

# October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4 Brief Counselling YOW Program <b>11:00am-12:30pm</b> Young Adult Peer Support Group</p>	<p>5 Brief Counselling YOW Program</p>	<p>6 Brief Counselling YOW Program</p>	<p>7 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Youth Advisory Committee</a></p>	<p>8 Brief Counselling YOW Program</p>	<p>9 <b>10:00am-12:00pm</b> <a href="#">Parent Supporting Network</a> <b>MANDARIN</b></p>
<p>11  <b>Thanksgiving</b></p>	<p>12 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Choices</a></p>	<p>13 Brief Counselling YOW Program</p>	<p>14 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Youth Advisory Committee</a></p>	<p>15 Brief Counselling YOW Program <b>6:00pm-8:00pm</b> Reflective Writing with Visual Art</p>	<p>16 <b>1:00pm-5:00pm</b> Young Adult Peer Support Training</p>
<p>18 Brief Counselling YOW Program <b>11:00am-12:30pm</b> Young Adult Peer Support Group</p>	<p>19 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Choices</a></p>	<p>20 Brief Counselling YOW Program</p>	<p>21 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Youth Advisory Committee</a></p>	<p>22 Brief Counselling YOW Program <b>6:00pm-8:00pm</b> Reflective Writing with Visual Art</p>	<p>23 <b>10:00am-12:00pm</b> <a href="#">Parent Supporting Network</a> <b>MANDARIN</b> <b>1:00pm-5:00pm</b> Young Adult Peer Support Training</p>
<p>25 Brief Counselling YOW Program <b>11:00am-12:30pm</b> Young Adult Peer Support Group</p>	<p>26 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Choices</a></p>	<p>27 Brief Counselling YOW Program</p>	<p>28 Brief Counselling YOW Program <b>5:00pm-6:30pm</b> <a href="#">Youth Advisory Committee</a></p>	<p>29 Brief Counselling YOW Program <b>6:00pm-8:00pm</b> Reflective Writing with Visual Art</p>	<p>30</p>

# October 2021

星期一 星期二 星期三 星期四 星期五 星期六

4 短期心理辅导服务  
青少年外展服务  
11:00am-12:30pm  
青年同伴支持小组


5

6 短期心理辅导服务  
青少年外展服务

7 短期心理辅导服务  
青少年外展服务  
5:00pm-6:30pm  
青少年顾问委员会

8 短期心理辅导服务  
青少年外展服务

9 10:00am-12:00pm  
家长互助小组 **国语**

11   
Thanksgiving

12 短期心理辅导服务  
青少年外展服务  
5:00pm-6:30pm  
我的选择 青少年活动

13 短期心理辅导服务  
青少年外展服务

14 短期心理辅导服务  
青少年外展服务  
5:00pm-6:30pm  
青少年顾问委员会

15 短期心理辅导服务  
青少年外展服务  
6:00am-8:00pm  
视觉艺术和反思写作

16 1:00pm-5:00pm  
青年同伴支持培训

18 短期心理辅导服务  
青少年外展服务  
11:00am-12:30pm  
青年同伴支持小组

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青少年外展服务  
5:00pm-6:30pm  
我的选择 青少年活动

20 短期心理辅导服务  
青少年外展服务

21 短期心理辅导服务  
青少年外展服务  
5:00pm-6:30pm  
青少年顾问委员会

22 短期心理辅导服务  
青少年外展服务  
6:00am-8:00pm  
视觉艺术和反思写作

23 10:00am-12:00pm  
家长互助小组 **国语**  
1:00pm-5:00pm  
青年同伴支持培训

25 短期心理辅导服务  
青少年外展服务  
11:00am-12:30pm  
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我的选择 青少年活动

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青少年外展服务

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5:00pm-6:30pm  
青少年顾问委员会

29 短期心理辅导服务  
青少年外展服务  
6:00am-8:00pm  
视觉艺术和反思写作

30

# October 2021

## ONE-ON-ONE SERVICE

Services can be delivered in **Cantonese, Mandarin, Korean or English**. During the pandemic, appointments can be either **IN PERSON** or **VIRTUALLY**.

**Brief Counselling:** Offers 1 to 6 free mental health counselling sessions for East Asian youth ages 12-25. Call 647-619-9030 or email [counselling@hongfook.ca](mailto:counselling@hongfook.ca) to book your session.

