

PCHS

HEALTH

MAGAZINE



02

ADDICTIONS AWARENESS EVENT,
OVERCOMING ADDICTION: “REBUILDING
LIVES TOGETHER”

04

WORLD DIABETES DAY:
A GLOBAL HEALTH CRISIS

Content Highlights



02
**Addictions Awareness Event,
Overcoming Addiction: “Rebuilding
Lives Together”**

04
**World Diabetes Day:
A Global Health Crisis**

06
Diwali and Bandi Chorr Diwas

08
Newcomers Open House

11
**ARAO: Constructing
“The Woman of Colour”**

13
Naloxone Training - Sheridan College

15
**Teen Book Review
Ender’s Game**
Reviewed by Brampton Library
Youth Volunteer

17
Monthly Client Testimonial

PCHS Health Magazine: Volume No. 03 Issue No. 11 | EMAIL SUBSCRIPTION: arash@pchs4u.com
ADVERTISING ENQUIRIES & LETTERS TO THE EDITOR: arash@pchs4u.com |
DESIGNED AND PUBLISHED AT: 50 Sunny Meadow Blvd, Brampton ON L6R 0Y7.
All rights are reserved. Reproduction in any manner, in whole or part, in English or other languages, is prohibited.
www.pchs4u.com



Amandeep Kaur CEO, PCHS
Message from CEO

Empowering Our Community: Shaping the Future of PCHS Funding for a Healthier Tomorrow

This month I would like to emphasize the role of the local communities in the ever-evolving landscape of healthcare and newcomer settlement. It is both an honour and a duty to connect with our community, to listen attentively, and to gain a deep understanding of the challenges confronting our community members. We are excited to announce that the PCHS Board, behind the 10th annual “Friends of PCHS” event eagerly seeks your invaluable input to shape the future course of PCHS.

At PCHS, we firmly believe that the most effective solutions often emerge from within the community itself. Your insights are essential in steering our mission to enhance the well-being of individuals, families, and communities. Our vision is to nurture diverse communities that are healthy and thriving, emphasizing service accessibility, newcomer support, housing solutions, and supporting you through the challenging times. We place great faith in collaboration and wish to hear directly from you about the critical issues that demand our attention and resources.

We invite you to share your thoughts on improving the accessibility of mental health, addiction, geriatric and newcomer settlement services within our community. What obstacles do you perceive, and what innovative solutions can we explore together to ensure equitable access to quality healthcare services for everyone? Recognizing the unique experiences of each

newcomer, we aspire to better support their integration into society. Share your ideas on crafting a welcoming and inclusive environment for newcomers to Canada.

The undeniable link between economic well-being and health compels us to seek your thoughts on how PCHS can collaborate with you during these challenging times. What initiatives do you believe will have the most significant impact?

To facilitate this crucial conversation, we are hosting a community event on Saturday, December 2, 2023, at the **National Banquet Hall, located at 7355 Torbram Rd, Mississauga, ON L4T 3W3**. To RSVP for the event, please register at <https://bit.ly/3Q8bb8P>. This will be an open forum where community members can voice their ideas and engage in meaningful discussions. Your input is invaluable, and together, we can chart a course that reflects the diverse needs and aspirations of our community.

I encourage each of you to participate and share your perspectives. Your ideas will not only guide our funding priorities but also reaffirm our commitment to being a community-driven organization.

We extend our heartfelt gratitude for your ongoing support, and I eagerly anticipate the collaborative journey ahead.

ADDICTIONS AWARENESS EVENT, OVERCOMING ADDICTION: “REBUILDING LIVES TOGETHER”

Seerat Bajwa, Addiction Case Manager



Addiction Awareness Week is a crucial reminder of the challenges that individuals face in battling addiction. This year, Punjabi Community Health Services conducted an addiction awareness event called ‘Overcoming Addiction: Rebuilding Lives Together’ at the Riverstone Community Centre on November 23rd, 2023. The aim of this event was to provide communities with education, inspiration, and unity to combat substance abuse and other addictive behaviors. November 19th to 25th 2023 was dedicated to addiction awareness, and it is crucial that we understand the gravity of the issue and explore avenues for support and change.

