

PCHS

# HEALTH

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Greetings to all!

I would like to talk to you about the importance of Seva, which means selfless service or helping others in need.

Seva is a fundamental concept in many cultures and religions, including Sikhism, Hinduism, Buddhism, and Jainism. It is a powerful way to connect with others and to find meaning and purpose in our lives. Seva is not just about giving money or material things; it is about giving our time, energy, and talents to help those who are less fortunate.

Seva has numerous benefits for both the giver and the receiver. When we engage in Seva, we experience a sense of joy and fulfilment that comes from making a positive impact on the lives of others. We also develop empathy, compassion, and a deeper understanding of the challenges faced by those in need. This, in turn, helps us to appreciate the blessings in our own lives and to develop a more grateful attitude.

Furthermore, Seva helps build stronger communities and promotes social harmony. When we help others, we create a ripple effect that inspires others to do the same. Seva can also foster a sense of unity and

common purpose, as people come together to work towards a shared goal.

In addition, Seva is an important spiritual practice in many traditions. By serving others, we can deepen our connection to a higher power or to a sense of universal love and compassion. Seva can also be a form of meditation, helping us to quiet our minds and focus on the needs of others.

PCHS was conceptualized with Seva in mind. Every year, our board, staff, and volunteers dedicate countless hours to Seva. They attend community displays, help out at events, and become Peer Support to help clients who are in recovery.

In conclusion, Seva is a powerful way to make a positive impact on the world and enrich our own lives. It is a practice that we should all strive to incorporate into our daily lives, whether it is through volunteering, donating to charity, or simply being kind and compassionate to those around us. By serving others, we can help create a more just, peaceful, and harmonious world for all.



## THE ROLE AND PROSPECTIVES OF MENTAL HEALTH PROFESSIONALS IN MEDICAL ASSISTANCE IN DYING (MAID)

By Rajan Basnet, Student Placement at Punjabi Community Health Services

**M**edical assistance in dying (MAID) is administering a substance to a person, at their request, that causes their death. MAID has gained substantial public and professional interest as a potential end-of-life alternative because of the increasing focus on the quality of dying. Upholding the ethical principle of respecting patient autonomy has resulted in legalization in several countries. Canada legalized medical assistance for dying (MAID) in June 2016 (Government of Canada, 2021). In Canada, anyone over the age of 18 can request medical assistance in dying; however, older adults are more likely to use it. The average age of Canadians requesting aid in dying is around 73 years old (Government of Canada, 2021). Only physicians and nurse practitioners in Canada can administer MAID; pharmacists, family members and health care providers can help

the Physician and nurse practitioners (Government of Canada, 2021).

Mental health workers are ethically obligated to access their professional values, facilitate discussions of patient's values, and resolve or refer patients with value conflicts to other professionals (Brooks, L. 2019). In general, Mental Health Professionals roles explored the responsibility for communicating more information and all available end-of-life options and about extra resources and information concerning MAID for individuals considering this alternative (Fujioka, J et al., 2018).

A substantial portion of the MAID process emphasizes the doctor's role. However, there is little research on the role of mental health professionals. Nonetheless,

multidisciplinary roles, including mental health professionals, are needed during MAID strategies. As a result, it will be crucial to consider a better knowledge of the experiences of various healthcare professionals in the MAID process. Some sources shed more light on the physician role and considered them the direct part during the MAID process; however, there must be multidisciplinary roles from diverse healthcare professionals, including AMHW, Social workers, physicians, and Nurses.

### Role of Mental health professionals in the MAID process:

After systematically reviewing all research resources, I found that intercommunication skills and relationship-building with clients and their families are key components in the MAID process. Resources also explained the importance of interprofessional roles and dynamics. Another critical aspect experienced by many authorities demonstrated the need for precise rules and procedures that specify each profession's function, area of responsibility, and legal restrictions for medical assistance in dying. The deployment of MAID may benefit from comprehensive care models that include multidisciplinary teams coupled with increased practitioner education. The viewpoints of healthcare professionals, like mental health professionals, on handling requests, particularly outside of nursing and the physician profession, are poorly understood. Mental health professionals should have potential involvement and assessment of the client's physical, psychological, spiritual, emotional, and social sufferings during the process. It takes foresight to choose a MAID site that fits both the patient's request and the logistical requirements of the healthcare practitioner. Patients and families are already weighing practitioner availability, MAID timing, the ability to give final consent, and quality of life. The location of MAID services should respect the patients and their family's preferences. Nonetheless, if entry to a medical facility

is necessary, it is advised to use a specific private, unhurried, and family-friendly place to facilitate admittance.

