



International Psychology
Association of Canada
加拿大國際心理協會

ANNUAL REPORT

INTERNATIONAL PSYCHOLOGY
ASSOCIATION OF CANADA

IPAC Annual Report
2025

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<https://www.ipaccanada.org/>

YEAR OF REPORT 2025



Message from Leadership

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In 2024–2025, the International Psychology Association of Canada (IPAC) continued its mission to promote mental health awareness and community wellbeing through culturally responsive education and engagement.

Responding to the growing mental health needs within Chinese-speaking and multicultural communities, IPAC expanded its programming beyond traditional public education formats. This year marked a significant milestone with the launch of several innovative, experience-based initiatives designed to foster reflection, dialogue, and community connection.

Through the dedication of our volunteers, facilitators, and partners, IPAC delivered meaningful programs that reached individuals across age groups and backgrounds. We remain committed to building accessible, inclusive, and sustainable mental health education initiatives for the years ahead.

Board of Directors

Siyi Zhang (President)
Jessica Fu (Vice-President)
Maggie Zhao (Secretary)
Joey Liang (Board Director)
Rene Wang (Board Director)

Executive Summary

Advancing mental health awareness through inclusive, community-based education.

Overview

In 2024–2025, the International Psychology Association of Canada (IPAC) advanced mental health awareness through culturally responsive, community-based education. Rooted in Chinese cultural perspectives and open to people of all backgrounds, IPAC delivered inclusive public programs that fostered psychological understanding, reduced stigma, and strengthened community connection.



**International Psychology
Association of Canada**
加拿大國際心理協會



35+

Community
Programs & Events

1000+

Participants
Reached

30+

Active
Volunteers

Goals and Objectives

Building on the programs and community engagement achieved in 2024–2025, IPAC is focused on strengthening its impact and sustainability in the year ahead.

As mental health needs continue to evolve across diverse communities, IPAC's objectives are to deepen culturally responsive education, expand inclusive participation beyond language and cultural boundaries, and develop sustainable structures that support long-term community wellbeing.



Innovation

Expand and deepen accessible mental health education through experiential and community-led formats.



Inclusion

Broaden participation by creating inclusive spaces that engage individuals across cultures, languages, and age groups.



Partnership

Build sustainable capacity through volunteer development, partnerships, and program innovation.



Strategic Focus Areas

In the year ahead, IPAC aims to expand cultural celebration events and light, community-based mental health activities to promote awareness, increase public visibility, strengthen community connection, and celebrate Chinese cultural heritage in inclusive ways.

Program Highlights

In 2024–2025, IPAC delivered a series of accessible, community-based activities that combined cultural celebration with light mental health education. These programs were designed to increase awareness, encourage participation, and build meaningful community connections.

◆ Cultural Celebration Events

IPAC hosted a variety of cultural celebration events that integrated traditional Chinese cultural elements with community engagement, creating welcoming spaces for connection, participation, and shared cultural experiences.



◆ Light Mental Health Workshops

Through approachable, low-threshold workshops, IPAC introduced mental health topics in everyday language, helping participants engage with psychological wellbeing in a relaxed and non-clinical setting.



◆ Community Reading Groups

IPAC launched in-person reading groups focused on psychology, self-reflection, and shared discussion, providing participants with opportunities for learning, dialogue, and peer connection.



◆ Roundtable Discussions

Through facilitated community roundtables, IPAC encouraged open conversations around mental health and everyday challenges in a non-clinical, peer-supported setting.



➡ 10 +

Cultural Celebration Events

➡ 500+

Families Reached in York Region

➡ 10+

Media Posts

Cultural Celebration Events

In 2024–2025, IPAC hosted more than 10 cultural celebration events, including several large-scale, inclusive gatherings that combined traditional culture with community engagement and mental health awareness.

Mid-Autumn Festival Community Fair

Date: Oct 3rd 2025 **Participants:** ~500

Funded by: City of Richmond Hill



Dragon Boat Community Fair

Date: May 31 2025 **Participants:** ~300

Funded by: City of Markham



Mental Wellness Awareness Workshops and Activities

IPAC delivered a series of light, approachable mental wellness workshops and activities designed to help participants engage with mental health topics in everyday, practical ways. Program supported by LingYu International Psychology Centre, Canada China Federation of Entrepreneurs (CCFOE) and InnerSight Association at University of Toronto.

