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Literate or Illiterate: Navigating a New World in Canada

Continuing my August message, I am excited to share the remarkable journey of a dear friend who, originally a medical doctor from India, has successfully settled into his new life as a family physician in Canada. His story embodies many immigrants' challenges and achievements when they embark on a new chapter in a foreign land. This article aims to demonstrate how to overcome these challenges through determination, hard work, and resilience.

One of the most significant challenges immigrants encounter when settling in Canada is the complex web of cultural differences. Canada has its own unique set of norms, values, and traditions, and these differences made my friend feel like an outsider, often leading to a sense of cultural illiteracy. He found himself grappling with the subtle nuances of Canadian culture, from the use of idioms to everyday social interactions.

Despite his proficiency in English, my friend encountered difficulties with the Canadian accent, local slang, and the rapid pace of conversation. This linguistic challenge hindered his ability to express himself effectively and posed difficulties integrating into the local community and job market.

My friend grappled with online forms, digital appointments, and the multitude of apps and platforms used in everyday life, further amplifying his sense of illiteracy in Canada's tech-savvy society.

My friend discovered that his established connections as a doctor in his home country did not seamlessly transition to Canada. Rebuilding professional networks and forging new friendships required time and effort, leaving him initially feeling isolated and illiterate in the social fabric of his new home.

Navigating Canada's bureaucratic systems was another daunting task for him. My friend had to navigate through visa regulations, work permits, and the complexities of the Canadian healthcare system. The sheer complexity of these systems made him feel illiterate, particularly when he discovered that crucial decisions hinge on understanding them.

Being a doctor, my friend's journey into Canada's healthcare system was both fascinating and challenging. While he brought valuable medical knowledge, adapting to the Canadian healthcare landscape demanded a profound understanding of local protocols,



Amandeep Kaur CEO, PCHS
Message from CEO

regulations, and patient expectations. The contrast between his home country's healthcare system and Canada's publicly funded approach was stark, adding to his sense of illiteracy in his own field.

My friend's journey to Canada is just one of countless stories of immigrants who initially experience feelings of inadequacy or illiteracy when embarking on a new life in a foreign land. Cultural differences, language barriers, complex systems, infrastructure and technology, social and professional networks, and bureaucratic systems all contribute to this initial sense of disorientation.

However, it's important to emphasize that many immigrants, like my friend, overcome these challenges through determination, hard work, and resilience. They adapt, learn, and eventually thrive in their new environment, enriching the diversity and culture of their adopted country. The journey from illiteracy to literacy in a new land is a testament to the determined spirit of humans, showcasing their ability to adapt and grow, even in the face of daunting challenges. My friend's story is a shining example of this journey, reminding us that with perseverance, anyone can navigate the unfamiliar and find success in a new world.

WORLD ALZHEIMER'S DAY

By Jagdeep Kainth, Psychogeriatric Resource Consultant



September 21st is World Alzheimer's Day. Since 2012, every year on this day, people from across the world participate in creating awareness about the stigma that persists around Alzheimer's disease and various types of dementia. The stigma and lack of information about dementia remains a global problem. The impact of World Alzheimer's Month is growing and targeting the stigma and lack of understanding surrounding Alzheimer's disease and as well as supporting those suffering with the disease. World Alzheimer's Month creates an opportunity for those coping, caregivers, health care professionals, and communities to work collectively against dementia as well as creating awareness about the disease.

The number of people living with Alzheimer's disease and other types of dementia continues to

rise in Canada and around the world. It is estimated that the number of people living with dementia worldwide will increase from 57 to 83 million by the end of this decade, and to 152 million by 2050. In fact, Alzheimer's disease is the most common form of dementia and contributes to majority of dementia cases.

Dementia can be caused by several diseases which over a period destroy nerve cells and damage the brain, leading to deterioration in cognitive functioning. This deterioration is more than what might be expected from normal ageing. The impacts of dementia such as physical, psychological, social, and economic are felt by not only the people living with dementia, but also by their caregivers, families, and society. Lack of awareness and understanding of dementia often leads to stigmatization and creates

barriers to diagnosis, care, and access to available resources.