Mental health professionals can be important as practitioners, researchers, policy advisers, and educators in MAID and end-of-life care. They also hold significant roles before and after death. Unfortunately, most physicians who practice internal medicine and primary care are inexperienced in diagnosing and treating psychiatric diseases. Timely referral of the client seeking MAID services to a mental health expert helps prevent the patient's quality of life from deteriorating too soon and allows the patient and their family to learn coping mechanisms. Additionally, psychological therapies can aid in the healing process for the client by promoting medical compliance and assisting the patient in making healthy lifestyle decisions. To design a patient- and family-centered, accessible, and dignified MAID process, quality improvement techniques are crucial to ensure that all needs are considered, that it is accessible, simple to use, and offers dignified end-of-life care in supportive and respectful work environments.

The role of mental health care providers is crucial because a well-coordinated multidisciplinary care team that goes much beyond the doctor's role can help overcome the practical difficulties that come with each step of the MAID process (Peruzzi, N et al., 1996). Even though a doctor's engagement is typically considered a necessary safeguard, the role and professional boundaries concerning other health professions, such as nursing, social work, psychology, and pharmacy, are sometimes disputed and ambiguous (Brooks, L. 2019). Therefore, there should be clear institutional guidelines for Mental Health Professionals for the specifics of MAID supply.



## MENTAL HEALTH AND EXERCISE

By Navkiran Gill, Peer Support Worker PCHS

**M**ental health is a challenge. There can be a lot of associations of discomfort with a range of different activities. People often fear discomfort and tend to have this extreme association with it in their mind, similar to how many avoid the discomfort associated with exercise. Typically, that discomfort is chosen to be avoided more often than it is faced. The idea of sweating, straining the body, and the difficulty that comes with getting into shape can sound very unappealing. But once the body becomes fit, exercise becomes something one looks forward to. It starts to alleviate stress, and it even releases “happy” chemicals (endorphins), giving us that sense of accomplishment and improved focus. An activity that was once so closely associated with discomfort, becomes something of the opposite once faced.

Most people want to avoid anything that’s uncomfortable, as this sense of needing to step out of the comfort zone can be quite unpleasant. When you look at success, eventual progress, the feeling of accomplishment and getting past barriers in life, a lot of those are connected to discomfort. Success does not come easily, and the reason it may not is because of that disturbing feeling that often comes before it. Feeling discomfort and not being content with life in certain situations can happen to many people, but those uncomfortable feelings should be massive motivators for change, but are not often perceived in this way. Our instinct is to avoid those things that make us uncomfortable and instead sit on the couch and watch TV or a movie. Avoiding an issue will not make it disappear, it will only keep returning and continuously make you feel that discomfort each time it returns, until it is actually dealt with. Facing those challenges, regardless of how it may make you feel in the start, is key to overcoming them.

Once you become disciplined and consistent with your workouts, you start to feel momentum, almost as if there’s a push from behind you, motivating you to go out there and get it! After you get out of the gym, you feel a sense of accomplishment and there’s a part of you that starts looking forward to the next session. It can be shocking to think about how much that same idea was once despised, and now it has become something that improves your quality of life. It shows us that discomfort from many different sources in our life should encourage change, and motivate us to become a better version of ourselves everyday. The hard part is maintaining consistency. Accountability plays a major role in consistency and continuously living a better life. There often comes a time where one may feel the urge to skip something you’re supposed to stay consistent with, something that has been helping you improve. Whether that’s keeping a clean house, cooking meals at home instead of getting takeout, or getting out of bed on time, we can be tempted to stray away and revert back to our old ways. Say you decided to skip a planned workout, not only is that bad for the progress that you have made so far, but it’s also bad for mental health because the mind starts to believe that it is acceptable to let go of healthy habits. The ability to say, “I don’t feel like it today,” is easy because there’s no obligation holding you back except yourself. It can easily become that same toxic cycle that was escaped and now you simply don’t do it because “you’re not in the mood.” If you do that once, you’re most likely to do it again, and you’ll get mediocre results not only in that aspect of your life but possibly many different aspects of your life. Holding yourself accountable to habits that improve your life is difficult, but it is what changes lives for the better.

