

VOLUME 04 ISSUE 2 FEBRUARY 2024

PCHS

# HEALTH

MAGAZINE

02

**RRSL- ADDICTIONS TEAM OUTREACH  
ACTIVITIES IN THE MONTH OF FEBRUARY**

05

**ARAO COMMITTEE BLACK EXCELLENCE EVENT**

**UPCOMING:**

**22ND PCBS INTERNATIONAL  
WOMENS DAY GALA**

# Content Highlights



02  
**RRSL- Addictions Team Outreach Activities in the Month of February**

05  
**ARAO Committee Black Excellence Event**

06  
**PCHS Newcomer Youth Valentine Event**

07  
**Pink Shirt Day**

09  
**Naloxone Training: Empowering Communities to Combat Opioid Overdoses**

10  
**Diverse Dialogues: ARAO Committee Explores the Human Library Experience**

11  
**Diabetes Health Fair: A Resounding Success at Greenbriar Community Centre**

20  
**Teen Book Review The Art of War**  
Reviewed by Brampton Library Youth Volunteer

22  
**Monthly Client Testimonial**



**Amandeep Kaur CEO, PCHS**  
**Message from CEO**

## **Navigating Opportunities and Challenges: Insights from a Meeting with OPP Sergeants**

As we enter a new month filled with opportunities and challenges, I am thrilled to provide a glimpse into PCHS's recent endeavours, particularly a pivotal meeting I attended with OPP Sergeants in Caledon.

On January 15, 2024, I was honoured to meet with OPP Sergeants in Caledon to delve into pressing concerns regarding the rising incidence of criminal activities within the South Asian community in Caledon and fortify the bond between law enforcement and residents. Our dialogue centered on three key themes: understanding the difference between the psychological profiles of Eastern and Western cultures, addressing community concerns specific to Caledon, and fostering trust through a culturally diverse lens.

The discourse with OPP Sergeant Caledon yielded invaluable insights and actionable strategies. Together, we explored proactive measures to tackle community concerns and strengthen connections with residents. Through synergistic collaboration with law enforcement and other stakeholders, we aim to cultivate a safer and more cohesive living environment for all.

The escalation in criminal cases and law enforcement's response emerged as significant focal points during our meeting. We delved into the myriad challenges encountered by the OPP, including but not limited to domestic violence,

violent assaults, impaired driving, substance abuse, burglaries, robberies, auto theft, and other criminal infractions. Furthermore, we engaged in a comprehensive examination of the strategies employed by law enforcement to mitigate these challenges effectively.

The growing South Asian population in Caledon, coupled with the influx of newcomers, underscores the urgency of our collective efforts. Recent data from the Region of Peel corroborates a remarkable 36% growth in Caledon's immigrant population, particularly from the Indian subcontinent.

It is incumbent upon us to actively engage with the community and collaboratively address these multifaceted challenges. We remain steadfast in our commitment to forging partnerships with OPP Caledon, local authorities, and community organizations to devise holistic strategies that prioritize the safety and well-being of our residents.

As we navigate the upcoming month, let us maintain unwavering vigilance and proactively support initiatives aimed at fostering a safer and more secure community. Your unwavering dedication to our shared mission resonates profoundly, and together, we have the power to effectuate positive change in the lives of those we serve.

# RRSL- ADDICTIONS TEAM OUTREACH ACTIVITIES IN THE MONTH OF FEBRUARY

**Gursimran Khaira – Peer Support Worker – RRSL Addictions**

In continuation of services provided to the international student community in these economically and socially challenging times, our RRSL (Rapid Response Saving Lives) team has embarked on a series of community outreach and psychoeducational programs for the international students. Let's take a closer look at the outreach activities and programs in February.



## **1. Information Booth at the Community Center, Cyril Clark Library, February 6th 2024**

The RRSL team of Addictions program visited the Cyril Clark Library branch to conduct awareness and outreach of the program. The team handed out flyers and psychoeducation worksheets on stress management, box breathing, coping skills etc. The team could connect with 5 students and some members of the community, who learnt about the RRSL (Rapid Response Saving Lives) program and other community welfare programs that PCHS offers. After connecting with the librarians, the team had put up our flyer and program brochures on the library's community board to spread awareness about to our community members.

## **2. Information Booth at the Community Center, South Fletcher's Library, February 9th 2024**

A few of our team members visited the South Fletcher's Library Branch to conduct outreach and spread awareness about the RRSL program as well as PCHS and the other programs we offer. We also handed out stress balls as well as worksheets focused on stress management and how to deal with anxiety. We also handed out stress balls and worksheets focused on stress management and how to deal with anxiety. We were also able to place our flyer on display at the library community board allowing for continued awareness about the RRSL program. Conducting this outreach activity allowed us to build relationships within the Brampton community and to spread awareness about the variety of programs PCHS provides.



