



Great things are happening at Joy Lok!

We are excited to share that we will be moving to a beautiful and bright new space in Chinatown! The Joy Lok Family Resource Center will be relocating to the Woh Hei Yuen Clubhouse in the coming weeks. With this new space, we can expand and do even more for the community.

Please look forward to a community open house in the coming weeks - we'd love to welcome you and your family to YOUR new community space.

Joy Lok Family Resource Center



Impacts of Stress in Children

Roy Cheung, MA., Mental Health Consultant
Monday, 4/8/24
1:30pm - 2:30pm

Stress is a part of everyday life. Children may express stress in different ways that we might not be aware of. We will explore signs of over-stress, its impact on children, and what we can do to help our children cope with life's challenges.

Workshop conducted in Cantonese via Zoom.



Self-Care for Mommy Day

Wednesday, 5/1/24
10:30am - 12:00pm

Take time to unwind over a cup of coffee or tea with other moms and join us for a day of self care with DIY flower arrangements as we honor and celebrate motherhood. All materials will be provided.

Activity conducted in-person in Cantonese with limited child care available.



Community Baby Shower

831 Broadway Street
Tuesday, 5/7/24
10:30am - 12:00pm

Come learn about healthy brain development and preparing for the 4th trimester when your baby arrives. We will also share Wu Yee programs for pregnant families and babies, learn about other community resources, and meet new moms-to-be.

We will have raffle prizes and attendees will receive a gift basket with baby essentials!

Activity conducted in Cantonese and off-site. Free gifts for participants.



Pregnant Moms Support Group

Department of Public Health
Thursdays, 5/23 - 6/6/24
10:30am - 12:00pm

Pregnancy brings new changes and challenges which can be a stressful and emotional time for moms-to-be. Find emotional support from peers and learn about: postnatal wellbeing, basic newborn care, benefits of breastfeeding and safe storage of breastmilk, infant and car seat safety, and other community resources.

Workshop conducted in Cantonese via Zoom. Free gifts for participants.



Did you know that Medi-Cal is now open to everyone that qualifies regardless of age or immigration status?

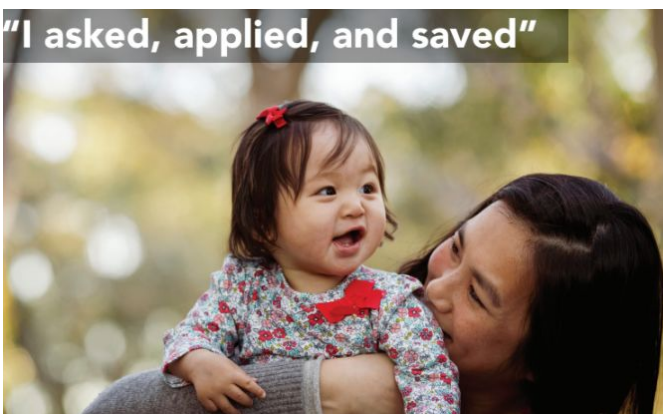
At Joy Lok, we have staff ready to help with:

- Food (CalFresh)
- Health Insurance (Medi-Cal)
- Cash and work services for adults (CalWORKS and CAAP)

Come see if you qualify, ask questions, submit a new application or recertification, upload documents, and more.

We also have HSA County Worker Office Hours every Friday to help you.

Please call for an appointment at: 415.321.3830



Please call us at 415.391.4890 to sign up for our activities and for other general inquiries.