Addiction is a universal problem, as evidenced by recent statistics. Whether it’s the opioid crisis, alcohol abuse, or emerging concerns like technology addiction, the impact is felt globally.

The importance of awareness surrounding addiction cannot be overstated; it serves as a catalyst for change. This significance is underscored in event presentations that shed light on the stigmatization of addictions and the profound impact on families. By fostering understanding of addiction, we can dismantle

the barriers that hinder individuals from seeking assistance. Addiction awareness campaigns play a pivotal role in dispelling myths and reducing stigma, paving the way for empathy and support to flourish.

The program started with the remarks from Mudassara Anwar, Director of operations. She commented on the importance of addiction awareness among the public and the role of PCHS in supporting the community and clients with addiction.

Key issues and challenges associated with addiction are multifaceted in the event, as it manifests in various forms, each presenting unique hurdles. Whether it be the grip of substance abuse or the complexities of gambling addiction, understanding the diversity of these challenges is paramount. Peel Regional Police’s Sgt. Sheamus Neher, our community partner, highlighted the critical importance of community service engagement.

Furthermore, people trying to overcome addiction often encounter obstacles in getting the help they need. Things like how society views addiction and not having

enough resources can make it even harder for them. To tackle these issues, we need to do more than just make people aware; we need to work on changing how society thinks about addiction and make sure there are enough resources available for those who need them.

Celebrating Success Stories and Progress: As rightly stated by our keynote speaker, Paul Laurie, owner of Recovery Works, “During these challenges, there is hope.” Success stories of recovery and resilience abound, as showcased by our lived-experience guest speakers, highlighted the transformative power of support and treatment. Advances in addiction research and evolving treatment options also signify progress in the ongoing fight against addiction.

Promoting Resource: For those seeking help, a myriad of resources is available. Helplines, treatment centers, and community organizations stand ready to provide support and guidance. By disseminating this information, we empower individuals and their loved ones to take the first step toward recovery.

Prevention Strategies: Preventing addiction requires a multifaceted approach. Harm reduction and prevention strategies were delivered by Rohan Mohinder program coordinator MAYO Health and Community Services. Early education programs, community engagement, and open conversations about mental health can serve as powerful tools in preventing the onset of addictive behaviors.

Addressing Stigma: Breaking the cycle of addiction requires breaking down societal barriers. By dispelling myths and choosing language that fosters understanding, we contribute to a culture that supports, rather than marginalizes, those in need of help.

Call to Action: As we reflect on Addiction Awareness Week, let us not only acknowledge the struggles but commit to being part of the solution. Share information, support local initiatives, and engage in conversations that promote empathy and understanding. Together, we can break the chains of addiction and build a future where recovery is not only possible but celebrated.



Pictured: Sgt. Sheamus Neher (Peel Region Police) with PCHS Staff



Pictured: Keynote Speaker: Paul Laurie - MBA, ICADC, CCCS, CCAC (Owner of Recovery Works) with PCHS Staff

WORLD DIABETES DAY: A GLOBAL HEALTH CRISIS

By Jayme Mintz, Nursing Placement Student, HPCS



World Diabetes Day, celebrated annually on November 14th, is a global initiative aimed at raising awareness about diabetes and addressing its increasing prevalence. 1 in 10 adults worldwide has diabetes, with over 90% with type 2 diabetes (World Diabetes Day, 2023), the day serves as a platform to foster understanding, inspire positive change, and improve the lives of those affected by diabetes.

