

Josephine Tong

Josephine Tong, who goes by the preferred name “Jojo,” earned a social work degree in New York City and has worked as a clinical social worker for six years. Her extensive experience in metropolitan settings has provided her with a deep understanding of the anxieties and challenges that arise from a fast-paced lifestyle. As a seasoned practitioner, Jojo brings a wealth of expertise in assisting children, families, and individuals from diverse cultural backgrounds. She focuses on providing trauma-sensitive mental health assessments and individual therapy to children, adolescents, and young adults in outpatient and school settings. Additionally, Jojo supports each child and caregiver in understanding their stressors and the contributing personal, social, and economic factors.

Jojo has done extensive work with immigrants and their families and is uniquely positioned to understand the complexities and challenges of stressors associated with moving to new cities or countries. With a background in public health and psychology, she is passionate about advocating for and empowering communities that experience systemic inequities. Jojo believes in client-centered approaches and encourages families and children to have a voice in their healing process. She feels privileged to be part of the families and youths’ healing journey and appreciates the opportunity to work with them.



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Counsellor
SPOT Children’s Therapy Centre