The most common early symptoms of dementia are forgetting recent events or information, changes in sleeping pattern, misplacing commonly used things or not placing them at the right spot, repeating comments over a short period of time, getting lost while walking or driving, not knowing the month, year, or season, being confused, difficulty in making decisions. Unfortunately, the symptoms get worse over time. Eventually, most people with dementia will need others for help with daily activities of living.

People living with dementia can experience changes in mood and behaviour. This can sometimes happen even before start of memory problems. The changes in mood and behaviour include feeling sad, anxious, or angry, changes in personality, lack of interest in work or social activities. Each person may be affected by dementia in a different way. This depends on the underlying causes, patient's other health conditions and cognitive functioning before becoming ill. The symptoms of dementia get worse as the time passes. At a later stage of dementia, the patient will need help with personal care. As the disease progresses, people with dementia may not be able to recognize their family members or friends, experience loss of control over their bladder and bowels, have difficulty in eating and drinking, and out of frustration might show aggressive behaviour towards their caregivers.

The campaign theme for World Alzheimer's Month 2023 is 'Never too early never too late'. The aim of this campaign is drawing attention towards the important role of identifying risk factors and adopting measures to delay, and potentially even prevent, the onset of dementia. Keeping this year's theme in mind, the Geriatrics team at PCHS has organised various activities in seniors' group to encourage

seniors to adopt and continue with healthy life strategies, focusing on physical exercises, eating healthy, brain stimulating activities, educational sessions and socializing.

Adopting a healthy living might reduce risk factors for certain types of dementia. It's very important to adopt risk reduction/preventive strategies like staying physically and mentally active, eating healthy food, avoiding smoking and excessive alcohol, get regular check-ups with your doctor, writing down everyday tasks and appointments to help in remembering important things, keeping up with hobbies and doing things that one enjoys, trying new ways to keep the mind active, spending time with friends and family and engage in community life.

In addition, it is important to recognize that providing care and support for a person living with dementia can be challenging, affecting the caregivers' own health and well-being. As someone supporting a person living with dementia, reach out to family members, friends, and professionals for help. Take regular breaks and look after yourself. Try stress management techniques such as mindfulness-based exercises and seek professional help and guidance, if needed. Reach out, connect with the resources available in the community, and avail them.

WORLD SUICIDE PREVENTION DAY

By Harkiranpreet Sidhu, HPCS Coordinator, RN



Suicide remains a topic often masked in silence, despite its global prevalence, accounting for approximately 1 in every 100 deaths worldwide (International Association for Suicide Prevention, 2023). Its far-reaching implications touch the lives of many. Each suicide carries a profound and lasting impact on the individuals and communities left behind. It is crucial to shine a light on this issue, to dispel the stigma surrounding suicide, and to encourage open dialogue. **World Suicide Prevention Day** offers a significant opportunity to promote effective strategies proven to reduce suicide attempts and suicides on a global scale.

The theme for World Suicide Prevention Day spanning from 2021 to 2023 is “**Creating Hope Through Action.**” This theme serves as a powerful reminder that even the smallest of actions have the potential to offer hope to those in despair. It seeks to inspire confidence and light a path of hope for all, emphasizing the profound impact of our collective efforts.

As members of the community, we can extend our support, promote empathy, and exchange our own experiences.

- **Extend our Support:** Extending our support can encompass both significant and subtle gestures. Simply engaging in open dialogue and conversation can create a safe space for others to share their experiences. A small check-in with someone might unexpectedly transform their life, demonstrating your care and support.

- **Promote empathy:** By cultivating empathy, we can break down the stigma surrounding suicide, creating a safe space for open conversations. This helps individuals recognize that their voices are valued, and that we aspire to build a supportive community where seeking assistance is seen as a safe choice.

- **Exchange our own experiences:** The narratives shared by people who have personally gone through suicide-related experiences can deeply

impact others. Personal stories, encompassing thoughts of suicide or suicide attempts, alongside their paths to recovery, can offer inspiration to individuals facing similar challenges. These stories can instill hope by demonstrating that it is possible to navigate through such distressing times. Additionally, they provide valuable insights into the experience of feeling suicidal, offering guidance on how to support individuals who may be going through these challenges.

