Education is revising the 40-hour community involvement graduation requirement by providing increased flexibility in how hours can be earned for all students, so that they will not be adversely impacted by the ongoing challenges related to COVID-19.

Students Graduating in the 2020-2021 School Year:

The community involvement graduation requirement will be reduced to a minimum of **20 hours** of community involvement activities. This recognizes that graduating students have had barriers to earning their community involvement hours last school year and there may be continued barriers this school year.

All Secondary Students in the 2020-2021 School Year:

The following opportunities will be considered eligible for the school year;

- At the principal's discretion, schools may waive the restrictions that do not allow students to earn hours:
 - ◊ During the time allotted for the instructional program on a school day; or
 - ◊ For duties normally performed in the home (e.g., walking a younger child to and from school, helping younger siblings with school work).
- Students aged 14 years and older can count up to a maximum of 10 hours from paid employment towards their earned hours at the discretion of the principal.
 - ◊ Students counting paid employment towards their graduation requirement will be required to complete a reflection exercise indicating how their work contributed to the service for others.

Students should continue to seek out and accumulate community involvement hours in accordance with school board policies and procedures, keeping in mind local public health unit recommendations.

See the following page for virtual opportunities.

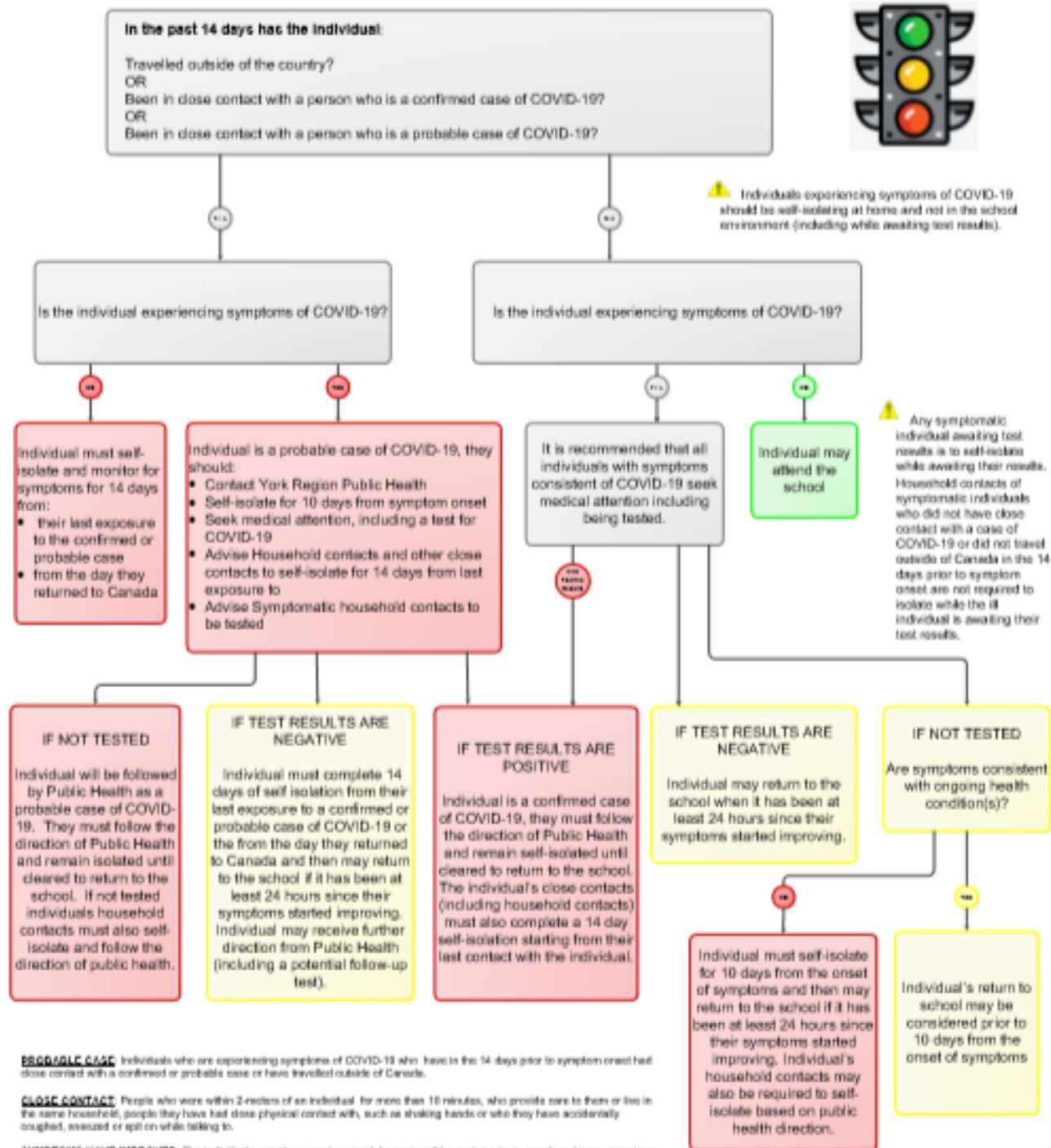
Please be advised that it is the responsibility of the student and parent/guardian to assess the volunteer opportunity to ensure the safety of the student even when the opportunity is promoted by the school.