Each year, the day focuses on a specific theme; this year's theme was "Access to Diabetes Care" (World Diabetes Day Theme, 2023). Millions globally lack access to diabetes care. Those with diabetes need continuous ongoing care and support in managing this condition and avoiding complications. Emphasizing the importance of providing equitable access to diabetes care and support and encouraging others to take action to improve healthcare systems worldwide.

Diabetes affects millions of people, with an increasing prevalence. On World Diabetes Day, global organizations, healthcare professionals, and communities unite to spread awareness about the disease's impacts. The goal is to encourage early diagnosis, effective management, and prevention efforts to curb the rising tide of diabetes.

Communities worldwide organize various events, campaigns, and activities to engage people in discussions about diabetes. These may include health screenings, educational seminars, and social media campaigns to share information and reduce the stigma associated with the condition. A key message of World Diabetes Day is empowerment (World Health Organization, 2021). Individuals are encouraged to take charge of their health by adopting healthier lifestyles, understanding risk factors, and managing the condition effectively. Empowering people with diabetes involves providing them with the knowledge, tools, and support they need to lead fulfilling lives.

World Diabetes Day goes beyond awareness; it serves as a call to action for governments, policymakers, and healthcare providers to prioritize diabetes prevention, early detection, and affordable access to quality care (Singh, 2023). By addressing these issues, the global community can work together to reduce the burden of diabetes and improve the well-being of millions of people.

The momentum generated by World Diabetes Day should inspire ongoing efforts to confront the challenges posed by diabetes. By fostering awareness, encouraging community engagement, and advocating for improved access to care, we can move closer to a world where diabetes is better understood, effectively managed, and, ultimately prevented. Together, we can make a difference in the lives of those affected by diabetes and contribute to a healthier future for all.

DIABETES FAIR

By Ramanpreet Chahal, Placement Student, HPCS

On November 27, 2023, the HPCS Team hosted a Diabetes Fair at Riverstone Community Centre. The event drew in 60 individuals eager to engage in an enlightening event focused on diabetes awareness.

The event kicked off with opening remarks from our HPCS Manager, Ansjot. Following that, Bioped delivered an insightful presentation on foot health and its correlation with diabetes. They also offered complimentary foot assessments at their table. Other participating organizations included Roots, DBNC, Indus, and Wellfort. Wellfort took the initiative to conduct on-the-spot diabetes testing for all community members, aiming to provide them with valuable insights into their diabetes results and empower them to take control of their health.

After a lunch break, the HPCS team presented on diabetes, covering types, risk factors, and prevalence within the Peel region. The community members were then treated to a lively Zumba session to promote physical activity. The event concluded with additional community engagement activities and closing remarks, fostering a sense of unity and shared commitment to health and well-being.

The Diabetes Fair not only served as a source of valuable insights into diabetes prevention and foot health but also as a blueprint for future community-driven health events. The success of this collective endeavor underscored the potential for positive change when organizations unite to address pressing health issues. The echoes of collaboration and shared commitment lingered, inspiring the community to continue working hand in hand towards building healthier, more informed communities.



DIWALI AND BANDI CHORR DIWAS

By Kanwalpreet Kaur, Program Coordinator: Building Capacity Program

Diwali/Deepawali and Bandi Chorr Diwas is a festival of lights and hope. It symbolizes the victory of good over evil, of truth over deceit and of hope over despair. In line with tradition, a small event was organized by the Settlement team at PCHS to celebrate both these occasions. The team took initiative and organized everything from a presentation to activities, from refreshments to decoration. The event was also held virtually over Zoom for staff members who were working from home and/or working from other PCHS locations.

The first part of the event was a diya lighting ceremony where members from the staff lit beautiful diyas as a symbol of infinite hope. Once diyas were lit, the PPT presentation began with an introduction to the festival and what it means. The slides also described where Diwali is celebrated around the world and what its significance across various cultures and religions is, with a focus on the origins of both Bandi Chorr Diwas and Diwali.

