### Registration

MEMBERSHIP AND BOARD MEMBERS
EVENT VOLUNTEER
Contributor and Sponsor
Donor

Name :		
Address:		
Phone:		
Email :		

#### Availability of the event

Attend walkathon

Donation

Attend both of walkathon & donation

#### Payable to FUTFS for Walkathon

For donations of \$20 or more, please provide your address correctly. A receipt will be issued automatically. Even if you are unable to participate in the event, you can check the sponsorship amount and send it to the For you telecare family service. Also, you can donate via our website, www.futfs.org



We look forward to your support. We ask for your interest and participation..

# One step forward! That moment can change the world!!



#### Locations

1133 Leslie St. suite 211 North York, ON M3C 2J6

Phone 416.447.3535,

Email assistant@futfs.org

Website www.futfs.org

- **데이스북** Facebook / forYouTelecare
- **5** 트위터 Twitter / FFutfs

#### **Emergency Call (24 hrs)**

Tel) 416.241.5456







# Healthy Walkathon a fundraising event







Date: June 05. 2021 (Sat) Place: Don Mills Trail Time: 9am-12pm

The departure time will be set for each team, so if you tell us whether you will attend, we will set the departure time and notify you

#### **What is** the Healthy Walkathon?

This event is held regularly every year to raise funds at the Telephone Counseling Education Center of Life. Everyone who participates in this event has an opportunity to help the For you telecare family service and provide a better and more active counseling and education service.

#### About the FUTFS

- Non-profit charitable organization
- Regular counselling
- For volunteer education training program
- Counselling education program
- Volunteer training program
- Operated by dedicated volunteers
- Supported by Korean community

#### **Programs & Services**

- 24hours emergency call
- Counselling individual, family, and married couple
- Project workshops & education seminar
- Education of family abuse, sexual abuse, and prevent violence
- Outreach service weakness, disability, and isolated people
- Adolescent leadership training program
- Healthy life education & training program
- Government document translation service

#### FUTFS's Service and Program

#### COUNSELLING EDUCATION & **VOLUNTEERING TRAINING PROGRAM**

**April 14 - May 19** 

We acquire the appropriate counseling concept and the ideas of volunteerism as being aware in our daily life through various lecturers and topics, discussing and sharing with small groups, and applying our knowledge not only to FUTFS, but also to the practices of daily life, to Canadian society, and to those who really need help. This provides opportunities to gain skills and experiences on how to communicate well, have good relationships and how to practice volunteering work. This workshop is held at 6:30 pm to 8:30 pm every Wednesday.

#### **PARENTING SKILLS WITH** CHILDREN (ZOOM)

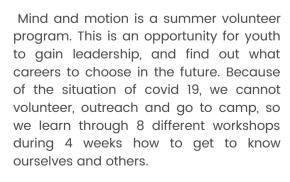
**May 22** 



This is a parent skills workshop with children. This workshop will be held at 1 pm to 4 pm.. It consists of lectures and activities about the appropriate understanding and role of parenting necessary for Korean-Canadian children (under 12 years old) to become physically, emotionally and mentally healthy. Children and parents play together, feel intimacy with each other through activities and dynamics. This Parenting Skills Workshop helps to improve relationships and communication skills between parents and their children.

#### MIND & MOTION

August 3 - August 13









#### CHILDREN'S CAMP

Children's Camp, following the workshop 'Parenting Skills with Children,' is a summer camp in which parents and children will participate online using Zoom. These camps will be held Mondays and Tuesdays from 9:00 a.m. to 12:00 noon twice a week for four weeks, starting on Monday, July 5 and ending Tuesday, July 27. In these sessions the following topics will be discussed: discipline and parenting styles, study habits, EQ and emotional regulation, physical activities, arts, effective communication skills, knowledge about children, and the language of love. Orientation will be held during the first week, and a graduation celebration and certificates will be awarded the last week

#### **FUTFS'S MONTHLY E-NEWSLETTER**

The newsletter issued by the For you telecare family service Counseling Education Center notifies you of new programs and events every month and provides various contents. This newsletter is provided in both Korean and English. If you would like to subscribe to the FUTFS's E-newsletter that is only delivered via e-mail, please send an e-mail to assistant@futfs.org,let us know. Also, anyone can participate in our newsletter together. Write the articles or stories you want to share and send them to the above.

## Family Funday

Every year, Family Day events and Health Walkerton events were held together, but this year, a special Health Walkerton event and Family Day events were held separately. The Family Day event will be held in October of this year.

The Family Day event contributes to the development of Korean-Canadian families and society by sharing the value and love of the family through the participation of the whole family. This event is for funding the For you telecare family service counseling education center and providing more active counseling and education services.

Those who want to participate together can register in advance.

> For inquiry :416-447-3535 assisstant@futfs.org \*Please let us know if you will attend.