To prevent suicide requires us to become the beacon of light to those in pain. You can be the light (International Association for Suicide Prevention, 2023).

PCHS AND UNITED SIKHS JOIN FORCES FOR COLLABORATIVE ENDEAVOR

By Harkiranpreet Sidhu, HPCS Coordinator, RN

On September 13th, 2023, PCHS had the privilege of participating in an event hosted by the Sheridan Sikh Association and United Sikhs, held at Sheridan College. This event was designed with a focus on international students, aiming to provide them with valuable information about various community issues and acquaint them with the services offered by PCHS, particularly in the realm of mental health. The event turned out to be a resounding success, successfully engaging many students and reinforcing the importance of positive community outreach.

The program for the day was both informative and engaging, offering a diverse range of presentations to cater to the specific needs and interests of the attendees. The following presentations formed the core of the event:

UNITED SIKHS Presentation: The event began with a presentation by UNITED SIKHS, an organization dedicated to humanitarian and advocacy work. Their presentation likely covered a range of topics, including Sikh community issues, cultural awareness, and possibly resources for international students within their network.

Pace Law Firm Presentation: Pace Law Firm took the stage to shed light on critical matters related to tenant and landlord issues. Attendees had the opportunity to learn about disputes, legal rights, and the actions they could take to protect themselves in these often-complex situations. This presentation was particularly useful for students navigating the Canadian housing market.

Alliance Immigration Presentation: With a focus on immigration and job opportunities, this presentation aimed to provide international students with valuable insights into the Canadian immigration process and the potential career paths available to them. Understanding the immigration landscape is crucial for newcomers to Canada.

Peel Police Presentation: Peel Regional Police shared essential information about emergency and non-emergency phone numbers, helping students understand how to respond to different situations. They also likely covered rules and regulations within Canada, the various types of police officers, and community engagement initiatives. This presentation helped students feel more connected to law enforcement within their new community.

PCHS Presentation on Mental Health: Harjiban and I delivered an informative session about the various mental health resources offered by PCHS. We also shared PCHS's support line number, offering students a direct avenue to seek help and support when needed. This segment was vital, especially considering the growing awareness of mental health issues among students.

The event achieved its primary objectives of providing valuable information to international students and showcasing the services available through PCHS. The presentations allowed attendees to gain insights into different aspects of life in Canada, empowering them with the knowledge they needed to navigate various challenges. Moreover, the event fostered a sense of community and belonging among the international student population, reinforcing the idea that they have access to resources and support within their new home.



INTERNATIONAL STUDENT SUPPORT DAY OUTREACH

By Naida Al-Wahaib, Community Health Ambassador

On the 8th of September 2023, the various PCHS teams attended the International Student Support Day at Save Max Centre. This outreach initiative was designed to aid new international students who had recently arrived in the country, lacking support, knowledge, and experience. Many dedicated volunteers from SEVA Food Bank were present, tirelessly working to ensure the success of the event. Their efforts were commendable, and the event was well-organized. The atmosphere was filled with positive energy as we promoted our services.

Numerous other organizations also participated in the event, offering their services to clients. From PCHS, our HPCS, addictions, settlement and mental health departments joined forces to provide comprehensive support to international students. The primary objective was to offer them more opportunities to explore the area, assist in their job search, provide mental support, especially since it was their first time away from their families, help in building their resumes, offer legal advice, and connect them with other organizations for additional services.

I successfully attracted a significant number of students to register with HPCS and other departments, collecting their information for follow-up. We ensured that all clients received clear information about our services and processes. Most clients spoke English, while some spoke Punjabi or Hindi, and my colleagues were able to assist them accordingly. We followed up with all referral clients the following week and submitted internal referral forms to the appropriate departments based on their needs. Simultaneously, various activities took place during the event, including a raffle ticket game with valuable prizes that could assist the students in their new journey.

