



Keep the Door Open 2025: Integrating a Compassionate approach to foster effective communication

This session, offered in both Mandarin and Cantonese, will provide caregivers and families with practical tips to strengthen bonding and improve communication through a compassionate approach

本次研讨会将探讨如何帮助家长和子女学习以同理心的方式增进情感联系和沟通。我们希望提供一些技巧帮助华裔家來更好地理解他们独特的角色，改善人际关系，并共同解决问题。

本次講座將探討幫助家長和子女學習以有同理心的方式增進情感連結和溝通的關鍵策略。我們希望提供一些技巧來更理解他們獨特的角色，改善人際關係，並共同解決問題。

To register for a Mandarin session:

[点击这里报名普通话讲座](#) or scan QR code



To register for a Cantonese session:

[點擊這裡報名粵語講座](#) or scan the QR code



Parents, Guardians, Caregiver and Students

Join us to learn and share with your community how the families are supported!

Date: **Tuesday, Oct 28th, 2025**

Time: **6:00pm-7:00pm (Mandarin 普通话)**
7:00pm-8:00pm (Cantonese 粵語)

Location: **Virtually**

Presenters:

Hannah Xu (MPH)

Hong Fook Mental Health Association
Youth Program Worker

Charmaine Tong (M.S.W., R.S.W.)

York Region District School Board
Community Care Social Worker (Chinese Heritage
Community)

For more information, please contact:

Community Care Social Worker (Chinese
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This free session is brought to you in partnership with Hong Fook Mental Health Association and Community Care Team of York Region District School Board