Staff members were later asked to participate in a time bound drawing activity where they were requested to draw what Diwali means to them. Around 15 staff members drew beautiful renditions of Diwali and what it signifies for them on a personal level. Staff also shared how they plan to celebrate Diwali and why it is an important part of their lives. The discussion that followed gave each member a chance to listen to and know about each other's thoughts.

To recapitulate, this event brought the team together once again on a platform where they could share their ideas and plans, where they could come together to celebrate each other and where they could avail the opportunity to unify and learn about each other's cultures and festivities.



SENIORS DIWALI EVENT

PCHS Geriatrics team organized a Diwali event with the support of senior volunteers. The event was hosted at The Grand Taj Banquet Hall on Wednesday November 8, 2023. The event was free for all seniors; there was free parking for all attendees. Fun activities planned such as dance performances by seniors and PCHS staff and remarks by PCHS CEO Amandeep Kaur. Delicious breakfast and lunch was also served.



NEWCOMERS OPEN HOUSE

By Rabia Bhatti, Youth Worker

Punjabi Community Health Services in partnership with Caledon Community Services organized an event called “Newcomers Open House”, to create awareness for newcomers of the resources that are provided by both the organizations. Not only were the newcomers made aware of the resources, but they also got the opportunity to meet and greet staff from both the organizations.

The event was held at the Southfield location in Caledon, where interactive activities were organized, and newcomers were encouraged to participate. The activities were organized around the theme of autumn and Halloween. These activities received an overwhelming response in terms of participation as it encouraged them to share their viewpoint.

In addition, refreshments were also provided to the newcomers. During this time a slide show was presented where newcomers were shown visual representation of different programs being run at PCHS (Punjabi Community Health Services) and CCS (Caledon Community Services). There were many prizes for the newcomers to win from and the event was a great success.



PROMOTING MENTAL HEALTH AWARENESS IN THE SOUTH ASIAN COMMUNITY: OUTREACH EVENT IN HALTON HILLS

By Navjot Chahal, Case Manager (Mental Health and Addiction Wellbeing)



To address the critical issue of mental health within the South Asian community in Halton Hills, a dedicated PCHS Mental Health and Addictions Wellbeing Program Case Manager organized an outreach event in collaboration with the Halton Multicultural Community Centre.

The Halton Hills Public Library served as an ideal venue, offering accessibility and a neutral environment for community members to participate in the activities. The event took place on November 10, spanning from 9 am to 2 pm at the Main Hall. The primary objective was to raise awareness about mental health and encourage the South Asian community to engage in mental wellness activities.

The collaboration with the Halton Multicultural Community Centre played a vital role in the success of the event. By partnering with an organization deeply connected to the community, the outreach event was able to reach a wider audience and establish a foundation for ongoing support and engagement. Through workshops, informational sessions, and interactive activities, community members were equipped with knowledge about the importance of mental wellbeing and the resources available to support it.

The objective was not only to disseminate information but also to inspire active engagement and participation in mental wellness activities.

STRESS MANAGEMENT

By Jaz Bajwa- Case Manager, HPCS

Stress consists of physical, mental, and emotional components which directly impact an individual's mental health. Mental health is defined as emotional, psychological and social wellbeing. All of us feel, think, and act in ways that enhance our ability to enjoy life and deal with challenges, such as stress. Stress symptoms include headaches, fatigue, gastrointestinal problems, hypertension, high blood pressure, heart problems, inability to focus, lack of concentration, sleep disturbances, sweating, anxiety, and sexual problems. We will be focusing on ways of dealing with these side effects of pressure and improving our emotional well-being through strategies comprising of positive self-talk, deep breathing, meditating, praying, biking, running, and physical activity.