Several organizations participated in the event, including Roots, Indus, Wellfort, RBC, Right Start Employment, Job-Port, OBN for Security & Investigation, and a Parliament member, Ruby Sahota, among others. All these entities shared the common goal of assisting students in this new chapter of their lives, offering guidance to avoid potential pitfalls, and helping them build a successful future. The families of these students had worked tirelessly to send them overseas, and it was our collective effort to support them as much as possible.



SCHOOL SUPPLY DRIVE

By Khadija Mohamed, Program Coordinator – Sahara Support Services

The back-to-school season is marked by the scent of brand new school supplies and excitement for the upcoming school year. However, it is often a tough and expensive time for families that are struggling to make ends meet. The cost of new clothing, shoes, backpacks, and supplies adds up very quickly. Not to mention that many families are already struggling to put food on the table and keep a roof over the heads of their children.

PCHS had the pleasure of hosting our first ever Back-to-School Supply drive! The PCHS team came together to contact their clients to see if there was a need for school supports. The answer was a resounding YES from the community! We were able to put together a list of the most commonly requested supplies that schools request from their students, and asked parents to mark off what they needed. Thanks to our wonderful CEO, a budget was approved to purchase the supplies, and get them in the hands of very excited scholars!

In total, PCHS was able to support 34 families with 141 students! With 65 students in Elementary school, 35 students in Middle school, and 41 students in high school. The feedback we have received with families sharing that this support helped them to alleviate some of the burden between paying rent, purchasing groceries, and affording other necessities. This has allowed for them allocate more of their income towards clothing, food, and other essentials. This year has shown that there is no shortage of need within the community. Next year, with advanced preparation, we are committed to improving and expanding our support in the future!



WOW ORIENTATION DAY

By Sahejpreet Chahal, Community Health Ambassador

On August 31st, the HPCS team, attended the World of Welcome (WOW) event at Fletcher's Meadow Secondary School. The WOW event was an orientation day specially designed for newcomer secondary school students. It aimed to provide a warm welcome, and essential guidance for students to transition smoothly into their new academic journey.

The primary objective of the event was to create a welcoming and nurturing environment for these students, offering them the tools they need to succeed academically and socially. The event was attended by several other organizations, including CMHA, BMC, TTYL, and Brampton Transit, to support the newcomers.

One of the standout features of the event was its diverse range of activities. Students engaged in icebreakers and introductions, allowing them to get to know their fellow newcomers better. These inter-

active sessions helped newcomer students make friends and create a sense of belonging in their new educational environment. Moreover, the event included a series of informative presentations to help students navigate their way through the educational system. Among these presentations, peer leaders shared insights on how to successfully navigate the school, offering valuable guidance on extracurricular activities and effective study strategies.

In summary, the event was an incredible initiative with the potential to significantly impact the lives of newcomer secondary school students. With the support of dedicated organizations and a thoughtful program, the event served as a beacon of hope for newcomers, offering them a promising start and a brighter future in their new school environment.



BIOPED: DIABETES FOOT HEALTH WORKSHOP

By Savita Saini, Community Health Ambassador

On September 8th, 2023, the HPCS team collaborated with Bioped to organize an informative and engaging diabetes workshop. Attended by 19 clients, the workshop aimed to educate and empower individuals struggling with diabetes to effectively manage their foot health. The workshop was conducted in both English and Punjabi languages. The workshop commenced with a warm welcome by the HPCS team and went on to Bioped emphasizing the significance of foot care in diabetes management. Attendees were given a comprehensive understanding of diabetes and its potential effects on foot health, emphasizing preventive measures to mitigate complications. The clients were provided with a light refreshment as well.

Expert Bioped staff Alison Kis led engaging discussions, sharing valuable insights on maintaining proper foot hygiene, selecting appropriate footwear, and adopting an active lifestyle. The attendees actively participated, posing queries and concerns, leading to enriching discussions and a supportive

environment. Towards the end of the workshop, Bioped provided an invaluable service—a 60-second foot assessment for each participant. This personalized assessment allowed attendees to have a quick but insightful evaluation of their foot health, enabling them to make informed decisions for ongoing care.