Once you embrace the feeling of accountability, and choose to let go of that option to ignore healthy habits, that might become the pathway you choose when it comes to dealing with any conflict in your personal

life, dealing with business decisions, career decisions, or any sort of uncomfortable decision you might be faced with in the future. You begin to continuously ignore that option of saying, “not today,” and you gain the ability to overcome any challenge that you are faced with. That inclination to not do it also gathers momentum as well.

In a way, our bodies are like cars. You can choose to modify that care yourself. You can add better tires, increase its horsepower, and greatly increase the longevity of the car, or you could choose to not take care of it and slowly watch it fall apart. We’ve all had those days where it’s either one end of the spectrum or the other. Sometimes you have a bad day, but there’s also other days where everything comes together and it feels great! You can choose to make more of those great days by doing your best every day by continuously working on healthy habits, holding yourself accountable, and facing challenges head-on. The quality of your life will greatly increase. Only you can create that change, so push yourself everyday to be a better person than you were the day before!

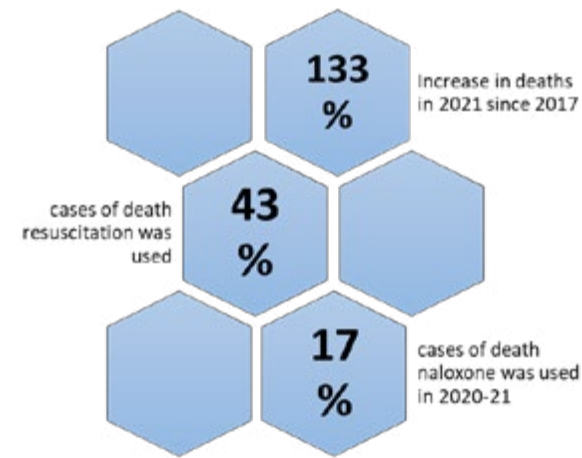


## BENZO AND TRANQ DOPE CRISIS

By Rajat Mehndiratta, Program Coordinator HPCS

The opioid crisis has been a devastating public health issue in Canada for over a decade. In recent years, a new and hazardous drug combination has emerged - benzodiazepines and fentanyl. Benzodiazepines are prescription drugs commonly used to treat anxiety, insomnia, and other related conditions. Fentanyl, on the other hand, is a powerful synthetic opiate often prescribed for severe pain management. However, when these two drugs are combined, the result is a potent and highly addictive substance that can lead to fatal overdoses. This combination can cause a deep sense of sedation and euphoria, which can be highly addictive. The use of benzo-fentanyl has surged in recent years, with law enforcement officials reporting a sharp increase in overdoses involving the drug combination. The rise in demand for these illegal substances has led to an influx of illicit drugs from China and other countries. In response to the benzo-fentanyl opioid crisis, authorities have implemented stricter regulations on the

use and distribution of these drugs. Law enforcement agencies are also working to identify and shut down illegal drug labs and provide treatment options for those affected by addiction. Overall, the benzo-fentanyl opioid crisis remains a significant public health concern that requires continued attention and action from lawmakers, healthcare officials, and the general public. Tranq dope, a tranquilizer or tranquilizer-laced drug, refers to drugs laced with tranquilizers such as benzodiazepines or barbiturates. These drugs are commonly used by drug dealers to enhance the effects of their products or to cut the potency of more potent drugs. Using Tranq dope can lead to various adverse outcomes, including addiction, overdose, and death. Tranquilizers are highly addictive and can result in physical dependence, making it challenging for individuals to quit using them; additionally, when Tranq dope is laced with more potent drugs, such as fentanyl, the risk of overdose and death increases. The use



### Stats on Peel

of Tranq dope can also have a significant impact on communities, particularly concerning public health and safety. Communities may experience an increase in drug-related crime, violence, and emergency medical services utilization associated with Tranq dope use.