- Positive self-talk helps calm down the system and manage stress. Negative self-talk increases stress. Shifting negative thoughts to positive ones will be beneficial to combat stress. Should practice this technique multiple times during the day.
- Listening to music and/or reading a book can help manage stress.
- Physical exercising fights stress by metabolizing stress hormones and restoring the body to a calm, relaxed state.
- Deep breathing, muscle relaxation, meditation, and yoga can lower stress levels, elevate mood, and improve your ability to focus. Isolation and loneliness can increase stress and anxiety. Staying connected and talking to others helps with managing stress.
- Eating healthy food consisting of vitamin c and d help boosts immunity and reduce stress. Vitamin c boosts immunity and reduces stress. Vitamin D helps ward off stress and depression by increasing serotonin.

- Sleeping better and resting to fuel your body, mind, and soul is crucial to stabilizing your body.

It is beneficial to view stressful situations from a more positive perspective. If the stressor cannot be changed, change yourself. You can adapt to stressful situations by changing your expectations and attitude by controlling your mind and thoughts. Stress is a fact of life. You cannot avoid stress, but you can learn to manage it, so it doesn't manage you. It is crucial to know yourself and consider the causes of stress. The key to managing stress is to develop an awareness of how you interpret, and react to, circumstances. This awareness will help you develop coping techniques. Learn to accept change as a part of life. Nothing stays the same. Develop a support system of friends and relatives you can talk to when needed. Believe in yourself and your potential. Remember that many people go through hardships but come out stronger and become more self-aware to manage their lives. If you feel like these techniques are not working for you, it is recommended to talk to your doctor, psychologist, or a professional counsellor. If you or a loved one is struggling with mental health and/or any other issues, HPCS offers short term mental health assistance, as well as wrap-around support.

References available.

CONSTRUCTING "THE WOMAN OF COLOUR"

By Tashona Tyndale, Social Service Worker

Understanding multiculturalism and diversity in Canada

Multiculturalism and diversity are fundamental aspects of Canadian society. Canada prides itself on being a multicultural nation that embraces and celebrates the contributions of individuals from various cultural backgrounds. The concept of multiculturalism was first introduced as an official policy by the Canadian government in the 1970s. This policy aimed to recognize and promote the cultural diversity of the Canadian population, while also ensuring equal rights and opportunities for all individuals, regardless of their cultural or ethnic background.

Multiculturalism in Canada goes beyond mere tolerance; it emphasizes the importance of cultural exchange, understanding, and respect. The goal is to create an inclusive society where people of different backgrounds can live harmoniously, while maintaining their unique cultural identities. This commitment to multiculturalism has shaped the Canadian identity and has had a significant impact on the experiences of women of color in the country.

The influence of multiculturalism on the construction of "The Woman of Colour"

Multiculturalism has played a crucial role in shaping the construction of "The Woman of Colour" in Canada. On one hand, multiculturalism has provided a platform for the visibility and representation of women of color in various aspects of Canadian society. Their stories, experiences, and contributions are acknowledged and celebrated, challenging the dominant narrative that often erases or marginalizes their voices.

Through multiculturalism, women of color have been able to reclaim and assert their identities and challenge stereotypes and prejudices. They have found spaces to express themselves and connect with others who share similar experiences. Multicultural initiatives, such as festivals, community organizations, and cultural events, have provided platforms for women of color to showcase their talents,

creativity, and cultural heritage, fostering a sense of pride and belonging.

However, it is important to critically examine the impact of multiculturalism on the construction of "The Woman of Colour." While multiculturalism aims to celebrate diversity, it can sometimes lead to essentialization and homogenization. Women of color may find themselves reduced to stereotypes or expected to conform to certain cultural expectations. Their experiences may be oversimplified or exoticized, reinforcing harmful narratives and perpetuating inequalities.