We recognize that you and your child may have questions regarding this information. If it is helpful for you to connect with a staff member from the school, please contact a teacher, guidance counsellor or administrator to discuss your questions.

PREVENTING COVID-19 EXPOSURES IN THE SCHOOL

GUIDANCE REGARDING STAFF/VISITORS

Making sure adults who may be carrying the virus do not enter the school.



PROBABLE CASE Individuals who are experiencing symptoms of COVID-19 who have in the 14 days prior to symptom onset had close contact with a confirmed or probable case or have travelled outside of Canada.

CLOSE CONTACT People who were within 2-meters of an individual for more than 15 minutes, who provide care to them or live in the same household, people they have had close physical contact with, such as shaking hands or who they have accidentally coughed, sneezed or spit on while talking to.

SYMPTOMS HAVE IMPROVED The individual's symptoms are improved, however mild symptoms (e.g., cough and runny nose) are known to persist. Individual must be free of fever for at least 24 hrs and not experiencing any new or worsening symptoms.

COVID-19 school and child care screening tool

Version 2: October 1, 2020

Children must screen for COVID-19 every day before going to school or child care.
Parents can fill this out on behalf of a child.

Screening Questions (place an "X" in the appropriate column)

1. Does your child have any of the following **new or worsening** symptoms? Symptoms should not be chronic or related to other known causes or conditions.






Fever and/or chills (temperature of 37.8°C/100.0°F or greater)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Cough (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) Not related to other known causes or conditions (e.g., asthma, reactive airway)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze that is worse than usual if chronically short of breath) Not related to other known causes or conditions (e.g., asthma)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Decrease or loss of smell or taste (new olfactory or taste disorder) Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)	<input type="checkbox"/> Yes	<input type="checkbox"/> No

2. Does your child have any of the following **new or worsening** symptoms? Symptoms should not be chronic or related to other known causes or conditions.

Sore throat (painful swallowing or difficulty swallowing) Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Stuffy nose and/or runny nose (nasal congestion and/or rhinorrhea) Not related to other known causes or conditions (e.g., seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Headache that is new and persistent, unusual, unexplained, or long-lasting Not related to other known causes or conditions (e.g., tension-type headaches, chronic migraines)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions (e.g., transient vomiting due to anxiety in children, chronic vestibular dysfunction, irritable bowel syndrome, inflammatory bowel disease, side effect of medication)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Fatigue, lethargy, muscle aches or malaise (general feeling of being unwell, lack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained Not related to other known causes or conditions (e.g., depression, insomnia, thyroid dysfunction, anemia)	<input type="checkbox"/> Yes	<input type="checkbox"/> No

3. Has your child travelled outside of Canada in the past 14 days?
☐ Yes ☐ No
4. Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by your local public health unit (or from the COVID Alert app if they have their own phone)?
☐ Yes ☐ No
5. Has your child been directed by a health care provider including public health official to isolate?
☐ Yes ☐ No

Results of Screening Questions

-  If you answered "YES" to any of the symptoms included under question 1:
- Your child should stay home to isolate immediately.
 - Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.
-  If you answered "YES" to only one of the symptoms included under question 2:
- Your child should stay home for 24 hours from when the symptom started.
 - If the symptom is improving, your child may return to school/child care when they feel well enough to do so. A negative COVID-19 test is not required to return.
 - If the symptom persists or worsens, contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.
-  If you answered "YES" to two or more of the symptoms included under question 2:
- Your child should stay home to isolate immediately.
 - Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.
-  If you answered "YES" to question 3, 4 or 5:
- Your child should stay home to isolate immediately and follow the advice of public health.
 - If your child develops symptoms, you should contact your local public health unit or your child's health care provider for further advice.
-  If you answered "NO" to all the questions, your child may go to school.