The event concluded on a positive note, with attendees expressing their gratitude for the knowledge gained and the opportunity to have their foot health assessed. Bioped received commendation for its commitment to educating the community and for the impactful services provided. Our HPCS team is looking forward to future collaborations with Bioped to conduct additional workshops and collectively make a positive impact by serving the community.



CHILDHOOD DEPRESSION AND CHILDRENS' MENTAL HEALTH

By Rajan Basnet, Case Manager, Mental Health Concurrent Disorder



Mental health is a critical aspect of children's overall health and well-being. Children's mental health is the foundation and vital for their lifelong health activities. Among many other mental disorders, depression is one of the most significant common disorders among children and youth. 5% of children under 17 are affected by depression, and 70% of mental problems have onset in childhood. About 2 % of children and 8 % of adolescents are affected by the depressive disorder, and considerable concern is 5 out of 6 of these children will not receive the treatment. Due to this, Canada has the third-highest suicide rate globally (Children's Mental Health Ontario, 2022). It is now common for many parents that their children are afraid and sad, and they might feel low and hopeless in a time-to-time manner; they connect with it because of tablets and other electronic gadgets. Still,

they ignore the significant fact that it might be the early sign of their Children's depression. Being sad, happy, joyful, anxious is part of childhood, but some Childrens feel sad and have no interest in things they used to be optimistic about. This persistent sadness, mood swings, hopelessness might be diagnosed with depression later, so it is time to observe your children's behaviours change and pattern. If children feel sad, irritable, do not enjoy anything, have a constant change in eating and sleeping habits, are hard to concentrate and show self-destructive behaviour, you need to be cautious and consult a nearby treatment center immediately (Centers for Disease Control and Prevention, 2019). These mental disorders have severe implications as they offer how your children handle stress and cope with different situations.

The reason behind depression might be multifactorial that may involve biological, social, and psychological factors. Immigrant children are at elevated risk because they get cultural schizophrenia; they find it hard to cope with new environments. However, due to social factors and the busy life pattern of many couples, their relationship affects child psychology and well-being. Adverse childhood experiences may cause your children depression, including childhood sexual and physical abuse, parent's separation, broken families, and parental mental illness. ACE is strongly associated with mental disorders in children. It is reported that children with three or more ACEs compared to children with zero have higher chances of cognitive, emotional, and behavioural disorders (Centers for Disease Control and Prevention, 2019). So, it is the responsibility of every parent to provide a safe and healthy environment for their children. Let us all be united for the well-being of our children and take care of their depression in a supportive and meaningful way.

The biological explanation of depression includes genetics; depression is inherited. For example, if there is a family history of depression, there is 2 or 3 times more probability of depression in children. Another factor is biochemical. If there is a low level of monoamines, mostly noradrenaline and serotonin, then the chances of depression are high. If a patient is in post-stroke, his neuroanatomy plays a significant role in his depression. Hormonal factors like stress hormones in the neuroendocrine contribute to depression among Children. Biological factors play a crucial role in typical symptoms and signs like changes in libido, dysmenorrhea, and sleeping and eating disorders in children (Lee et al., 2020). Research shows that monoamine, noradrenaline, serotonin or 5-HT, dopamine, and central neurotransmitters, e.g., GABA, glutamic acid, and neuropeptides like somatostatin, are crucial factors for biochemical factors for depression. The progress in understanding our receptor structure and its function will enhance our broad knowledge of biological deviations in depression (Lee et al., 2020). Human physiology is also a contributing factor to depression in children.

Depression is treatable; it is like our broken arm that will be all right after treatment. As a case manager we must be able to discuss with the child's parents that there should not be any guilt and frustration if any of the family members is diagnosed with depression. Family counselling plays a vital role in treatment. Children receiving family support in their issues can easily cope with their emotions and can build strong connections among peers and positive relations everywhere. We must quickly discover the strengths, abilities, and skills to lead to positive outcomes in treatment. Listening to clients and their story with interest makes clients feel good, as if someone is listening to them. We need to demonstrate that we understand their pain and suffering. Depression treatment can vary from individual to individual, but the most common treatment includes psychotherapy, antidepressants, and cognitive be-