## **3. Mental Health Awareness Week: Session on Mental Health and Stress Management at Ace Acumen Academy, Feb 12th, 2024**

Our Team was invited to the Mental Health Awareness Week at Ace Acumen Academy in Brampton. We held a workshop to present stress management techniques, coping skills, and the importance of work-life balance to the students on campus. It has been very relevant as it helped them in coping with their exam anxiety and stress related to academic progress. We also shared information about our RRSL program, the other programs PCHS has available for the community, and upcoming workshops we had planned for international students. In addition to the presentation, we handed out worksheets focused on stress management techniques, such as box breathing, and coping with anxiety. After the presentation and conducting intake, we also shared the program information with other students in their longues and campus.



## **4. Workshop on Dealing with Mild Depression, Glidden Gurdwara, Feb 11th, 2024**

On Feb 11th the RRSL team partnered with Khalsa Aid to hold a workshop focusing on dealing with mild depression at Sri Guru Nanak Sikh Centre Brampton. Our team conducted intake and registration for about 175-200 students. All the participants received goodie bags which consisted of a backpack or tote back, a stress ball key chain, program flyers, and a grocery gift card. After completing their registration into the program, we held a presentation about mild depression and discussed what causes depression, who is affected by depression, the symptoms of depression, and healthy ways to cope with depression. In addition to the presentation, we handed out worksheets for the clients to take home that focused on personal wellbeing and how to cope with feelings of mild depression. After the RRSL team presentation, Khalsa aid held a short presentation to share important information with international students regarding personal safety and how to apply for jobs. Overall, it was a very resourceful session for the newcomer international students enabling them to successfully adjust into their new environment and take good care of themselves.



**5. Employment Preparedness Session, Jot Parkash Gurdwara, Feb 17th, 2024**

Securing a part-time job and being financially stable has been the foremost concern of the thousands of students in our region. To cater to this need, the RRS� team held a workshop on February 17th focusing on employment preparedness and knowing your rights. The session was conducted in conjunction with the PCHS Settlement team and United Sikhs. About 60 students attended the event, with 30 being new participants. A counsellor from the settlement team delivered a presentation on “how to build an effective resume and cover letter”. Students were guided on job search skills and how to apply for jobs in a way that makes them stand out and more likely to gain employment. In addition to the presentation, we handed out resume and cover letter templates and more information about employment preparedness.

Knowing your rights facilitated by United Sikhs. This presentation focused on sharing information with students about their rights as applicants and employees such as what employers are not allowed to ask during interviews. Moreover, United Sikhs also shared information on what is considered discrimination. Awareness of what is considered discrimination against students in the rental sector, tenants’ rights, and who to talk to if they feel their rights are being violated. Overall, the workshop was successful and impactful as we shared valuable information with international students, making them aware of their rights and access to additional supportive community resources.

The presentation was followed by a Session on

**ARAO COMMITTEE BLACK EXCELLENCE EVENT**

**By Tashona Tyndale, Youth Worker**

We are thrilled to share the success of the Black Excellence event hosted by the ARAO Committee in celebration of Black History Month 2024. The event aligned with the Canadian Black History Month theme for 2024, which is “Black Excellence: A Heritage to Celebrate; a Future to Build.” The event aimed to honor influential Black leaders who have shaped history and continue to inspire, showcasing the positive contributions of Black leaders within Canada. PCHS staff stood in solidarity as the Black National Anthem “Lift Every Voice and Sing” was played, written by James Weldon Johnson, a multi-talented individual with contributions as an author, educator, activist, diplomat, lawyer, and songwriter. This song was originally written as a poem, to give a sense of hope to the Black Community as its filled with several biblical references.

While staff indulged in veggie and chicken patty’s we shared a short film titled “Patty vs Patty,” depicting Toronto’s 1985 “patty wars,” when Jamaican - Canadian bakers went head-to-head with the federal government over the name of their beloved beef patty. This film captured the resilience, empowerment, allyship, advocacy and overcoming of cultural discrimination. Staff were encouraged to express their thoughts on the film through discussion, along with a Black History Month expression board to share what BHM meant to them and the importance of its continued celebration. Ending the event with some fun and informative trivia about the short film “Patty vs Patty”. The event was a great success, and we encourage everyone to explore the attached links for further information on Black History Month.

We look forward to continued celebrations and reflections on the rich heritage and achievements of the Black community.

**Important Links:**

[Black National Anthem “Lift Every Voice and Sing](#)

[Patty vs. Patty Short Film](#)

[23 Historical Black Canadians](#)

[Mandatory Black History Lessons in Curriculum](#)



# PCHS NEWCOMER YOUTH VALENTINE EVENT

**Alina Ravan, Settlement Youth Worker**

Even if you're not a hopeless romantic, Valentine's Day is an opportunity to show the people in your life that you appreciate them. On February 10th, PCHS Newcomer Youth Program were hosted Valentine's Event for newcomer youth. During this the participants were engaged in creative activities related to Valentines Day. Newcomer Youth Team created different stations for youth and they were able to learn the importance of words and affirmation through creating their own affirmation bangles, beautiful gift cards, and to play different games. Through these activities youth learned the importance of self care in their daily lives. While youth were exploring different stations they had the opportunity to explore a Valentine's photo booth and take memorable photos. The event ended with heart shaped pizza and engaging in meaningful conversation.