In conclusion, using Tranq dope can severely affect individuals and their communities. It is essential to raise awareness, educate, and provide resources for those struggling with addiction and substance abuse to prevent the negative impacts of Tranq dope on communities. Opioid misuse can cause infections like abscesses and painful skin infections containing pus. It can also lead to infective endocarditis, in which bacteria enter the bloodstream through injection sites and infects the heart valves. In addition, long-term opioid use decreases blood flow to the limbs, which can cause tissue death (necrosis), leading to loss of limbs or amputations due to infection or injury.

It is, therefore, crucial to seek medical help immediately if you develop signs of abscess or other infections related to opioid use. Long-term management of opioid use disorder through medication-assisted treatment and support services can reduce the risk of such complications.

Naloxone and CPR training are crucial for communities to combat the opioid crisis. Naloxone is an opioid antagonist that can reverse an overdose, and knowing how to use it properly can save a life. On the other hand, CPR can be a lifesaving technique for individuals who have stopped breathing or have no pulse. Naloxone and CPR training can provide individuals with the knowledge and skills necessary to respond to a medical emergency related to opioid abuse. Although Naloxone doesn't work in Benzo and Tranq cases, the use of Naloxone increases the time for saving life in such cases till 911 takes over. Additionally, providing culturally and linguistically appropriate training in the community can help reduce stigma and raise awareness about the dangers of opioid abuse, helping to prevent future overdoses. Overall, Naloxone and CPR training are essential tools for communities to have as they work towards combating the opioid crisis.

The HPCS project at PCHS provides culturally and linguistically appropriate training on Naloxone. Please get in touch with [hpcs@pchs4u.com](mailto:hpcs@pchs4u.com) for more information.

# NATIONAL IMMUNIZATION AWARENESS WEEK

## 2023 THEME: LET'S CATCH UP WITH CONFIDENCE

By Harkiranpreet Sidhu, RN, HPO



In Canada, National Immunization Awareness Week (NIAW) is observed during the last week of April. The main objective of this week is to underline the importance of vaccination in the prevention of infectious diseases. NIAW teaches community members about the benefits of vaccination, debunks myths and incorrect information, and encourages them to get immunized. Furthermore, vaccination is widely regarded as one of the most effective public health measures in history, having played a critical part in the control and eradication of numerous infectious illnesses. NIAW hopes to encourage community members to be vaccinated and stay up to date on their immunizations by raising knowledge of the benefits of vaccines.

Over the past few years staying up to date on routine immunizations was not easy and another challenging chore. In many places, routine vaccinations came to an abrupt end, depriving individuals of many opportunities to receive the immunizations they needed. Due to this, the prevalence of many diseases like measles and polio, which may be prevented by vaccination has increased. In addition to the fact that individuals are falling behind on their annual immunizations. We are regaining the opportunity to visit friends and family, indulge in our favourite activities, and get vaccinations we postponed while still adjusting to our “new normal”. It is important all individuals catch up with confidence (2023 NIAW theme), knowing they are safe and protected from diseases that can be prevented by vaccination.

## WOMINYA EVENT

By Harkiranpreet Sidhu, RN, HPO

The HPCS Team at PCHS hosted our 1st women’s wellness event called “Wominya” on March 28th, 2023. This event was a gathering amongst 15 community members to promote the health and well-being of women. Our team felt it was important to recognize women during the month of March to commemorate International Women’s Day. We wanted women to learn about taking care of their body, mind, and spirit through various activities, practices and behaviours that promote health and prevent illness.

The agenda for the day consisted of the following items: introduction to the HPCS team, guest speaker, Zumba, art and bingo sessions as well as closing remarks. During the introduction our team discussed the importance of celebrating women’s wellness and overall physical, emotional and mental health. Additionally, we introduced our team members that were present, and we provided a brief description about ourselves. Our event started with a guest speaker session on mental health that was conducted by me. I talked about my journey through nursing school, lived life experiences, and educated the women on mental health. Next, our community health ambassadors, Sahej and Savita led our fun-filled Zumba session. After this session, we had our nurse practitioner Navdeep Saini educate the women about cervical cancer and how to recognize signs and symptoms. Moreover, she discussed the importance of screening that is conducted through Pap tests. Our next activity for the day was the art session conducted by our program coordinator Rajat. He led the women in painting a beautiful cherry blossom tree with a girl sitting on the swing of the tree. This was a mentally stimulating self-care activity that all the women enjoyed. Our last session of the day was playing bingo with the women where we distributed prizes to the winners of the games. Finally, our team thanked all the women for attending and reiterated the importance of self-care and taking care of themselves.