Public Health Ontario - Contact Tracing

Answering these questions is optional. This information will only be used by Public Health officials for contact tracing. All information will be deleted in 28 days.

Date: _____

Name: _____

Phone or Email: _____

A Time Together

While we're keeping physical distancing in the current situation, let's get together to play badminton and table tennis!



Date: Sep 10 - Dec 17, 2020
Thursdays
Time: 3:30 - 5:30pm
Age: 14 - 22

Fee: FREE
ONLINE REGISTRATION REQUIRED
Registration:
<https://105gibson.com/online-registration>
Participants bring your own gears

Youth Success Initiatives



DATE: Sep 19 - Dec 12, 2020 Saturdays
Time: 10:00 am - 11:30 am
Grade: 9 - 12
Location: Online
Registration: www.105gibson.com/online-registration

Youth Success Initiatives offers **FREE** tutoring on Math, Science and ESL for **HIGH SCHOOL STUDENTS**. Register online!



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com



Get hands-on and transform "trash" like plastic bags or an old shirt, into treasure!

ONE'S TREASURE

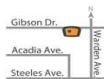
An online workshop on repurposing used items into something fun and functional

Term 1: Sept 12 - Oct 3, 2020 Saturdays
Term 2: Oct 31 - Nov 21, 2020 Saturdays
Time: 2-4pm
Age: 14+
Fee: \$10 per 4 week term

Registration: www.105gibson.com/online-registration



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com



LET'S HIKE

This program is for young people to go hiking together: appreciate the nature, strengthen our bodies and have fun with friends!



TERM 1 Sep 12 - Oct 3, 2020 Saturdays

TERM 2 Oct 17 - Nov 7, 2020 Saturdays

Time: 9am - 12pm

Age: 14 - 25

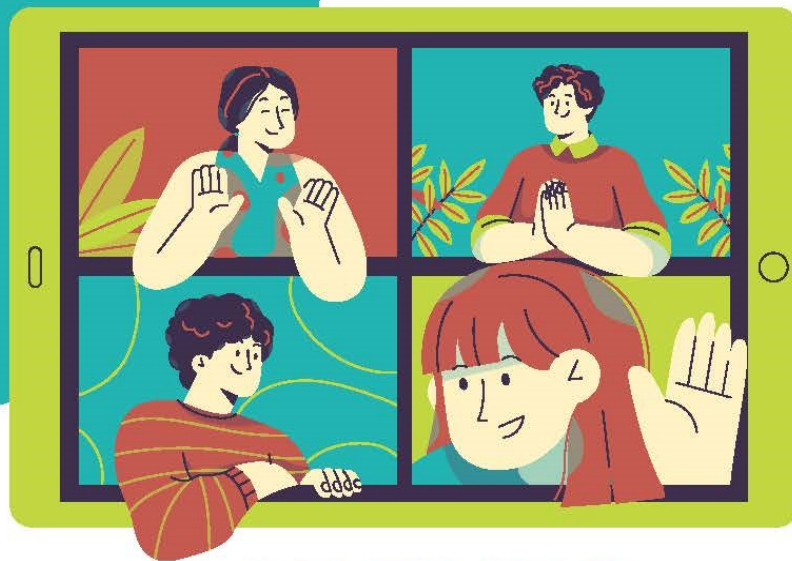
Fee: Free

Registration: <https://105gibson.com/online-registration>



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com





MOBYSS VIRTUAL CLINIC

**Even though the MOBYSS Bus is off the road for now,
the team is still here for you.**

**Attend the Virtual Clinic to access free medical and
counselling services in a confidential, virtual setting.**

When? Thursdays 1:30 PM to 4 P.M. from October to December

(No clinics: Oct. 22, Nov. 19 and Dec. 24)

Who? Anyone between the ages of 12 and 25, living in York Region and South Simcoe

What? Free, confidential counselling and medical services

NO HEALTH CARD NEEDED

To Attend:

<https://cmha-yr.zoom.us/j/95439191653>

Meeting ID = 954 3919 1653

Password = 425127 (not always required)

For More Information:

289-879-2376

mobyss@cmha-yr.on.ca



Canadian Mental
Health Association
York and South Simcoe
Mental health for all





WE ARE HERE FOR YOU!