havioural therapy. Physical exercise is an effective way of treatment of depression among Children. As mental health we should professionally guide them to control their emotions, though, as children are more vulnerable during their learning phase of emotional competence. Human connection has the most curative power so that we can overcome depression among our children by therapeutic collaboration with clinical treatment. Being healthy and mentally fit is the right of every child, and we need to ensure it by providing physical safety and emotional support. Our ability to attach and connect by respecting diverse cultural aspects will help us to foster our relationship with them. We must ensure that healing starts with our connection and our thoughts. As children and adolescents are in a developing or growing phase, we need to give them extra care and support. Educating them regarding the biological aspects of depression and anxiety among children is the key. Human attachment and connection between peers, families and communities will provide an excellent platform in the recovery phase. As a parent, we need to ensure that our child is prevented from unnecessary bullying in schools and surroundings. We need to expand the school curriculum and add school mental health as an essential subject.

Along with clinical care, with the health care provider's help, we need to empower and develop skills and coping strategies to deal with various traumatic events. Every child has distinct biological, physical, social, and cultural characteristics and different coping abilities, so it is our responsibility to understand those characteristics and emphasize accordingly as per the need. We need to promote their resilience capacity. To conclude, for the healthy development of children and the well-being of society, it is essential to pay attention to their behaviour change and life pattern because the experiences in childhood shape their brain and capacity to respond to deal with various challenges in life.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

The National Day for Truth and Reconciliation and Orange Shirt Day, serves as a reminder of the historical injustices endured by Indigenous communities in Canada and the importance of acknowledging, understanding, and working towards reconciliation.

The National Day for Truth and Reconciliation, established on September 30th, 2013, is a solemn recognition of the lasting impact on Indigenous communities of the residential school system. It is a day when we come together to reflect on the painful chapters of our history, to honor the survivors, and to remember those who never returned home. It is a day to commit ourselves to the ongoing journey of truth, healing, and reconciliation with Indigenous communities.

Orange Shirt Day, observed annually on September 30th, carries a powerful message of hope and resilience. It began as a tribute to Phyllis Webstad,

who shared her own traumatic experience of having her new orange shirt taken away upon her arrival at a residential school. This day has evolved into a nationwide movement, symbolizing the commitment to reconciliation, cultural awareness, and the importance of education in bridging the divide between Indigenous and non-Indigenous Canadians.

Today, as we gather to honor both the National Day for Truth and Reconciliation and Orange Shirt Day, let us take a moment to reflect on the past, consider the present, and envision a future where Indigenous cultures are celebrated, and where the wounds of the past are truly healed. Let us commit ourselves to learning, listening, and taking meaningful actions toward reconciliation.



The Caledon South Asian Association proudly hosts an event highlighting the programs and services offered by the Punjabi Community Health Services