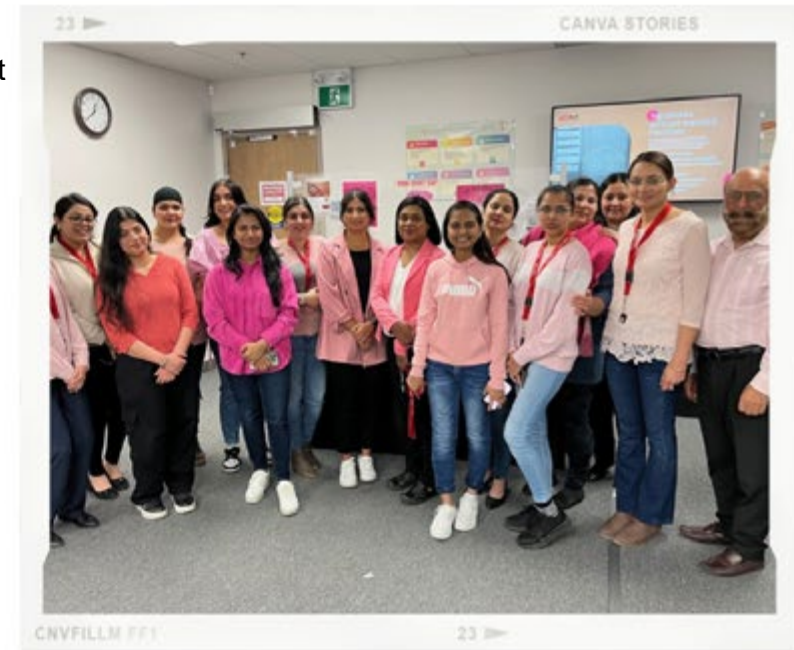


# PINK SHIRT DAY

Pink Shirt Day, an annual event originating from Canada, has become a powerful symbol in the global fight against bullying. Since its inception in 2007, this initiative has gained widespread recognition for its commitment to promoting kindness, empathy, and inclusivity in various settings, including schools, workplaces, homes, and the digital sphere.

The significance of Pink Shirt Day lies not only in its visual impact, with participants donning pink shirts to symbolize their solidarity against bullying, but also in its underlying message of standing up to harassment and fostering a culture of respect and acceptance. By encouraging individuals to wear pink shirts on the last Wednesday of February each year, Pink Shirt Day aims to spark conversations about the detrimental effects of bullying while advocating for proactive measures to address and prevent it.

PCHS Staff also took part in Annual Pink Shirt Day on February 28th, 2024 by wearing pink to work and taking a stand against bullying.



# UNDERSTANDING PSYCHOSIS, CANNABIS, AND MENTAL HEALTH

**Taranjot Bath, Case Manager, Early Psychosis Intervention- Mental Health**

We understand that navigating mental health topics like psychosis and cannabis can be challenging. This article aims to provide you with valuable information to help you better understand these topics and find support if needed.

## What is Psychosis?

Psychosis is a mental health condition where a person experiences a disconnection from reality. Symptoms include seeing or hearing things that aren't there (hallucinations), believing things that are not true (delusions), and having confused thoughts. It is important to recognize the signs of psychosis to seek help early.

## Contributing Factors to Psychosis:

**Genetics:** Some people may have a higher risk of psychosis if it runs in their family.

**Brain Chemistry:** Changes in brain chemicals can contribute to the development of psychosis.

**Stress and Trauma:** Difficult life experiences can trigger or worsen psychotic symptoms.

## Risk Factors for Psychosis:

**Age:** Psychosis often starts in late teens to early adulthood.

**Substance Use:** Using drugs like cannabis can increase the risk of psychosis.

**Mental Health History:** People with other mental health conditions may be more likely to experience psychosis.

## Cannabis and Psychosis:

**Cannabis Use and Risk:** Using cannabis, especially at a young age, may increase the chances of developing psychosis.

**Impact on the Brain:** Cannabis can affect the way the brain works, potentially making someone more susceptible to psychosis.

**Genetic Factors:** For some people, using cannabis and having a family history of psychosis can interact to increase the risk.

## How Cannabis Use Can Lead to Schizophrenia:

**Dopamine Levels:** Both cannabis use and schizophrenia affect dopamine, a chemical in the brain linked to pleasure and motivation. This interaction may contribute to the development of schizophrenia.

**Brain Changes:** Long-term cannabis use can change the structure and function of the brain, potentially increasing the risk of schizophrenia.

