

Referrals

Referrals for assessment and clinical services are accepted from a variety of sources, including but not limiting to:

- Self-referrals
- Family and other caregivers
- General Practitioners, Family Doctors
- Health and Social Service Agencies
- Religious Groups
- Employers

Please call or fax us to make a referral.

Confidentiality of client information is ensured.

Community Partnerships

Hong Fook Mental Health Association

Yee Hong Centre for Geriatric Care

The Wellness Centre is funded by the Toronto Central Local Health Integration Network(LHIN)



Hours of Operation

Monday to Friday 9 a.m. to 5 p.m.

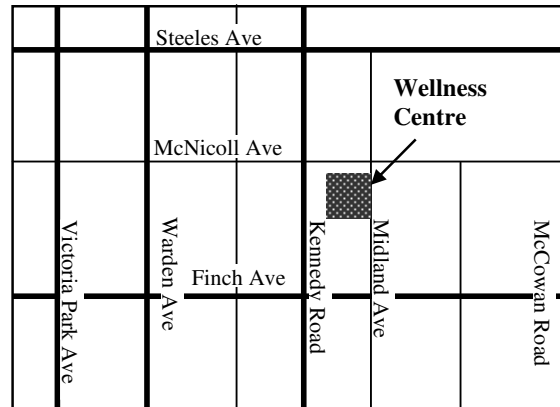
How to Reach Us

Scarborough office (main office):

3660 Midland Ave. Unit 103
Scarborough, Ontario M1V 0B8
t 416-291-3883
f 416-291-8813

Mount Sinai Hospital office:

60 Murray Street, L1-012
Toronto, Ontario M5T 3L9
t 416-586-4800 ext.4106



SCARBOROUGH OFFICE LOCATION

MOUNT SINAI HOSPITAL
Joseph and Wolf Lebovic Health Complex



www.mountsinai.ca

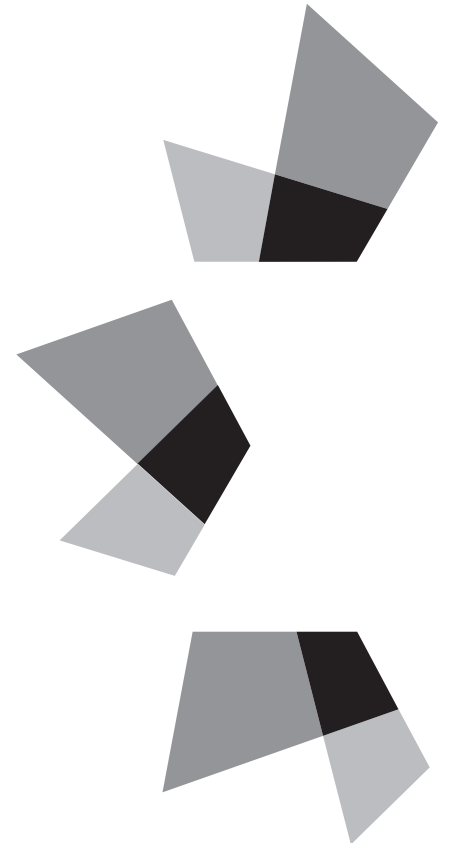
To donate, call 416-586-8203 or visit supportsinai.ca
EVERY GIFT HELPS US CONTINUE TO DELIVER THE BEST MEDICINE.

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恆康中心
Wellness Centre

MOUNT SINAI HOSPITAL 

**A Community Mental Health
Program for Seniors and Caregivers**



In Partnership with



**Yee Hong Centre
For Geriatric Care**
頤康中心

Welcome to the Wellness Centre

Who We Are

The Wellness Centre is the realization of an innovative model of care, which addresses the mental health needs of ethno-cultural seniors with an emphasis on Wellness. This Centre is designed to meet the needs of the Chinese community for more efficient and timely access to the mental health system by providing information, assessment and treatment in a comfortable and accepting environment.

With a focus on early identification of serious mental disorders, this Centre offers an array of culturally and linguistically appropriate services, including education, health promotion, and traditional and western health care.

Our Commitment

To serve our community of Chinese seniors and caregivers by providing them with an open doorway to wellbeing.

Philosophy

We believe that a positive state of well-being should encompass physical, mental and psychosocial dimensions, which form the core values of our comprehensive care model in providing early identification and prevention, assessment, treatment, and rehabilitation.

Objectives

To promote mental health and wellness for seniors, families, and those caring for seniors.

To enhance early identification of mental health problems.

To establish a continuum of care by linking our community-based psychogeriatric services to the mainstream health-care system.

To increase capacity-building within existing community-based service providers to deliver ethnocultural appropriate services.

To improve access and decrease barriers in the Chinese community to receive appropriate mental health/psychiatric services.

Services Offered

Clinical Services:

- Psychogeriatric assessment
- Treatment – including pharmacotherapy and psychotherapy
- Psychoeducation
- Supportive counselling to families and caregivers
- Outreach
- Shared care and referrals
- Skills training for families and caregivers
- CARERS Group for caregivers
- Group therapy

Our clinical services are free of charge.

Wellness Programs:

- Mental health education and promotion
- Relaxation
- Stress management
- Holistic health
- Traditional Chinese exercises
- Traditional Chinese medicine
- Adjustment to aging /Positive aging

We offer services in Cantonese, Mandarin and English.

Target Population

- Members of the Chinese community aged 55 years and above
- Caregivers who experience stress and difficulty taking care of a Chinese senior

We also serve the needs of clients with age related issues e.g. retirement, adjustment, bereavement, and decline in cognitive functioning.

Our Team

An inter-professional team comprised of psychiatrists, social workers, nurses, psychotherapists and health promoters.

Information and Services

If you are interested in using our clinical services or joining our Wellness programs, you may drop by our centre or contact us at 416-291-3883.