Exploring the intersectionality of race, gender, and culture in Canada

To understand the experiences of "The Woman of Colour" in Canada, it is crucial to examine the intersectionality of race, gender, and culture. Women of color face unique challenges and forms of discrimination that are shaped by multiple systems of oppression. They may experience racism, sexism, and other forms of discrimination simultaneously, which can have profound effects on their identity formation and lived experiences. The intersectionality framework, developed by scholar Kimberlé Crenshaw, helps us understand the complex ways in which systems of power and privilege intersect and shape individual experiences. Applying this framework to the experiences of women of color in Canada allows us to recognize the interconnected nature of racism, sexism, and other forms of discrimination, and the ways in which they intersect and compound one another.

By examining the intersectionality of race, gender, and culture, we can better understand the unique challenges faced by "The Woman of Colour" in Canadian society. This understanding is crucial for developing effective strategies to address these challenges and create a more inclusive and equitable society.

References available.

TRIVENI MANDIR HEALTH FAIR: A DAY OF WELLNESS AND COMMUNITY CARE

By: **Savita Saini, Case Manager HPCS**

The Health Fair at Triveni Mandir on November 5, 2023, at 20 Daviselm Drive was a big success for the community. Hosted by the Intelligent Health Group, this event was more than just a regular health camp – it focused on taking care of the whole person. From 12 to 3 pm, Triveni Mandir became a place for anyone interested in health and comprehensive care. Medical professionals, community groups, and visitors came together, creating an atmosphere of shared knowledge and community support.

The best part of the health fair was the free services offered by dedicated professionals. People could get free chiropractic and physiotherapy consultations, assessments, and treatments. The emphasis on preventing health issues and intervening early showed a commitment to making the community healthier.

Punjabi Community Health Services (PCHS) was a key player, providing important information on mental health, addictions, diabetes, and heart issues. Their presence raised awareness and ensured everyone had the facts about common health concerns. Other organizations like South Asian Canadian Health and Social Service (SACHSS) and Indus Community Services also played a big role in promoting health and wellness. Their experts shared valuable information about the many services available, stressing the importance of being proactive about well-being.

The Triveni Mandir Health Fair was not just about medical services. It also focused on bringing the community together. Volunteers and organizers worked together to create an inclusive environment, building connections, and addressing health concerns with understanding. The success of the health fair shows how important it is for the community to work together on health initiatives. The Triveni

Mandir Health Fair not only provided essential services but set a standard for future events that care about the community's well-being.

In simple terms, the Triveni Mandir Health Fair is proof that when we all work together, we can make sure everyone is healthy. It is a reminder that good health is not just something each person should worry about on their own – it's something we all need to take care of together.



NALOXONE TRAINING - SHERIDAN COLLEGE

By **Sahejpreet Chahal, Community Health Ambassador**

The High Priority Communities Strategy (HPCS) team at Sheridan College, in collaboration with the Sheridan Students Union, took a proactive step towards addressing the opioid crisis by organizing a Naloxone training session at the Davis Campus. This initiative aimed not only to educate college students about the life-saving potential of Naloxone but also to combat the stigma associated with addiction and promote harm reduction.

On November 02, HPCS visited Sheridan College - Davis Campus, where Harkiranpreet Sidhu and Sahejpreet Chahal provided essential Naloxone training to students. The event began with a presentation on harm reduction and the stigma associated with addiction. The presentation highlighted the importance of harm reduction strategies in the context of substance use, emphasizing the need to treat addiction as a public health issue rather than a moral failing.

Following the informative presentation, the Naloxone training session took center stage. Naloxone is a medication that can rapidly reverse the effects of an opioid overdose, potentially saving a life in a critical moment. The trained HPCS team guided students through the step-by-step process of administering Naloxone, teaching them how to recognize the signs of an overdose and take effective action. One of the aspects of this Naloxone training session was the distribution of free Naloxone kits to the attending students. This not only increased accessibility to the life-saving medication but also served as a reminder of their ability to make a difference in their communities.

By providing Naloxone training and distributing free Naloxone kits, the HPCS team has taken an active

role in addressing the opioid crisis and ensuring that students are prepared to respond effectively to emergencies. This initiative serves as a shining example of how education and collaboration can make a positive impact in the fight against addiction and its associated challenges.