Understanding psychosis, cannabis use, and their impact on mental health is important for your well-being. Remember, you're not alone, and there are resources available to support you. Take care of yourself and reach out for help if you need it. You deserve support and understanding as you navigate this journey.

**Resources for Help:** Explore these websites for valuable information and support.

[CAMH \(Centre for Addiction and Mental Health\)](#)

[Schizophrenia Society of Canada](#)

[CMHA \(Canadian Mental Health Association\)](#)

**If you require support please contact PCHS at:**

**905-677-0889**

**info@pchs4u.com**

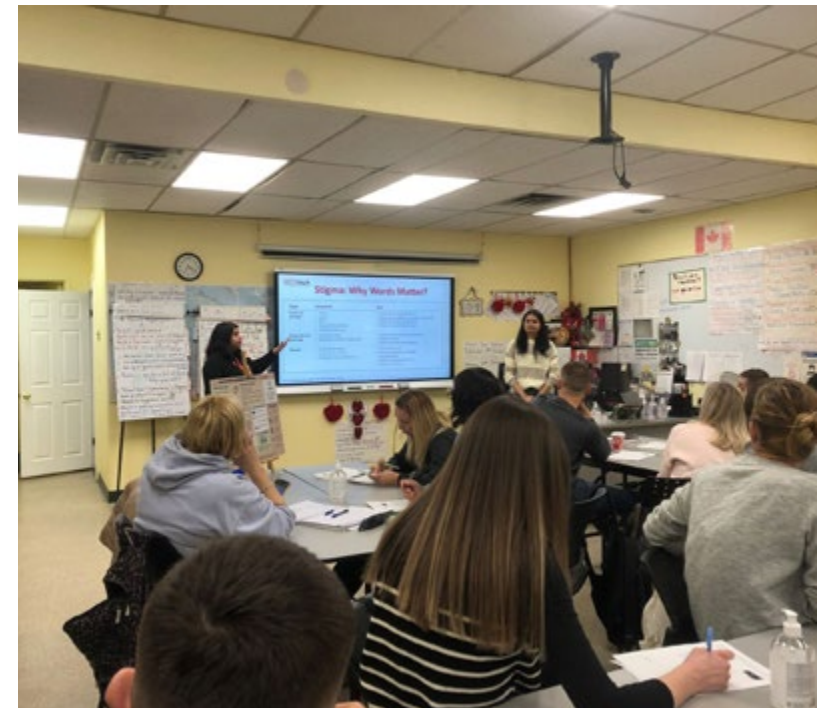
# NALOXONE TRAINING: EMPOWERING COMMUNITIES TO COMBAT OPIOID OVERDOSES

**Navdeep Kaur, Community Health Ambassador, HPCS**

In recent years, the opioid epidemic has become a significant public health crisis, claiming countless lives across the globe. In response to this growing concern, the widespread distribution and training in the use of naloxone, a life-saving opioid overdose reversal medication, has become a critical harm reduction strategy.

Naloxone, also known as Narcan, is an opioid receptor antagonist that rapidly reverses the effects of opioid overdose. Administered through intramuscular injection or nasal spray, it works by binding to opioid receptors in the brain, quickly restoring normal breathing patterns.

In February, the High Priority Community Strategy team collaborated with DBNC to deliver impactful naloxone training sessions to 3 diverse community groups with 80+ attendees. Through comprehensive presentations on naloxone usage, participants gained essential knowledge and skills to respond effectively to opioid overdoses. The training concluded with the distribution of naloxone kits, and participants received certificates, affirming their readiness to administer naloxone when needed. This collaborative effort between HPCS and DBNC stands as a testament to the commitment to community health and empowerment, fostering a safer and more prepared environment.



## DIVERSE DIALOGUES: ARAO COMMITTEE EXPLORES THE HUMAN LIBRARY EXPERIENCE



The ARAO committee at PCHS recently took part in the Human Library, an international movement originating in Copenhagen in 2000. Instead of borrowing books, participants engage in conversations with diverse individuals to challenge biases and broaden perspectives. Our staff had the chance to connect with people they would not normally encounter, sparking reflections on the power of dialogue and breaking down societal barriers. The Human Library experience prompted personal growth and challenged preconceived notions.

As our team engaged in conversations, they gained a deeper appreciation for the diversity within our community. The Human Library fostered empathy, inclusivity, and open-mindedness, leaving a lasting impact on our lives. In a world often divided, the Human Library served as a reminder of the importance of genuine conversations in fostering understanding. The ARAO committee emerged not just as participants but as advocates for unity and acceptance.

Please take a moment to read some of the reflections from our committee members about their Human Library experience.