September 28, 2023
3:00-8:00PM

Southfields Village Community Centre
225 Dougall Avenue, Town of Caledon

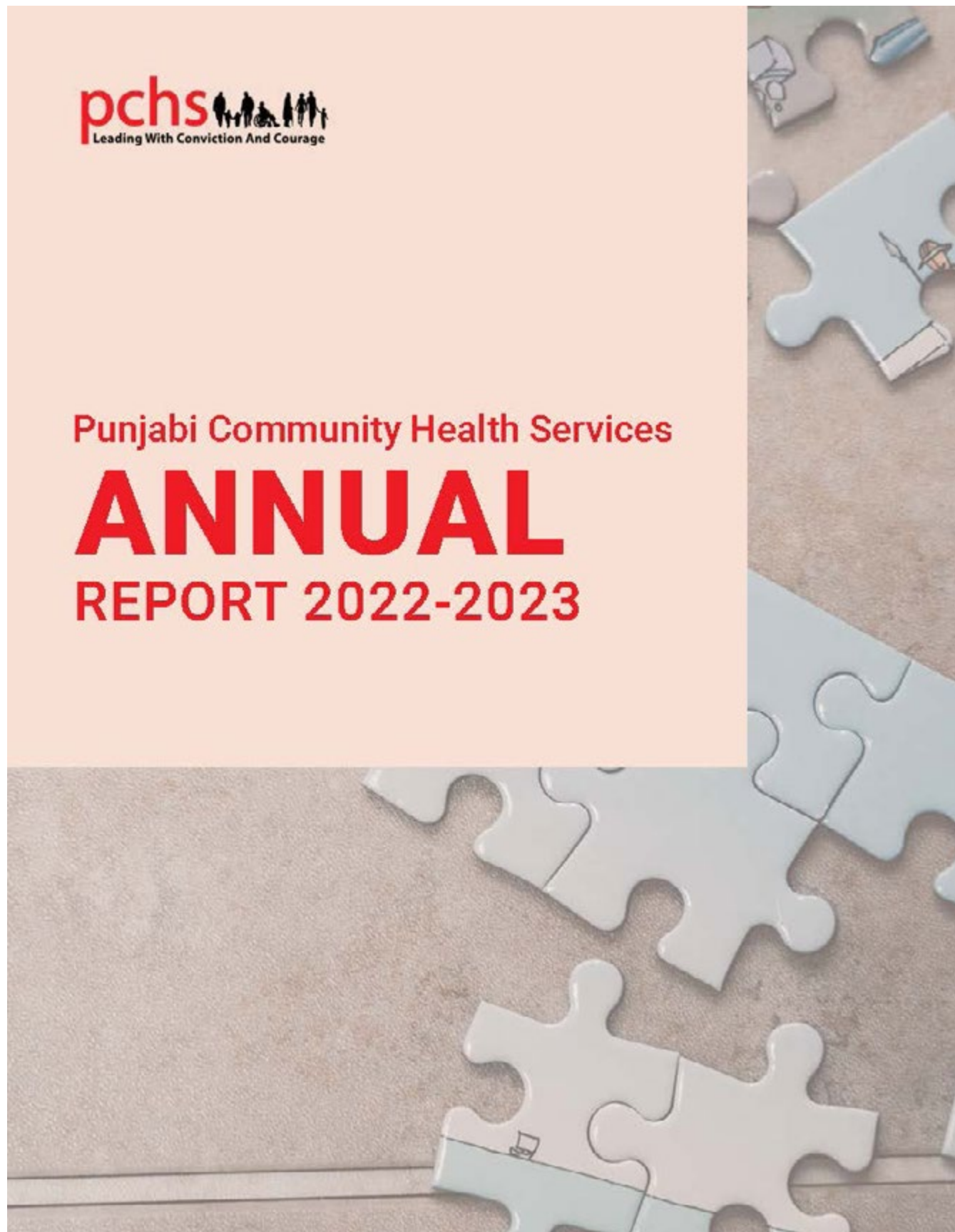
Community Expo
3:00PM to 8:00PM

Presentation
7:00PM



SPOTLIGHT ON PUNJABI COMMUNITY HEALTH SERVICES

The Caledon South Asian Association is hosted a community expo on September 28, 2023 from 3:00-8:00 pm at Southfield Village Community Centre. Main spotlight was on the services delivered by PCHS. One of the staff member from the settlement department presented about the programs within PCHS, including a detailed description of Settlement Services. PCHS has already started settlement services in Caledon the said community center and this community expo will give an open door to grandstand our services & programs and to reach out to the community located in Caledon.



The 2022-2023 PCHS Annual Report is now available.

Teen Book Review

The Laws of Human Nature

Author: Robert Greene

Reviewed by: Nipuna Cooray
Brampton Library Youth Volunteer

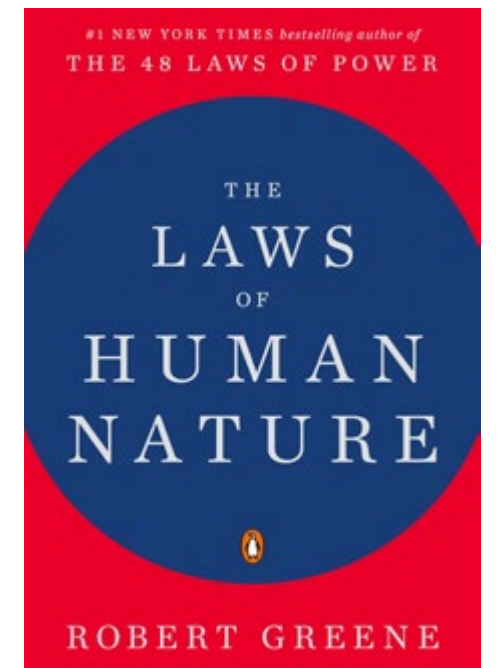
Pages: 624 pages

In "The Laws of Human Nature" Robert Greene talks about the unconscious drives and motivations of a singular species, Humans.

