

PCHS

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Amandeep Kaur CEO, PCHS
Message from CEO

New Beginning...

Even though I am beginning a new chapter of my life as the CEO of PCHS, I am not new to PCHS. In April 2024, I will complete 30 years of my association with PCHS. I also understand that the new position, role, and title bring change and being the new CEO does NOT make me the most competent person at PCHS. On the contrary, it makes me the person with the most to learn from the Board, Executives, Management, staff, networks, and partnerships.

With great pleasure and honour, I express my deepest gratitude for the warm welcome and support I have received from each of you. The strength of our team and the dedication you demonstrate daily are the cornerstones of our success. PCHS's success ties with each other and me being successful only if you are successful. I am humbled to lead such a remarkable organization and talented professionals.

I believe in the power of transparency and open communication. Our success as an organization is built upon your expertise, passion, and dedication. My commitment to you is to create an environment that fosters professional growth, empowers you to take on new challenges, and recognizes and rewards your achievements. To do so,

I will mentor and empower the leadership team to empower the staff and to build an environment where the staff perceives supervisors as GPS (Guide, Persuade, and Support).

Moreover, I will ensure a culture of trust, respect, and balance within the organization. I will continue to serve as a shared connection among the Board, Staff, and Funders and lead to a different and fulfilling relationship. I encourage you to openly share your ideas, suggestions, and concerns because your opinions and input matter to grow, sustain and expand PCHS.

In the coming months, I will work closely with our executive and leadership teams to outline our strategic objectives and set clear goals that align with our mission, vision, and values. I promise to provide regular updates on our progress and ensure that our collective efforts focus on achieving our shared goal.

I am genuinely excited about the future of our organization. Together, we will continue to deliver excellent programs and services to our clients and expand our reach to reach the equity deserving populations.

Thank you for your continued dedication, and I look forward to collaborating with every one of you.

CEO MEET AND GREET

July 6th 2023 was Amandeep Kaur's first day as the CEO of PCHS. On which she held a meet and greet with all PCHS staff to discuss the future direction of the organization. The meeting was filled with anticipation and excitement as employees joined to learn about her vision in her new role. Amandeep expressed her gratitude for the opportunity and in her own words, she mentioned, "She is new to this role but not new to PCHS", as Amandeep will complete 30 years with PCHS in April 2024. During the meeting, the CEO outlined strategic plans, highlighting key areas of focus such as innovation, client satisfaction, and employee development. She encouraged open communication, promising to be accessible and receptive to new ideas. The CEO also took the time to address important questions from the staff.

The meeting concluded with a feeling of optimism and motivation, with a sense of commitment to success that everyone felt during the meeting.



IS NORMALIZATION NORMAL IN SOCIETY?

By Savita Pahil, Addictions Counselor, CWMS Program

Normalization is not a static concept and can indeed change over time as societal norms, values and attitudes evolve by shaping collective beliefs, and behavior. The notion of what is considered "normal" varies significantly across cultures, communities, and historical periods. A wide range of factors, including social, political, economic, and technological influences it. As societies change, so do the norms and expectations. However, it is important to recognize that normalization is not inherently good or bad. It is a neutral concept that describes the process by which certain behaviors or conditions become widely accepted into everyday life. The implications of normalization depend on the specific behaviors or conditions normalized and the impact they have on individuals and society.

While normalization can promote inclusivity, acceptance, and positive change in some instances, it can also perpetuate harmful behaviors or conditions. However, it is believed that by promoting awareness, empathy, and critical thinking, we can actively shape the process of normalization and work towards creating a more equitable and compassionate society.

Normalization pertains to addiction and mental health by referring to the process in which certain behaviors, experiences, or conditions become accepted or typical within a given society or community.

Working as a counselor, I have witnessed that when harmful behaviors or mental health issues become normalized, individuals may be less likely to seek help or recognize the need for intervention. This normalization leads to a reluctance to address personal struggles, as individuals may believe that their experiences are usual or that seeking support would be unnecessary or stigmatizing. Consequently, individu-

als may suffer in silence, exacerbating their addiction or mental health challenges.

Additionally, normalization effects treatment accessibility and availability. If addiction or mental health issues are considered as normal, it may lead to insufficient resources allocated for prevention, education, and treatment services.

To address the negative impact of normalization on people's psychology, it is crucial to promote awareness, education, and open dialogue surrounding addiction and mental health issues. By challenging the normalization of harmful behaviors and mental health challenges, it becomes possible to encourage individuals to seek help, reduce stigma, and advocate for improved resources and services.

By fostering a culture that encourages individuals to seek support throughout their recovery process, ultimately leading to improved psychological well-being for all individuals.

INTRODUCTION TO THE UMEED HELPLINE BY UNITED SIKHS CANADA

By Gursharan Kaur, Executive Assistant to the CEO and Board Liaison

On July 1, Canada Day, United Sikhs launched their **UMEED Helpline** in Canada with the help of Punjabi Community Health Services (PCHS).