**YOW Program:** Hong Fook's Youth Outreach Worker (YOW Program) works with youth ages 12-21 in the Chinese community to connect them with the appropriate resources based on their individual situations, needs, and goals. These resources include, but are not limited to, support for mental health challenges, education, employment, housing, and relationship issues. Call 647-534-8493 or email [who@hongfook.ca](mailto:who@hongfook.ca) to book your appointment.

## GROUP PROGRAMMING

Group programs for East Asian youth are delivered in a culturally competent way in **English**. During the pandemic, programs are delivered **VIRTUALLY ONLY. ALL PARTICIPANTS ARE REQUIRED TO REGISTER BEFORE JOINING.**

**Choices Youth Program:** A ten-week prevention and early-intervention program that helps youth ages 12-17 develop skills to make informed decisions and the confidence to confront risk-taking behaviors. By providing opportunities for open discussion and exploration, participants learn positive coping strategies, refusal skills, and practice new skills in a safe space.

**Digital Storytelling Initiative:** A 6-session workshop series where East Asian youth ages 12-17 will participate in arts-based activities to create a digital video on a topic of their choice. Through group collaboration and critical reflection, youth can redefine and represent your lived experience.

**Youth Advisory Committee:** An 8-week youth leadership committee that provides a group setting for youth ages 12-17 to focus on their personal development and leadership skills. Using project-based work, youth are engaged in close mentorship and development with facilitators and volunteers, participate in collaborative projects with peers, and are introduced to civic engagement and volunteerism.

**Young Adult Peer Support Group:** A drop-in group for young adults ages 18-29 to receive and give support. Peers share common experiences around personal discovery and mental health, offering hope and connection.

**The Parent Support Network (Mandarin):** It is a long-term, ongoing peer support network of York Region parents interested in positive parenting, skill-building, leadership, and resource sharing.

## 个案服务 (国/粤/韩/英)

在新冠病毒疫情期间, 服务可以通过网上视频或者面对面。

**短期心理辅导服务:** 为12岁至25岁的亚裔青少年提供1至6次免费的心理健康咨询。可以通过 647-619-9030, 或发送邮件至[counselling@hongfook.ca](mailto:counselling@hongfook.ca) 预约您的咨询服务。

**青少年外展服务:** 青少年外展服务与亚裔社区的12-21岁青年合作, 根据他们的个人情况, 需求和目标为他们提供适当的资源。这些资源包括但不限于对心理健康, 教育, 就业, 住房和人际关系问题的支持。可以通过647-534-8493或发送电子邮件 [who@hongfook.ca](mailto:who@hongfook.ca) 与YOW联系。

## 小组活动 (英语)

在新冠病毒疫情期间, 所有活动都会以网上视频方式进行。所有参加者必须在**活动前**登记。

**我的选择 青少年活动:** 为期十周的预防和早期干预计划, 可以帮助12岁至17岁青少年获取资讯, 以做出明智及适切的决定, 并在生活中提倡正面的选择。通过提供公开讨论和探索的机会, 参与者可以在安全的空间中学习积极的应对策略, 学习说“不”的技巧并练习新技能。

**数码故事创作活动:** 为期6周的系列艺术工作坊, 12岁至17岁亚裔青少年可以根据自己的喜好来创作相关的数码视频。从小组合作活动和反思中, 青少年可以对自己的生活经历进行表达和再定义。

**青少年顾问委员会:** 为期8周的青少年领导委员会为12岁至17岁青少年提供了一个专注于个人发展和锻炼领导才能的平台。通过基于项目的工作, 青少年与辅导员和志愿者一起进行紧密的指导和发展的, 还有机会与同龄人一起参与合作项目, 并对公民参与和志愿服务进行了解。

**青年同伴支持小组:** 一个为18-29岁的年轻人提供并接受支持的小组。在小组里, 青年可以分享给同伴有关个人经验和心理健康的相同经验, 并提供希望和联系。

**家长互助小组 (国语):** 一个为生活在约克地区的家长建立的长期, 持续的同伴支持小组。面向对积极的育儿, 技能培养, 领导能力和资源共享感兴趣的家长。

SCAR

3320 Midland Ave., Suite 201, Scarborough

NY

1751 Sheppard Ave. E., G/F, North York

MH

2665 Bur Oak Ave., Markham

DT

407 Huron St., 3rd Fl, Toronto



**HONG FOOK**  
YOUTH & FAMILY PROGRAM