“My experience at the human library event was truly eye-opening. Engaging with two human books in the breakout room, one on Parkinson’s disease and the other on eating disorders, completely shifted my perspective. I gained profound insights into the realities and complexities of these conditions, witnessing firsthand the struggles faced by those affected. One poignant moment came during my conversation with a book in recovery from an eating disorder was about a societal tendency to praise weight loss without truly understanding the underlying battles with food ---binge eating and then starving oneself to achieve a desired body weight. This revelation resonated deeply with me, reminding me of the importance of empathy and understanding in our interactions with others facing such challenges.” – Akanksha Sharma

“I had the opportunity to engage in the human library, where I experienced two human books sharing their personal journeys with eating disorders and their survival stories from the Holocaust. Engaging with living books created a safe space for exploring sensitive topics, teaching me that it is okay not to have all the answers. The openness and vulnerability of the human books left a lasting impact, showcasing strength and resilience. Witnessing their courage inspired me to approach life with renewed empathy. The human library reinforced the importance of open dialogue, breaking down stigmas surrounding these topics through uncomfortable conversations. In essence, the human library catalyzed personal growth, teaching that knowledge is a continuous journey. Actively seeking education through dialogue contributes to a more compassionate society. The bravery of the human books and shared vulnerability created an environment where profound connections were forged, making the experience genuinely life changing.” – Harkiranpreet Sidhu

“The Human Library workshop was a very rewarding experience, professionally, mentally, and spiritually. I had the opportunity to ‘read’ two human books during a virtual workshop alongside other community organization members. The first book was an individual that was a Holocaust survivor. Learning about this book was a very emotional and informative experience, as I did not think in my lifetime, I would ever interact with a Holocaust survivor. This rare opportunity gave me an understanding of experiences that are very different from what I will ever experience. Yet, on a human level, we were very similar. The second book I read was about an autistic individual. I learnt from the book about their unique lived experiences, how they navigate the world. This experience gave me an understanding of how neurodivergent people navigate the world and challenges they might face.”

– Arashdeep Chahal

“The Human Library offered a remarkable experience. I was genuinely impressed by the concept of real people acting as books, sharing their stories openly, and remaining open to answering any question without offense. I would eagerly embrace the opportunity to participate in such events again and again.”

– Savita Saini

Book 1: We discussed how people who experience autism must undergo discrimination and judgement. Book 1 discussed being bullied multiple times because of her undiagnosed autism and her story was heartbreaking in so many ways. It made me realise that no one has it easy in this world. Book 2: This discussion was around being bipolar. Book 2 faced a lot of discrimination and stigma at home due to being transgender. Their challenges around loneliness made me aware of how fortunate we are to have friends and family around. This also made me realise that childhood trauma can impact you in a million ways. – Kanwalpreet Kaur

“I must say, it was an extraordinary and eye-opening experience. The concept of being able to ‘check out’ a human book and engage in meaningful conversations with real people sharing their diverse life stories was truly transformative. The diversity of human books available was impressive, allowing me to explore perspectives and experiences that I might not have encountered otherwise. Each ‘book’ was not just a story but a living, breathing individual who generously shared their journey, struggles, triumphs, and unique insights. The first living book belonged to LGBTQ2S+ community, shared their personal experiences with abuse. This courageous individual decided to open about the challenges they faced within an abusive relationship, shedding light on the often hidden and sensitive issue of abuse.

Their story may have included aspects such as the emotional, verbal, or physical abuse they endured, the difficulties in seeking support, and the journey towards breaking free from the abusive situation. The second living book likely aimed to bring awareness to the prevalence of physical abuse, share insights into their personal journey, and potentially challenge stereotypes or misconceptions about abuse within relationships. The decision to share such a heavy and personal story can be a courageous and empowering act for the living book. It provides an opportunity for readers to engage in conversations, ask questions, and gain a deeper understanding of the complexities surrounding the issue of physical abuse.”

– Samandeep Mann

“I spoke to a “human book”, that had the lived experiences of an eating disorder.

She talked about three types of eating disorders:

1. Anorexia, 2. Bulimia, 3. Binge-eating disorder and there are more but these three are most known disorders.

**Anorexia:** anorexia also known as anorexia nervosa can be life threatening, includes an unhealthy low body weight, intense fear of gaining weight, and view of weight and shape that is not realistic. Most common way of controlling weight gain is vomiting, too much exercise, using laxatives, and dieting too much.

**Bulimia:** also known as bulimia nervosa, is a serious, sometimes life-threatening eating disorder, includes episodes of bingeing, commonly followed by episodes of purging. Sometimes bulimia also includes severely limiting eating for periods of time. This often leads to stronger urges of binge eat and then purge.

**Binge-eating:** binge-eating disorder involved eating food in a short amount of time. When bingeing, it feels like there’s no control overeating. But binge eating is not followed by purging. During a binge, people may eat food faster or eat more food than planned.

It took 18 years to correctly diagnose, she struggled with binge-eating disorder. Today she described her recovery as on-going. It is my hope that this small article sheds some light on eating disorders and the fact that we must always be aware that a person can internalize a negative comment at any age.”