At York Hills we know the impact COVID-19 has had on children, youth and families. We are aware of the effects this has had on the mental well-being of children and youth in our community and that families are looking for help.

We are the largest children's mental health agency in York Region and have been working hard to respond to the needs of our community. We have assessed our resources and have aligned our resources to meet the changing needs of our community.

What does this mean?

Increased Brief Programming – 3-6 sessions, with a focus on strengths, resources and solutions for children, youth and families.

Here to Help Line – quick access, single session therapy, Mondays, Wednesdays and Fridays from 9:30 to 4:00.

New CBT Counselling Program – evidence based programming designed to address anxiety, depression and behavior, coming soon!

Increased parent/caregiver groups with a unique emphasis on relationships and emotions.

Ongoing webinars – for parents and caregivers that aim to support the community in York Region.

Online therapeutic groups – for children and youth.

We remain committed to offering our full range of services and maintain a high standard of quality of care, which includes; Play Therapy Programming, longer term therapy, DBT programming, intensive quick access service, day treatment and Live in Treatment programming, ADR and specialized consultation and assessment.

General Inquiries
905-503-9560

Email
yorkhills@yorkhills.ca

Here to Help Line
905-503-9561

Has your child been feeling anxious?

Have you noticed a change in their behaviour?

Not sure how to manage their emotions?

We can help.

Kids can't wait.

Call us to learn about how we can help you make sure their mental health is the best it can be.



☎ 905-503-9560

www.yorkhills.ca

We're here for you!


york hills
Centre for Children, Youth and Families

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

Tuesday

November 10, 2020

6:30 PM — 8:30 PM

Zoom Webinar

UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION

(Uma Bhatt - Community Outreach Worker)

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

Tuesday

November 17, 2020

6:30 PM — 8:30 PM

Zoom Webinar

POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

(Larisa Levalds - Child and Family Therapist, Cindy Inacio - 0-6 Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Thursday

November 19, 2020

1:00 PM — 3:00 PM

Zoom Webinar

SIBLING RIVALRY TO SIBLING RELATIONSHIP (Uma Bhatt - Community Outreach Worker)

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

Tuesday

November 24, 2020

6:30 PM — 8:30 PM

Zoom Webinar



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

PARENTING DURING CHALLENGING TIMES (Nathalie Gonsalves - Community Outreach Worker)

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion.

Thursday
November 26, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER (Neil Walker - Compass Manager)

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

Wednesday
December 2, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS (Angie Chan and Vanessa Suarez - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Monday
December 7, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Visit our [website](#) for new events, webinars and information!

FOLLOW us on Facebook, Instagram, Twitter and Eventbrite for the latest!



eventbrite





GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an
LGBTQ positive
space

PLEASE CALL TO CONFIRM START DATES AS
THEY ARE SUBJECT TO CHANGE DUE TO
INSUFFICIENT REGISTRATION

PARENTING

Triple P 0-12 (parents of children 0-11) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

English	Date: 8 Thursdays, October 22 to December 10, 2020	Time: 6:30 - 8:00 pm
Farsi	Date: 8 Wednesdays Winter 2021 TBD	Time: 5:30 - 7:00 pm
Cantonese	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 7:30 - 9:00 pm
Mandarin	Date: 8 Sundays October 25 to December 13, 2020	Time: 2:30 - 4:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Triple P Teen (parents of Teens 12-17) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

English	Date: 8 Mondays, fall TBD, 2020	Time: 6:00 - 8:00 pm
Spanish	Date: 8 Wednesdays, October 14 to December 2, 2020	Time: 6:00 - 7:30 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Family Transitions Triple P This 7 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371. Apply Online.

English	Date: 7 Wednesdays, Fall 2020 TBC	Time: 6:00 - 8:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Parenting for Life An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship

English	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 6:00 - 8:30 pm
	Location: FSYR Zoom Video Meetings	Fee: \$140 or Free to those who qualify with a \$20 registration fee



GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an
LGBTQ positive space



Groups for Women

Farsi Women's Support Group This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

Date: 6 Thursdays, October 8 to November 12, 2020

Time: 5:30 - 7:00 pm

Location: FSYR Zoom Video Meetings

Fee: FREE

Raising Hope An 8 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependence and learn the advantages of goal setting.

