

1065 McNicoll Avenue, Scarborough, ON. M1W 3W6 Tel: 416-493-4242 Fax: 416-493-2214
Website: www.hongfook.ca

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Volunteers' Reflection on Income Tax Clinic

Editorial Team:

Daphne Au Young, Jo Chiu & Raymond Chung

Editors' Notes

This is an exciting issue in which you will learn from the 11 HF volunteers and the 17 CGA volunteers. They appreciated the opportunity of working with the clients, and of understanding the reality faced by the clients in life.

The sharing from a consumer's personal struggle and hope in the Self Help Group at HF will give you insights of what are important to all of us: the bonding with others, the love and supportive network each of us need.

In response to the demand of the volunteers for training in interacting with people living with depression, a workshop on Emotions and Depression will be held in May. Seats are limited and please call Jo to register at x 2262.

If you have feedback or comments, please contact Jo at jchiu@hongfook.ca or call her at x2262.

"In the beginning, I was a bit unsure how the tax clinic would be, until I sat at the reception and found that the consumers were cooperative and the flow of traffic was very smooth at McNicoll Site". Chun Mei commented in the reflection meeting.



"I felt that the consumers were just like us, only that their life circumstances were more difficult. I felt blessed that I could offer help to others in need." One CGA volunteer said.



"One consumer was agitated. At that time, I was at the photocopier and overheard the conversation. He said that his case worker had told him that his tax return could be filed. However, when the volunteer told him that his supporting document was not clear enough, she could not file it as he wished. The client was frustrated because he thought that the volunteer did not believe in what he said. As a matter of fact, the volunteer was trying to sort out if the government document was wrong and wanted to help out." Melanie thought that if she was in the client's shoe, she would react the same way.

With incident like that, it is important to recognize the person's needs and feelings behind the action instead of just looking at the surface and judging the person with a 'colored lens'.

Along with 11 HF volunteers, Chun Mei, Echo, Emily, Erica, Grace, Fred, Kin, Kim Ngan, Melanie, Terry, Yu Mei, 17 CGA volunteers helped out at the two Income Tax Clinics. We would like to thank them for their support and participation. Their input and reflection will help us improve our planning for next year's Tax Clinic.



HF 25th Anniversary Celebration

Walk for Wellness
Saturday, July 7, 2007
L'Amoreaux Park
Scarborough



Breaking Isolation and Building Hope : Sharing from a consumer volunteer

孤單一人，無家無友，傷痕累累；我呼喊，無人理會---被冷落，被拒絕，被排斥，自問：「我的價值何在？我活著為誰？」在自殺的邊緣，徘徊了十幾年，勉強痛苦地活下去，真是「生不如死！」

或許你有類似的經歷；或許你有「家」，但無「愛」；又或者你是幸運兒，「家」、「愛」兼備。無論你的經歷如何，只要是「人」，就有人人的價值和尊嚴，「生命」本身是可貴的，應該珍惜！

我期望康福心理健康協會，可以「以愛燃點生命，以家連為一體」，使到無家的人、無愛的人可以康福為「家」，可以藉著康福得著「愛」。有「愛」就有更大的體諒、包容、接納；有「愛」，創傷就得醫治；有「愛」，生命就得以肯定、得以建立；有「愛」，生活就有力、有意義；有「愛」，人生的盼望得以常存！

同路人



Helping Hands

What did volunteers think about the previous year's HF Gala?

Grace: I learned a lot from the planning group of the silent auction. They certainly are very experienced volunteers – they handled hundreds of silent auction items.

Emily: It was fun contributing a little bit, and at the same time joining the big event.

Melanie: I was energized by the Youth Power at the silent auction!

Fred: I found that people are very friendly and enthusiastic about what HF does for the community.

Young Oak: I enjoyed volunteering at that event and realized how much people in the community support HF.

What would you like to do at this year's Gala on June 9th?

Grace: This will be the first time I take part in planning, preparing and implementing it. I am excited to see how it works, and the great thing is that I will work with a team.

Emily: I'm willing to help out in any way as a volunteer. I will definitely help out if I can make it this year.

Melanie: I will do any small tasks assigned by Jo! I can wrap the gifts as well as silent auction booth helper.

Fred: It is really nice to work with you folks and I am more than happy to do that.

Young Oak: If the silent auction needs more volunteers, I'd like to be part of the team. I love gift-wrapping.

Volunteer Opportunities



- April 28& 29 and May 5 & 6- HF Programs and Services Mall Display : Experienced volunteers to introduce HF programs and services to the public.
- May 8 & 10 3:00pm—7:00pm - HF Open House: Experienced volunteers to help out in the booth display.
- July 7 - Walk for Wellness: Task Group Volunteers for stage help, walk in the park and assist in barbecue fun in set up, transportation of gas stove, barbecue food, food server, traffic control and clean up helper too.

Workshop for Volunteers at McNicoll site: -

(I) Emotions and Supporting Friends with Depression

Date: Saturday, May 26, 2007

Time: 9:30am - 12:30

Medium of facilitation: English

(II) Understanding Mental Illness: Schizophrenia

Date: Saturday, June 16, 2007

Time: 9:30am - 12:30

Medium of facilitation: English

Please register your spot for the workshop.