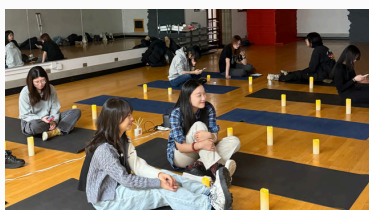
Mental Health Roundtable Discussion

These sessions included the **Read to Rise** community book club, stress-relief workshops, and mental-health-themed discussions. The roundtables engaged participants in exploring emotions, reflecting on personal experiences, and learning from one another in a supportive, non-clinical environment.



Mindfulness & Self-Awareness

IPAC introduced guided mindfulness programs, including the **Awakening Through the Lenses: Mindfulness in Nature** program, which encouraged participants to slow down and reconnect with their inner experiences. We also offered stress-relief workshops incorporating light yoga and gentle movement.



Who Participates

Youth, adults, families, and newcomers who want to learn about mental wellbeing in a supportive, non-clinical space.

Facilitator Approach

Workshops are guided by trained facilitators and emphasize safety, respect, and choice — focusing on awareness and peer connection rather than therapy.

➡ 30+

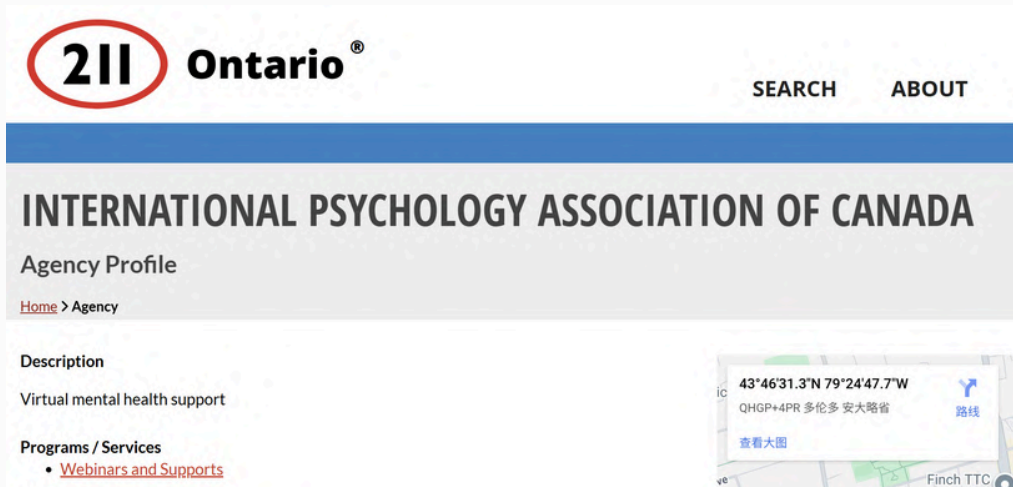
Wellness workshops

➡ 20+

Reading Group Sessions

Community Resources & Referral Network

◆ 211 Ontario Resource Listing



IPAC is listed as a community resource through **211 Ontario**, a provincially supported information and referral network that connects individuals with social, health, and community services across the province.

This listing helps community members and service providers more easily find and access IPAC's culturally responsive programs and mental wellness supports.

◆ Self-Care KIT



Developed by IPAC volunteers, the **Self-Care Kit** is a simple self-help booklet that supports emotional awareness, reflection, and self-soothing — helping community members slow down and build everyday self-care skills.

Community Recognition & Public Engagement



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IPAC was honoured to receive certificates, recognition letters, and greetings from local councillors during our large community events. Many representatives attended in person and shared thoughtful remarks about the importance of cultural inclusion and community wellbeing.

10+

Media Posts

Metroland | Huaren Toutiao | Wei Toutiao

IPAC received community coverage on platforms such as Metroland Media and Microheadline (WeToutiao), helping share our work with broader local and Chinese-speaking audiences.

Volunteer



Reflecting on IPAC's rapid growth and the successful delivery of each event, it is clear that none of this would have been possible without the dedication and support of our volunteers. We are also grateful to the mental health professionals who contributed over 20 hours of training to strengthen our team.

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We extend our sincere appreciation to our volunteers for their commitment to community wellbeing and cultural inclusion.



Sponsorship



IPAC extends sincere appreciation to our sponsors for their generous support.

Their contributions helped make our cultural celebrations and community wellness programs possible, allowing us to reach more families, newcomers, and community members throughout the year.



Culture, Connection, and Mental Wellbeing

Empowering Chinese communities in Canada
through accessible mental health education

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