PEEL REGIONAL POLICE GALA

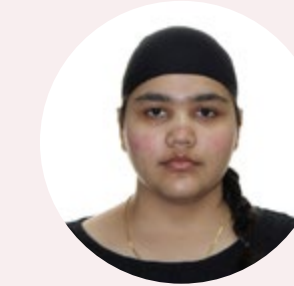
On Friday, November 17, the PRP South Asian Collective Internal Support Network (SAC ISN) held its Second Annual Gala. The event was held at Queen's Manor in Brampton to support the fight against hunger, mental health, and addiction, over 800 community members came together to show their support. The highlight of the event included the SAC ISN members presenting a cheque for \$20,000 to benefit Punjabi Community Health Services, the Sai Dham Food Bank and Seva Food Bank. Some PCHS staff were also able to join this momentous occasion and celebrate with community members.



WELCOME NEW STAFF!



Sachi Patel
Office Assistant-
Operations FTE



Navdeep Kaur
Community Health
Ambassador- HPCS- FTE



Fariha Abdul Muqueet-
Community Health
Ambassador- HPCS- FTE

21ST ANNUAL INTERNATIONAL WOMEN'S DAY GALA

Thank you to our sponsors!

Platinum Sponsors

**EMERALD MEDICAL
PRACTICE**



**RAMANJIT SIDHU
REGISTERED INSURANCE
BROKER**

Teen Book Review

Ender's Game

Author: Orson Scott Card

Reviewed by: Japman Rangi, Brampton Library Youth Volunteer

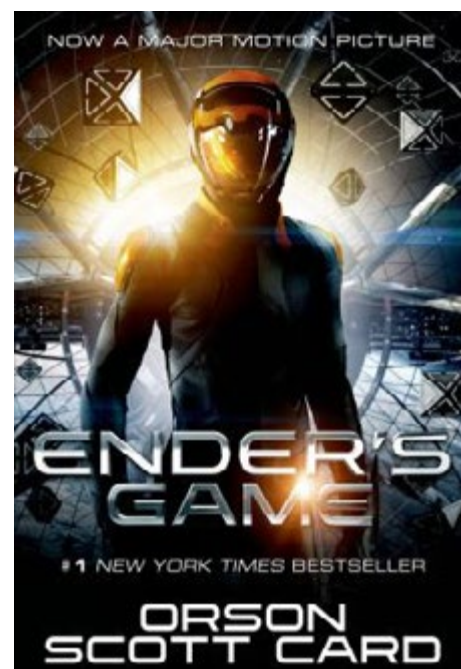
Pages: 324 pages

"Ender's Game" is an incredible science fiction novel by Orson Scott Card with themes of morality and empathy. The story is of a gifted boy named Ender who is employed by the military to help fight a war. I would recommend this novel to teenagers and young adults interested in the sci-fi genre and interesting and abstract yet logical takes on morality and humanity.

While this book can be very intellectual, it also is very personal to the struggles of its main characters, showing the smallest insecurities and fears of its characters. I admire this seemingly slow-moving novel for the way it handles the story. Although there is always a sense of urgency, the book finds time to slow down and handle Ender's personal struggles.

My favorite sections were those of Ender's siblings, as the takes on politics and humanity were surprisingly intellectual and thought-out. Every character feels very fleshed out and their motivations make their actions very understandable. This makes it hard to see any character as the villain.

This book has some mild pacing issues in that it can either feel too slow or too fast at times, especially near the beginning and ending. All in all, "Ender's game" is a fantastic take on people and humanity that is a wonderful and thought-provoking read.



