



ABOUT US

Empowering EMs for a Better Hong Kong

We are on a mission to create a more inclusive Hong Kong by empowering ethnic minorities and addressing their needs and mental health challenges.

Through scientific research and implement evidence-based practices, we foster a supportive community and provide language-adaptive and culturally appropriate resources and practices for improved well-being. Join us in raising awareness, breaking barriers, and ensuring optimal mental well-being among our communities.





Join the Mummy Papa Club Today!


Embrace this unique opportunity to share, learn, and connect.




Contact us for more information or to sign up:

 (852) 3469 2871

 emmh@ust.hk

 (852) 6064 3994

 <https://emmh.hkust.edu.hk/home-ppol-mental-health-projects>



Discover the joy of sharing your life stories and experiences, and make a difference in your community.

MUMMY PAPA CLUB

Celebrating Life Stories

For Pakistani, Indian, and Nepalese Senior Citizens **65+** in Hong Kong

Welcome to the Mummy Papa Club – a place where we celebrate your unique life stories, experiences, and wisdom. Join us for an enriching journey designed to share, connect, and create lasting memories of cross-cultural exchange.



YOUR PARTICIPATION

Join a journey of Connection and Legacy

Join us in this unique initiative involving four engaging visits. These sessions offer a platform for sharing your life journey, cultural experiences, and valuable insights. Participate from the comfort of your home or enjoy our organized outings - we have something special for everyone.

Your participation contributes to building a better Hong Kong, fostering community, and enhancing intercultural connections. Experience the joy of sharing, learning, and leaving a lasting legacy through this enriching cross-cultural exchange. Make your mark, share your story, and help shape a more inclusive future.



PROGRAM DETAILS

Engaging Visits Tailored to YOUR Interest

Our program comprises **FOUR** visits, each designed with different objectives for learning and sharing in a comfortable and engaging setting.

VISIT
1

Building Rapport and Warm Welcomes

Kickstart this exciting journey with us! Experience our warm welcome as we build trust and rapport and understand your background over a feel-at-home tea with our team.

VISIT
2

Sharing your Life's Journey

Share your life journey with us- from major decisions to challenges you have overcome, your story is important. Engage in activities designed to bring your unique life experiences to the forefront.

VISIT
3

Celebrating Cultural Connections

Explore your cultural experiences and community interactions. Take a tour through your neighborhood or participate in a collaborative art project. This visit is all about celebrating you and your connections, and the vibrant cultures that shape our community.

VISIT
4

Reflecting on Wisdom and YOUR Legacy

Reflect on your life lessons, values, and legacy. Share your wisdom with the younger generation, and create a lasting tribute of your experiences through a visual or written 'legacy piece'. Leave a mark that will inspire future generations to come.

Through these visits and additional activities, we aim to celebrate your life and honour your contributions, encouraging a more inclusive and understanding society in Hong Kong.

In addition to these visits, we also host regular group activities and offer **FREE** Tai Chi sessions for you to enjoy and benefit from



BENEFITS

of Joining the Mummy Papa Club

By participating in our program, you will:



Group activities and free Tai Chi sessions



Receive a personalized thank you letter



Offer sticker collection with surprise gifts



Engage in enriching activities tailored to your interests



Promote cultural understanding and appreciation



Receive a program completion certificate



Requirements for Joining

To participate in our program, you should:

- ✓ Be 65 years of age or older
- ✓ Be of ethnic Indian, Pakistani, or Nepali origin
- ✓ Currently reside in Hong Kong
- ✓ Be willing to share your life stories and promote cultural understanding and appreciation
- ✓ Be willing to engage in all of the activities