– Harpreet (Rena) Dhaliwal

“January 24, 2024, marked an unforgettable chapter in my life as I immersed myself in a Human Library session. The conversations with the remarkable “human books” were not just enlightening but also emotionally stirring. These resilient souls, who’ve weathered storms and emerged stronger, graciously opened up, leaving an indelible impact on me and my fellow participants.” – Gursharan Kaur

## DIABETES HEALTH FAIR: A RESOUNDING SUCCESS AT GREENBRIAR COMMUNITY CENTRE

**Fariha Muqueet, Community Health Ambassador, HPCS**

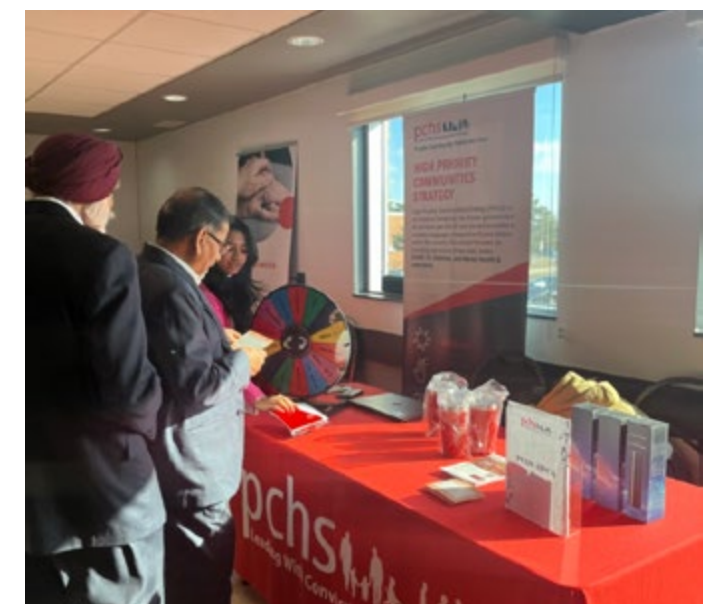
The High Priority Community Strategies (HPCS) team at PCHS hosted a vibrant and informative Diabetes health fair on February 10th at the Greenbriar Community Centre, in Brampton marking a significant milestone in fostering community education, health and well-being. This event brought together local agencies, including Roots, CMHA, MIAG, Indus, and Wellfort, along with dedicated teams from geriatrics, settlement, and mental health at PCHS.

The health fair showcased the power of collaboration as various community organizations joined forces to provide comprehensive health services. Representatives from Roots, CMHA, MIAG, Indus, and Wellfort worked together seamlessly, offering a diverse range of health resources and support. Attendees were treated to many health services, especially aimed at Diabetes, addressing the needs of all age groups.

Visitors had the opportunity to undergo HBA1C testing, provided by Wellfort, a vital measure for diabetes management. This blood test shows what your average blood sugar (glucose) level was over the past two to three months providing a comprehensive picture that can help with diagnosis. The Wellfort team also conducted foot assessments and provided valuable insights from a dietician, empowering individuals to make informed choices about their health.

Recognizing the importance of good nutrition, the Health Fair provided a delightful array of snacks for all attendees such as fresh fruits and nutritious bites. The success of the Health Fair was not just in the services provided but in the sense of community empowerment it generated. By fostering collaboration among local agencies, the event exemplified how a united effort

can raise awareness around the growing prevalence of Diabetes and make a significant impact on community health. In conclusion, the Punjabi Community Health Services’ Health Fair at the Greenbriar Community Centre was a resounding success, showcasing the dedication of various organizations to promote holistic well-being.





# EXPLORING THE INTERPLAY BETWEEN SOCIOECONOMIC STATUS AND MENTAL HEALTH

Ravneet Chahal, Nursing Placement Student

In the intricate tapestry of human existence, the threads of socioeconomic status and mental health are deeply interwoven, shaping the experiences and well-being of individuals in profound ways. As research delves deeper into this complex relationship, it becomes increasingly evident that one's socioeconomic standing can significantly impact their mental health outcomes.

## Understanding Socioeconomic Status

Socioeconomic status is a multifaceted construct encompassing various indicators such as income, education, occupation, and access to resources. It reflects an individual or family's position within the social hierarchy and influences their opportunities, lifestyles, and overall quality of life. While SES is often measured using objective markers such as household income or educational attainment, it also encompasses subjective perceptions of social standing and relative deprivation.

## The Impact on Mental Health

Numerous studies have illuminated the profound impact of socioeconomic status on mental health outcomes. Individuals from lower socioeconomic backgrounds are disproportionately affected by a myriad of mental health issues, including depression, anxiety disorders, substance abuse, and psychosis (Adler & Stewart, 2010). The disparities in mental health prevalence and outcomes are stark, with those from disadvantaged backgrounds facing higher rates of morbidity, lower treatment rates, and increased risk of chronicity (Adler & Stewart, 2010).