The book is also available at Brampton Library

[Click here to read](#)

Brampton Library November Events

December 05

Commissioner of Oaths

1:00pm - 4:00pm

Venue: Springdale

Address: 10705 Bramalea Road, Brampton, ON, L6R 0C1

Collaboration with PCHS

December 06

Computer Basics

10:30am - 12:00pm

Venue: Gore Meadows

Address: 10150 The Gore Road, Brampton, ON, L6P 0A6

December 13

Memoirs Writing Group

2:00pm - 4:00pm

Venue: Four Corners

Address: 65 Queen Street East, Brampton, ON, L6W 3L6

December 18

Peel Village Stitchers

7:00pm - 9:00pm

Venue: South Fletchers

Address: 500 Ray Lawson Boulevard, Brampton, ON, L6Y 5B3

December 27

Book Bingo

6:00pm - 7:00pm

Venue: Four Corners

Address: 65 Queen Street East, Brampton, ON, L6W 3L6

[Click here to register for events](#)

Project Khushi

...by PCHS



Project Khushi returns to PCHS for Year Two!

Dec 12, 2023; 5:00PM-7:00PM
at Malton Community Centre
Multipurpose Room 1
(3540 Morning Star Drive)



Dec 14, 2023; 5:00PM - 7:00PM
at PCHS Brampton Office
Unit 109
(50 Sunny Meadow Blvd)

Our HPCS team has relaunched this initiative to support our community members by distributing a variety of essential items, including hygiene kits, blankets, warm gloves, socks, toys, and much **more!**




Clients must pre-register or can be assessed on a walk-in basis for the event.

To receive toys, children must be accompanied by a parent or guardian at the event.



**Scan this QR code
to register!**

OR

 **437-243-3735**

SCAN ME

Project Khushi Donations



We kindly request that donated products are **new**, with the exception of toys. If you choose to donate used toys, please make sure they can be properly sanitized or wiped down. Please note that we are unable to accept used stuffed toys.



We enthusiastically welcome all new items, and we appreciate your generosity.

Brampton Donation Location
50 Sunny Meadow Boulevard
Brampton, Ontario
Unit 207



Malton Donation Location
2980 Drew Road
Mississauga, Ontario
Unit 241

Please feel free to contribute any of the following items as a donation:

- Female Products:** Sanitary Pads, Tampons, etc.
- Hygiene Products:** Body wash, Shampoo, Conditioner, Toothpaste, Toothbrushes, Deodorant, Mouthwash, etc.
- Clothing:** Hats, Gloves, Socks (Male, Female, and Kids), Jackets, etc.
- Food:** Canned Goods (Beans, Lentils, Soups), Dry Goods (Pasta, Flour, Rice), Oil, Spices (Black Pepper and Salt), etc.
- Baby Items:** Baby Food, Diapers, Baby Wipes, Formula, etc.
- Toys:** New toys of any kind are welcome for all ages: cars, barbies, etc. Used toys must be properly sanitized/ wiped

CLIENT TESTIMONIAL

“My children were able to get food with the gift card I received. I will recommend this agency to anyone in need. I was able to get food for my family, which I am thankful for. Thanks once again everyone”.

“Ok, thank you so,so,so much Jaz. I pray you will always prosper and have true happiness and health forever. You have such a beautiful soul. I am truly humbled and thankful for your services and help. I can't explain how grateful I am. This helps tremendously.

Thank you. God bless your life for all you do to help others.”

-HPCS Client Testimonial



50 Sunny Meadow Blvd,
Brampton
Ontario L6R 0Y7

Southfields Community Centre
225 Dougall Avenue,
Caledon ON L7C 3M7

2980 Drew Road, Unit #241,
Mississauga
Ontario L4T 0A7

60 West Drive
Suite 102B, 102C
Brampton ON L6T 3T6

Community Door, Unit 1300,
7700 Hurontario St,
Brampton ON L6Y 4M3

Different Spokes
8 Nelson Street West
Brampton ON, L6X 1B7

705 Progress Ave, Unit 101,
Toronto ON M1H 2X1

Phone: (905) 677-0889

Email: info@pchs4u.com

www.pchs4u.com