Our goals for this event were to help women learn about various topics such as stress management, preventative care and health related information. Additionally, we wanted to involve activities that focused on mental health. This was achieved through practices such as mindfulness, meditation, therapy, and self-care activities. Overall, we wanted to empower women to take control of their health and well-being by making informed decisions. **Am I good enough? Yes, I am! – Michelle Obama**



# CRAM A CRUISER EVENT

By Seema Vankayala, Program Lead, Sahara Self Improvement Program

The Intimate Partner Violence unit at Peel Region police hosted their Cram a Cruiser event on April 15th, 2023. PCHS Sahara Self Improvement Program and Safe Center of Peel also joined the cause to help raise donations for the Safe Center of Peel. All donations were raised to help support community members who are survivors of intimate partner violence. Many members of the community came to show support for the event and cause, creating a successful event and generating resources and support for our community members in need. The event also allowed community members to learn about the issue of intimate partner violence in the Peel region and how prominent these experiences are for people. Individuals in the community could also receive and learn about resources available to those experiencing intimate partner violence.



# EID CELEBRATION AT PCHS

Muslims around the world celebrated Eid al-Fitr, to mark the end of the holy month of Ramadan on Friday April 21st, 2023.

Muslims begin Eid day celebrations by partaking in prayer service that takes place shortly after dawn, followed by a short sermon. It is tradition to eat something sweet before prayer, such as a date-filled biscuits, known as maamoul. Each country has traditional desserts and sweets that are prepared before Eid or on the morning of the first day.

People dress up in new clothes, share gifts, gather with family and loved ones for a meal. Elders give children money called "eidiyah", donations are given to those that are less fortunate and time is taken to visit loved ones.

Common Eid greetings are "Eid Mubarak" (Blessed Eid) or "Eid sa'id" (Happy Eid). Greetings vary depending on the country and language.

PCHS staff from all different backgrounds and cultures also took part in Eid celebrations, staff enjoyed a wholesome traditional meal together to celebrate Eid and dressed up in traditional attire. Sweets from different countries were also exchanged to celebrated the occasion.



# VAISAKHI FESTIVAL AT PCHS!

By Pooja Vohra, Intake Worker- Settlement Program

As we all know that Vaisakhi is one of Hinduism-Sikhism's most widely celebrated festivals not only in India but across the globe. Originally a spring harvest festival celebrated in the northern Indian state of Punjab, the festival gained religious significance for Sikhs when Guru Gobind Singh – the 10th and final living guru for Sikhs – created the Khalsa in 1699.

Vaisakhi is also remembered for some other significant reasons like the execution of Guru Tegh Bahadur. He was executed because he disagreed with the proposal of the Mughal Emperor Aurangzeb to convert into Islam. This marked the coronation of the tenth Sikh Guru and the formation of Khalsa Panth. The festival marks the ripening of the Ravi crops and their first harvest. It also marks the Sikh new year, and people wish each other a prosperous and happy life with an abundant harvest.

On 14th April, we also celebrated Baisakhi dressing up in vibrant colorful traditional attire and exchanging sweets with the friends present at work. The festival is dedicated to spread peace, love, and harmony and to socializing with the community and people outside the community and we tried doing so here at PCHS. We prayed that this year should bring peace, happiness, harmony and an abundance of good luck for all! May God bless all of the communities throughout the coming season. Happy Vaisakhi!



# Teen Book Review

## The Strangers

**Author:** Katherena Vermette

**Reviewed by:** Harman Kaur,  
Brampton Library Youth Volunteer  
Pages: 288

The Strangers is an exceptional novel focusing on the struggles of Indigenous women. It is a venturesome journey of four women in a family who were deprived of connecting with each other. Cedar is forced to live with her unloving father after tossing around foster homes. She is separated from her sister, Phoenix and mother Elsie. Phoenix is living with strangers after serving her time in a detention centre and giving birth to her son. Elsie is an addict living with her mother Margaret in a nursing care facility. The life struggles and the pains in these women's hearts is what makes them strangers. The relentless failure of the justice system and forming affectionate relationships can be seen throughout the different mother-daughter and granddaughter-grandmother relationships.