Date: 8 Tuesdays, October 27 to Dec 15, 2020

Time: 9:30 to 11:00 am

Location: FSYR Zoom Video Meeting

Fee: \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

Groups for Men and Women

Farsi Emotion Regulation Skills Group This 4 week group will review the purpose of emotions and emotional reactions. This group will explore factors that make regulating emotions hard and how to increase awareness and understanding of emotions. This group will introduce skills to help change emotional responses.

Date: 4 Thursdays, November 19 to December 10, 2020

Time: 5:30 - 7:00 pm

Location: FSYR Zoom Video Meetings

Fee: FREE

LGBTQ Groups

TRANSGENDER SUPPORT GROUP

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing. Register for zoom ID by calling Barb Urman at 1-866-415-9723

Date: Third Wednesday of each month,

Time: 7:00 - 8:30pm

Location: FSYR Zoom Video Meetings

Fee: FREE

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

Hindi, Punjabi, Urdu & English

Date: Tuesdays, to December, 2020

Time: 6:00 - 8:00 pm

Location: FSYR Zoom Meeting

Fee: FREE

TO REGISTER: Call Leena 416-818-7075 or Email: lnayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, to December 2020

Time: 12:00 am - 2:00 pm

Location: FSYR Zoom Meeting

Fee: FREE

TO REGISTER: Call Aisha at 647-545-8241

Tamil & English Women's Support and Parenting Groups

Date: Thursdays TBD 2020

Time: 5:30 - 7:30 pm

Location: FSYR Zoom Meeting

Fee: FREE

For Information: Call Sudha at 905-415-9719 or Email: scoomarasamy@fsyr.ca

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

**VIRTUAL**

COUNSELLING

How can I have a session?

Please call 647-619-9030 or email 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.

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 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.

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



网上

辅导服务

我该如何预约？

请致电647-619-9030或counselling@hongfook.ca免费预约。我们将为您安排约45至60分钟的电话辅导或视频辅导。我们可以说粤语，普通话和英语。

我必须等多久才能得到服务？

您将在5个工作日内接受辅导服务。

视频辅导将使用什么平台？

我们使用 OTN (Ontario Telemedicine Network)，一个安全的有私隐网络平台，安大略省的许多医疗从业人员都使用该平台与病患者进行交流。我们还使用 Microsoft Teams。

视频辅导需要什么设备？

一台电脑，一个摄像头，和稳定的互联网。或者，智能手机或 iPad 下载所需应用程序APP。如果可以的话，请准备一个公开交谈的私人空间畅所欲言。

电话辅导会怎么样？

您将在预约时间收到来电显示 “No Caller ID” 的电话。

心理辅导员能说什么语言？

粤语，普通话，英语。

这服务向谁提供服务？

我们为居住在多伦多和约克地区的12至25岁的亚裔青年提供咨询服务。

谁会为我提供心理辅导？

为您提供服务会是一位有心理辅导训练的注册社工或注册注册心理治疗师。



HONG FOOK 416-493-4242 www.hongfook.ca



United Way
Greater Toronto

Canada





YOUTH OUTREACH PROGRAM

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



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



Accelerated OYAP and Apprenticeship College Information Night



Join us on a night to learn about Apprenticeship Pathways and our Accelerated OYAP Program!
You should attend this information night if:

- you are a Grade 12 student who is planning on entering the Skilled Trades;
- you are a Grade 10 or 11 student who would like more information on this program to better prepare for this pathway, OR;
- you are the parent/guardian of a grade 10-12 student who is considering a career in the skilled trades.

Hear from these College training partners about the following skilled trades
pathway opportunities!



Cook and Baker



**COLLEGE OF
CARPENTERS
AND ALLIED TRADES**

Carpentry



**Refrigeration and Air Conditioning (HVAC)
Service Technician**



**Automotive Service / Motorcycle Technician and
Truck and Coach Technician**

Seneca

Child Development Practitioner (ECE)

When: Thursday, October 29, 2020 @ 7:00 pm via **Zoom Link** or
Tuesday, November 3, 2020 @ 7:00 pm via **Zoom Link**

REGISTER HERE! http://bit.ly/OYAP_OPENHOUSE

A confirmation of your registration and the Zoom link for the information night will be sent to your email address.

Agenda:

- 7:00pm Overview of OYAP Program
- 7:30pm Breakout College Session for specific Skilled Trade program
- 8:15pm Closing Session