## Access to Resources and Services

One of the primary mechanisms through which socioeconomic status influences mental health is access to resources and healthcare services. Economic deprivation often restricts individuals' ability to afford quality healthcare, including mental health treatment and

counselling services (Marmot, 2005). Limited access to mental health professionals, medication, and psychotherapy exacerbates existing mental health conditions and impedes recovery (Marmot, 2005).

## Social Determinants of Health

Beyond access to healthcare, socioeconomic status influences mental health through a myriad of social determinants. Economic instability, housing insecurity, neighborhood deprivation, and exposure to violence or discrimination create chronic stressors that erode psychological well-being (Cutler & Lleras-Muney, 2008). Moreover, lower SES is associated with adverse childhood experiences, including trauma, neglect, and household dysfunction, which significantly increase the risk of mental health disorders later in life (Cutler & Lleras-Muney, 2008).

## Addressing Inequities and Promoting Equity

Recognizing the intertwined nature of socioeconomic status and mental health is paramount to fostering equity and improving population well-being. Addressing the root causes of socioeconomic disparities and implementing targeted interventions is essential to mitigate the adverse effects on mental health (Adler & Stewart, 2010). Policy initiatives to reduce income inequality, expand access to affordable housing, and enhance educational opportunities can uplift marginalized communities and bolster mental health resilience (Adler & Stewart, 2010).

The intricate link between socioeconomic status and mental health underscores the need for a holistic approach to well-being that addresses the underlying social determinants of health. By recognizing the systemic barriers that perpetuate inequities and implementing targeted interventions, we can create a more just and compassionate society where all individuals have the opportunity to thrive mentally, physically, and socially.



# 22<sup>ND</sup> ANNUAL INTERNATIONAL WOMEN'S DAY

FRIDAY, MARCH 22, 2024, DOORS OPEN AT 6 PM  
SPERANZA BANQUET HALL  
510 Deerhurst Dr, Brampton, ON L6T 5H9



**KEYNOTE SPEAKER**  
**SAPNA BUTANY-GOYAL**  
*Justice of the Peace of Ontario Court of Justice*

JOIN US FOR AN EVENING OF DINNER, DANCING AND ENTERTAINMENT WHILE WE RECOGNIZE OUTSTANDING WOMEN

#INSPIREINCLUSION



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# RAPID RESPONSE

## TO ADDRESS MENTAL HEALTH AND ADDICTION ISSUES

Access to individual & group support services for international students over the age of 16.



### OUR SERVICES

- Supporting clients post hospital discharge through Case management and Peer Support, for those experiencing mental health and addictions concerns.
- Help in finding temporary housing for post discharge clients at risk of homelessness.
- Support clients to achieve their recovery goals.
- Short-term Person Centered Support.
- Help connect with community support services and other resources.
- Healthy Mentoring & More

### CONTACT INFO



437-243-8479



sowmya.shinde@pchs4u.com



This program is based on the principles of HOPE, RECOVERY, EMPATHY, SELF-DETERMINATION, & RESPECT.

Services are offered in ENGLISH, PUNJABI, HINDI AND URDU.



Join PCHS as we shed light on important issues affecting our community

# 2024 MENTAL HEALTH Forum

RAISING AWARENESS ON YOUTH AND MENTAL HEALTH

Saturday March 9, 2024

1:00PM-4:00PM

Please arrive from 12:00pm-1:00pm for Registration and Appetizers

- Featuring presentations from Peel Regional Police and more
- Engage in fun activities as we empower, educate and support one another

\*Refreshments and Lunch will be Provided\*

LOCATION:  
Speranza Banquet Hall  
510 DEERHURST DR,  
BRAMPTON, ON  
L6T 5H9

Please RSVP:

DEADLINE TO RSVP: MARCH 7, 2024

\*LIMITED AVAILABILITY\*



# Sahara Overnight Respite Program (SORP)

This program is developed to prevent caregiver burnout, avoidable hospital emergency department visits, and unnecessary hospital admissions amongst older adults. Our Overnight Respite Workers (OSW) provide support by staying with the client at their home from 9:00 pm to 5:00 am to provide short-term relief to the caregiver.

## Eligibility Criteria:

- Age 55 +
- Reside in Brampton and Malton region
- Maple score of clients: 3 and above
- Recent discharge from hospital (within 1 week to two months)
- Older Adults diagnosed with Alzheimer's disease or mental illness requiring emotional support
- Older Adults with caregivers who are experiencing caregiver burnout

Note: This program is not equipped to support bedridden and clients on palliative care

**If you are eligible for this program, please contact below.**



Funded by Ontario Health Central

# Kick Start (Ontario Autism Program) in association with PCHS

**PCHS and Kick Start Therapy Inc. have collaborated to provide culturally appropriate services to children in need of Ontario Autism Program Core Clinical Services.**

About this program: Parents and caregivers learn therapeutic strategies and specific techniques from professionals based on the child's needs. In 2022, we successfully piloted a culturally adapted model of OAP clinical services to support clients from the South Asian community. Kick Start Therapy Inc. provides OAP core clinical services which support children and youth. This collaboration was created to address the additional support needed by caregivers supplied to them in their language with an understanding of their culture. We want to address the core question of: "How can caregivers support their children if they can't get help for themselves?" This program aims to help prevent burnout for caregivers.