Setting up a helpline in the Punjabi community is a valuable resource for individuals seeking support and guidance. It is an essential resource that provides support, guidance, and assistance to individuals who belong to or are associated with the Punjabi community and are facing various challenges. The purpose and scope of such helplines are multifaceted, addressing a wide range of issues that community members might encounter.

Let's elaborate on each aspect:

1. Support: The primary purpose of the helpline is to offer emotional and psychological support to individuals who may be experiencing distress, anxiety, depression, or any other mental health-related issues. Life can be challenging, and having a helpline where individuals can talk to someone who understands their cultural background and language can be immensely comforting and reassuring.

2. Guidance: The helpline also provides guidance on a variety of matters, such as navigating legal processes, accessing social services, understanding educational opportunities, and seeking information about various resources available within the community. This guidance is particularly valuable for newcomers or those who may have language barriers, as they might face difficulties in understanding and accessing services.

3. Assistance: In addition to offering emotional support and guidance, the helpline can provide

practical assistance to individuals dealing with specific challenges. This assistance could include referrals to professional services, organizations, or experts who specialize in particular issues faced by the community, such as domestic violence, substance abuse, financial difficulties, or cultural adaptation.

4. Cultural Sensitivity: One crucial aspect of the helpline in the Punjabi community is its cultural sensitivity. The helpline staff is likely to have an understanding of the cultural norms, values, and beliefs of the Punjabi community, which enables them to communicate effectively and empathize with callers' unique challenges and experiences.

5. Language Accessibility: The helpline is conducted in the Punjabi language, or multilingual support might be available. Language accessibility is vital as it ensures that community members can express themselves comfortably and clearly, enabling helpline operators to comprehend the situation accurately and offer appropriate assistance.

6. Crisis Intervention: In critical situations, the helpline can act as a crisis intervention platform. Individuals facing emergencies or urgent issues can reach out to the helpline for immediate support and guidance. Helpline operators are trained to handle crisis situations professionally and provide appropriate resources or referrals to ensure the safety and well-being of the individuals involved.

7. Community Building: Besides its immediate support functions, the helpline can contribute to building a stronger Punjabi community. By

connecting individuals to relevant services and resources, the helpline fosters a sense of community, collaboration, and mutual support.

In summary, the aim of the helpline in the Punjabi community revolves around providing comprehensive support, guidance, and assistance to

individuals who face challenges. By offering a culturally sensitive, accessible, and understanding platform, the helpline contributes significantly to the well-being and growth of the Punjabi community at large.

pchs Leading With Connection And Courage

UNITED SIKHS Reconnect The Human Race in Cdn

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UNITED SIKHS Canada
UMEED (HOPE) HELPLINE**

We can help you find professional resources for:

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- Domestic Violence Counselling
- Substance Abuse Counselling
- Distress Counselling after a Disaster
- Social Support Services
- Mental Health Support & Counselling

Umeed is 24/7 helpline in principle, but could be a potential lifeline to those in real need. Launched to provide social support, prevention strategies and coordinated services information.

Umeed - 100% free and confidential aims at helping the most vulnerable find the resources they need.

This service is only for Peel Region (Mississauga, Brampton and Caledon)

Contact Us: 1-855-878-6333 or 1-855-US-UMEED

EMBRACING JOY AND WELLNESS: HPCS TEAM'S LAUGHTER YOGA WORKSHOP

By Sahejpreet Chahal, Community Health Ambassador

On July 21, 2023, the HPCS team organized a laughter-filled extravaganza - the Laughter Yoga Workshop, at the PCHS Brampton office. Attended by around 20 clients from diverse age groups, this unique event was a resounding success, leaving everyone with smiling faces and hearts full of joy.

The workshop commenced with a captivating 15-minute presentation that introduced the concept and importance of laughter yoga. The presenter highlighted the numerous physical and emotional benefits that laughter yoga can bring into one's life. Stress reduction, improved mood, enhanced immune system, and stronger connections with others were some of the key aspects emphasized.

Following the presentation, the participants dived into a 35-40 minute laughter yoga session that proved to be the highlight of the event. The session featured various laughter exercises designed to awaken the child-like laughter within each participant. These exercises included group laughter, where the entire group broke into infectious laughter, lion laughter that involved hearty roars, and alphabet laughter, where participants found themselves laughing their way through the letters of the alphabet.

Another exciting element of the laughter yoga session was the rhythmic clapping activity. Participants were encouraged to lead the group in their clapping rhythm, and the entire room enthusiastically followed the pattern. The room echoed with rhythmic claps, creating an atmosphere of unity and joy. The final exercise was a deep breathing session that brought about a sense of relaxation and meditation. Towards the end of the session, participants were invited to

share things they were grateful for, fostering a sense of gratitude and appreciation among the attendees.

As a parting gift, the HPCS team provided each participant with a simple laughter yoga routine that they could easily incorporate into their daily lives. This gesture further ensured that the benefits of the workshop extended well beyond its duration.