Throughout history, humans have always had a sense of purpose to feel connected to each other. No matter how much we have tried to deny the fact, we are social animals. We thrive and depend on relationships with the people around us. Robert Greene talks about how to deal with the people around us effectively. How to sense different types of people and see through people's pleasant fronts. Greene uses real life examples from past and present history to relay his knowledge thoroughly.

While this book is quite a long read, I found it very helpful. It has had a very big impact on my own self-improvement. Helping realizing why I feel certain ways and habits that stem all the way to my childhood. How to deal with yourself, your emotions and finding your purpose.

My only critique for this book is the format. Every chapter starts off with a real-life example and then an explanation/further insight. I will admit it is very effective, but it can seem repetitive to some readers. Overall, I would recommend this book to anyone looking to improve themselves or further their knowledge in Human Nature.



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

CLIENT TESTIMONIAL

I am amazed by the progress that I have made in life in these past weeks with sessions with Sandeep. To be honest, I was not expecting this amount of changes I would experience. I trust the world a lot more, I step out in the sun, I am learning to drive, I am watching what I eat and exercise, I have a full time job and my relationship with my husband has bettered in the sense that I am more vocal of my needs and expectations and encourage him to talk about his needs as well. I do not feel scared of people the same way that I did till January. I am much more comfortable with Canada and I believe that I can flourish in this country.

The exercises and sessions with Sandeep has made all this possible. This is years' work done in weeks' sessions which is remarkable.

Thank You very much for your efforts.



OTF Recognition



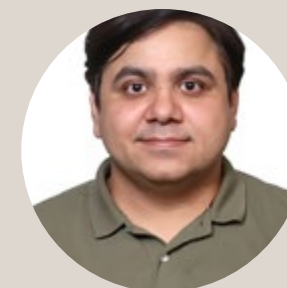
On Friday August 4th 2023, Punjabi Community Health Services (PCHS) celebrated \$177,700 through two grants they received from the Ontario Trillium Foundation (OTF). This celebration took place during their Seniors Wellness Event.

“Punjabi Community Health Services has been instrumental in addressing the unique healthcare needs of the community in peel region for over 3 decades,” said Deepak Anand, MPP for Mississauga-Malton.

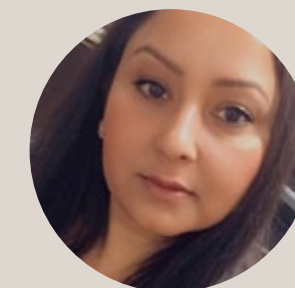
“The Resilient Communities Fund grants from the Ontario Trillium Foundation will enabled PCHS to upgrade technology and improve administrative records in order to increase accessibility and enhance virtual services to the community.”

“Through the Resilient Community Fund, PCHS increased and improved its resiliency and capacity to recover from the impacts of COVID-19. The funding allowed us to take the necessary steps to embrace the new normal of working in a hybrid capacity. By having enough devices to enable our board to continue its participation without disruption, allow students to complete their placements virtually and clients having access to Peer Support Volunteers, we ensured accessibility. Digitization of records and having systems in place for both in person and virtual participation in the same event has made it easier to work remotely. With the funds provided by OTF we are able to provide quality services to clients both in person and virtually.” – Baldev Mutta, Former Chief Executive Officer of PCHS.

WELCOME NEW STAFF!



Rahul K Gahlot
Addictions Case Manager/
Counsellor



Manpreet Panag
Community Support Worker,
Family Enhancement Program



Hibah Saqib
Coordinator- E-Mental
Wellbeing Program

21ST ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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