## Caregiver Support and Wellness Sessions

This program provides:

- One on one supportive counselling
- Support group – parents coming together
- Connection to additional resources and support
- Stress management techniques for caregivers
- Coping strategies
- Referral to clinical services provided by Kick Start Therapy Inc.
- Referral to additional wrap around supports for children, youth and caregivers

**For more information:**

**Hansraj**  
 **(416) 725-2103**

**Prabhdeep**  
 **(416) 580-6901**



# Teen Book Review

## The Art of War

**Author:** Sun Tzu

**Reviewed by:** Nipuna Cooray, Brampton Library Youth Volunteer

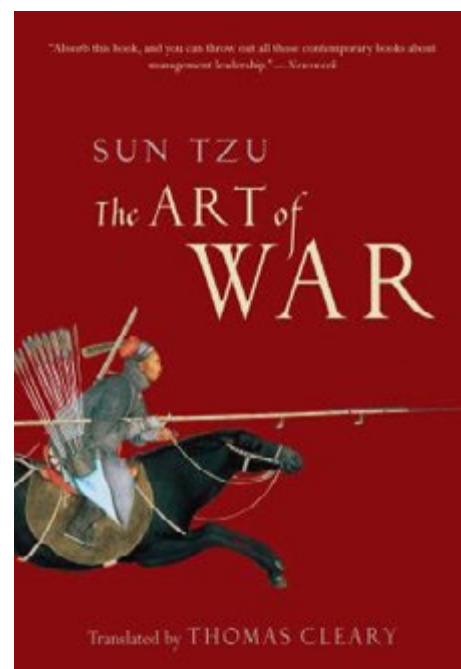
**Pages:** 320 pages

“The Art of War” by Sun Tzu is a book on strategy and warfare that has been passed on for generations. Despite being over 2,000 years old, its insights and principles are still relevant today, not only in military affairs but also in business, politics, and everyday life.

The book is divided into 13 chapters, each of which explores different aspects of strategy, such as the importance of understanding your enemy, the need for flexibility in your tactics, and the role of deception in warfare. Sun Tzu stresses the importance of preparation, both in terms of knowing your own strengths and weaknesses and those of your opponent. He also emphasizes the importance of avoiding unnecessary conflict and seeking victory through means other than brute force.

What sets “The Art of War” apart from other works on strategy is its emphasis on the importance of psychological factors in warfare. Sun Tzu argues that a successful person must not only be skilled in tactics and strategy but also in understanding the motivations and emotions of their allies and opponents.

Overall, “The Art of War” is a must-read for anyone interested in strategy, leadership, or human behavior. Its lessons continue to inspire and inform leaders around the world, making it a true classic of military and philosophical literature.



*The book is also available at Brampton Library*

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## WELCOME NEW PCHS STAFF!



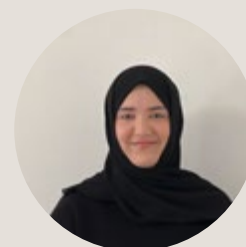
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Case Manager-RRSL  
Mental Health



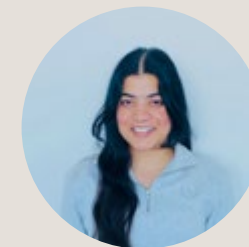
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Peer Support -RRSL  
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**Minahil Naqvi**  
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**Ramanpreet Kaur**  
Community Health  
Ambassador- HPCS

# CLIENT TESTIMONIAL

“Through this letter I want to share my experience about the help we got from PCHS. We shifted to Brampton last month and none of our family members had a job. We are living in a rented basement and facing lot of financial problems, I tried to get help from various institutions. After so many calls when we were totally upset, I got a call from Arvinder Kaur from PCHS. She inquired about our problems. After getting the whole information, She put her full efforts to helps us. She arranged coupons for groceries, also referred us to various counsellors to get employment and child tax benefit. She referred my case to get financial help for my rent payment and to get winter jackets and winter shoes. I can say that Arvinder G helped me at that time when all we had lost hope, and she came as the messenger of God. I had a talk with several people regarding my problems, but I got only verbal assurances. Arvinder G is the only one who worked sincerely to help me. I really and from my heart gives my blessings to Arvinder G. and thankful to the Punjabi Community Health Services who are helping many people and taking care of them by providing them various types of facilities.”

-Settlement Client



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

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