The major strength of the novel is the theme of intergeneration-

al trauma. Phoenix's child is abandoned from her immediately after birth. This coincides with the traumatization of her sister and herself being taken away from their mother and put into foster care. Shoveling through the past, it was known that Elsie was also detached from her mother due to loosened connections. Henceforth, such issues like disconnection from family are clearly evident in several generations shining light on the immense traumatization in the story.

In my opinion, the book does an exemplary job at providing connection to the real life experiences of the Indigenous people. Since the book is based on Indigenous women who faced struggles due to racism from society, the emotions created in the entire text are the heart of this book. It was heart wrenching to read about the lives of these four women just over the



course of 5 years. It sparked anger inside of me every time I read a page. How can the Canadian government be so heartless and kill individuals because of their identity?

In conclusion, it was disheartening to read about the life of Indigenous women in the earlier years. The story unveils the prejudice against Indigenous women and how ruthlessly they were treated. I recommend this book to youth and young adults to enlighten themselves on the experiences of the Indigenous community. I rate this book a 9/10.

*The book is also available at Brampton Library*  
[Click here to see](#)



# 21<sup>ST</sup> ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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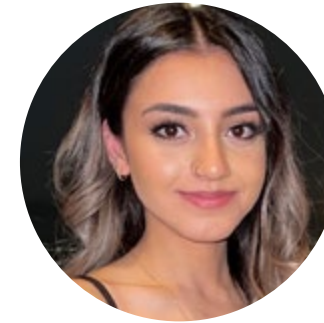
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**Dr. Brar Dentistry  
Brampton Crematorium  
Kahlon Law Professional Corp  
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# WELCOME NEW EMPLOYEES!



**Michelle Yousofi,**  
Youth Worker-Dari/Farsi



**Kirandeep Maher,**  
Crisis Support Worker-  
Mental Health



**Amardeep Kaur Paul,**  
Settlement Counsellor

## MEHAR PRESENTS

A short film on addictions and recovery



## The Healing Journey II



May 24, 2023 at 5-7 p.m.  
Cineplex, 110 Courtneypark Dr E  
Mississauga, ON L5T 2Y3

[www.meharcanada.com/tickets](http://www.meharcanada.com/tickets)

**DIRECTION:** HARPAL SINGH **SCRIPT:** REKHA VAISHNAV  
**ARTISTS:** PRARTHANA BALAJI, FADI DALLOUL, DARIUS ZHENG,  
ZEUS FLEMING, SPRUHA VAISHNAV, SUKHMANN GILL, JEFFREY CARL,  
BASIMA TAKROURI, PRASHANT SULE, DHRUVA DWIVEDI  
**FILM CREW:** HARRIS BAILEY, MEGHA RAINA, LUCAS ROOTE, CINAM  
ERIC ZEE, ANOOP JOSEPH LOBO, MAMOONA NADEEM, TAMMY  
MARIE MCCAFFREY



# SAATH

SOUTH ASIAN ALLIANCE THROUGH HEALTH BY  
MENTAL HEALTH AND ADDICTIONS WELLBEING PROGRAM

## MEET & GREET SESSION



MAY 15TH, 2023



7 PM TO 8 PM



1010 MAIN ST E, MILTON, ON L9T 6H7

AGE GROUP: 16 AND UP

### Event Details

- Introduction of instructor and program details
- Discussion about mental health
- Question and answer period
- Services will be culturally appropriate and promotional items will be up for grabs

REGISTER NOW : [BIT.LY/3NS87OD](https://bit.ly/3NS87OD)

WALK-INS ALSO WELCOME



[www.pchs4u.com](http://www.pchs4u.com)



PCHS Newcomer Youth Program Presents:

# NATIONAL YOUTH WEEK

Newcomer Youth 13-19 MUST be Permanent  
Resident or Convention Refugee

All supplies provided during event, free!

- May 1st: Employment Workshop 3:30pm - 5pm
- May 2nd: Employment Workshop 3:30pm - 5pm
- May 3rd: Paint & Chat 3:30pm - 5pm
- May 4th: DIY Tie Dye Shirts 3:30pm - 5pm
- May 5th: Game On 3:30pm - 5pm
- May 6th: Youth Celebration 1pm -3pm



SCAN ME

<https://www.eventbrite.ca/o/pchs-32389888145>

Location for all events: 50 Sunny Meadow Blvd Brampton, ON L6R 1Y9

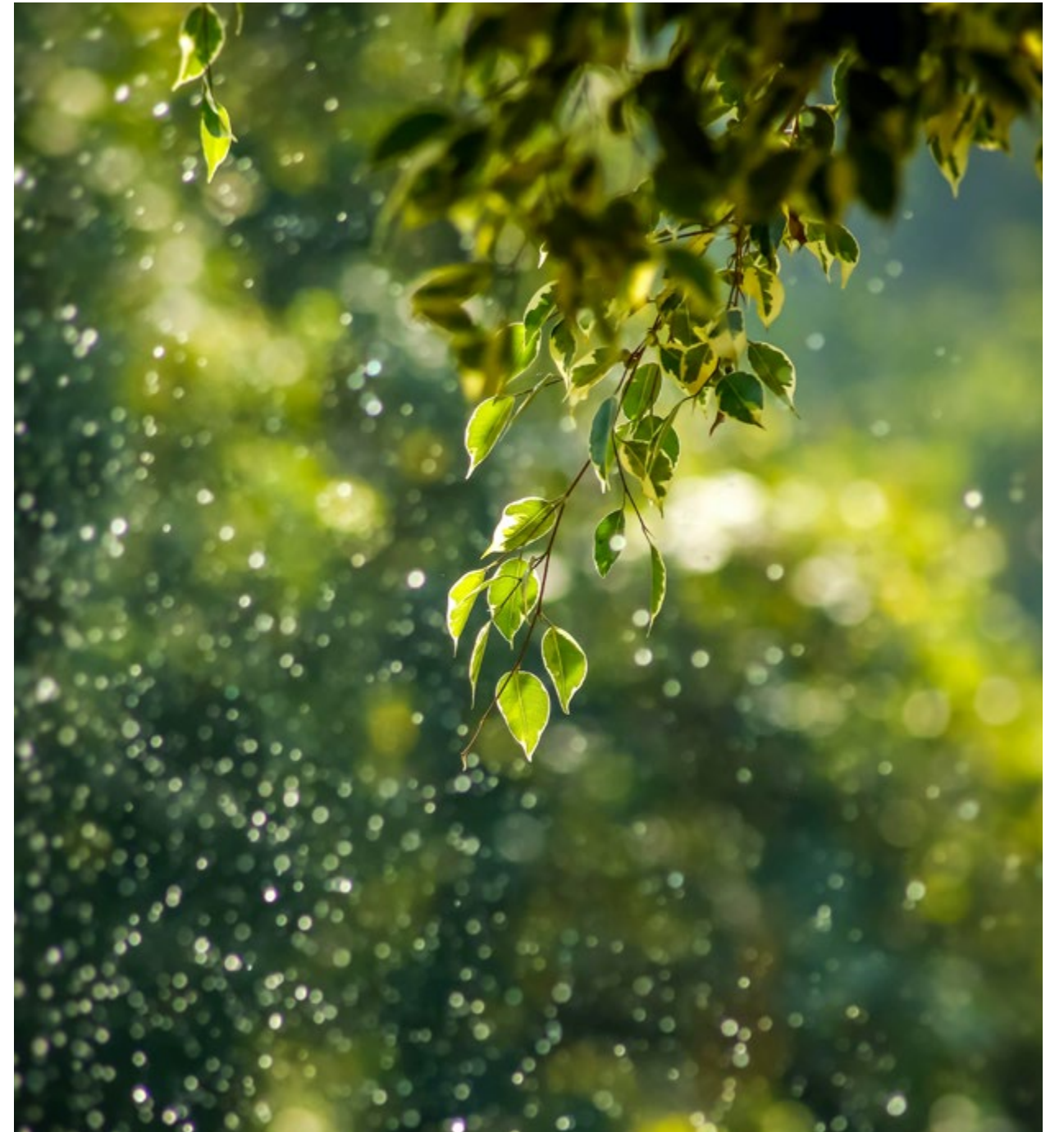
Contact: [tashona@pchs4u.com](mailto:tashona@pchs4u.com)



Immigration, Refugees  
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# PCHS Health Magazine

Punjabi Community Health Services

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Join parenting sessions with Baldev Mutta every first Thursday of each month

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