The workshop proved to be not only informative but also highly interactive and fun, as evidenced by the overwhelmingly positive feedback received from the participants. Many expressed their keen interest in attending similar workshops in the future, indicating that the HPCS team had undoubtedly hit the mark with their laughter yoga initiative. The success of the Laughter Yoga Workshop by HPCS serves as a reminder that amidst the hustle and bustle of daily life, moments of laughter and joy hold the power to heal and unite. As we move forward, let us remember to embrace laughter as a constant companion on our journey to a healthier and more joyful life.

Stay tuned for future workshops: www.pchs4u.com



WHAT'S IN A NAME? WELL, EVERYTHING!

By Kanwalpreet Kaur, Program Coordinator: Building Capacity Program

Ever since I remember, people have been mispronouncing my name. After numerous efforts, I almost gave up until I came to Canada. Upon landing here, I realized that a name is so much more than a mere word to address someone, more than a mere sound one makes to call out to someone: it is an identifier, an individual marker, an entire culture squeezed into vowels and consonants! Hence, it matters.

The name problem goes way deeper. It is not just about a name being mispronounced, but it is also our collective acceptance of the same that makes it more problematic. At times, Eastern culture teaches us to be accommodating to a point of discomfort and self-sacrifice. Therefore, normalizing the speaker's convenience more than our own identity should not be promoted. I remember teacher mispronouncing my name throughout school, even after repeatedly reminding that it was the incorrect version – her version, not mine. "What's in a name?", I thought, I will still be the same person even if someone calls me by a different name. I also remember my agony on being named what I was named as opposed to being named something that was simpler to pronounce (Mona, Guneet, Robin, anything else) and something that was convenient for the speaker. I clearly remember being told by my father that he named me Kanwal (lotus flower) because he loved the name and that he would do the same again if given a chance. The clarity and assertiveness in his voice would motivate me to request people, no matter how incorrigible, to get my name right.

However, when one lands in a foreign country as an immigrant, a name carries the weight of an ethos. A name becomes symbolic of many things: ethnic affiliations, communal ties, history, and much more. The moment a name is spoken out loud, we try to place it in a cultural, religious and geographical context. Sometimes, to avoid these very cultural connotations,

many people name their children in the tradition of the new country because they are aware of the discrimination and racism that their ancestors were subjected to. Some adults change their names to assimilate well into the host culture while others change it to not inconvenience the native speaker. What we as immigrants sometimes fail to take into account is that in this whole process of cultivating a new identity, we are letting our core values and beliefs erode. This erosion of values comes at a high cost, so much so that over just a couple of generations, the language, traditions and rituals are lost and forgotten. Therefore, it is of utmost importance to preserve our roots while respecting all cultures and traditions that our fellow countrymen came from. We must preserve our values like our pickles so that they taste even better with time, we must celebrate our names and festivals, must take pride in our traditions and eccentricities, must inform others of our existence and history, and we must never let someone else's convenience come before our identity.

My two cents - we need to take pride in ourselves, our cultural values, our appearance, and above all, our names without always thinking of the speaker's convenience. For the world to be more inclusive and accepting of change, inconveniencing a few is but inevitable.

PEEL PRIDE

By Arashdeep Chahal, Communications Officer

This year Peel Pride took place on July 22nd, 2023, PCHS staff were part of the planning committee and also participated in the event along with 10+ organizations local to the Peel Region.

During the planning process, PCHS supported with promotions for the event and attending weekly meetings to help plan and co-ordinate Peel Pride. The event took place Burnhamthorpe Library in Mississauga and it was important the event was safe and inclusive for all. Peel Pride had free activities for all such as; henna art, Queer Trivia and prizes, Arts and Crafts station. Entertainments such as; Drag story time (for children and families), 50+ years of Pride presentation and much more!

PCHS also set up a booth at the event to support the LGBTQ2S+ community and anyone else attending the event. We offered educational resources about our programs and promotional items as takeaways for community members that wanted to stay connected.



DISABILITY PRIDE MONTH

By Savita Saini, Community Health Ambassador



Disability Pride Month, observed in Canada during July, holds immense importance as it honors the accomplishments, strength, and diversity of individuals with disabilities. This annual celebration raises awareness about the challenges they face while also acknowledging their invaluable contributions to society. Throughout this month, various events and initiatives are organized to promote inclusivity, accessibility, and equality for people with disabilities.

The Toronto Disability Pride March started in October 2011 as part of Occupy Toronto, which was a protest against economic inequality. Over the years the march has been held at different times. This year, many are celebrating Disability Pride Month in July, and for the first time since the pandemic began, the Toronto Disability Pride March was held in person on the 15th of July, 2023. In relation to this march, it presented a great chance to recognize and appreciate the way the community has fought through the pandemic, as well as shed light on how there are still a number of challenges, we society in society face collectively.

Disability Pride Month is crucial because it displays the resilience and achievements of the disabled community, challenging societal stereotypes and misconceptions. By organizing workshops, marches, and panel discussions, this month provides a platform for people with disabilities to share their stories and talents, fos-

tering a positive narrative around disability. Moreover, Disability Pride Month fosters self-acceptance and empowerment within the disabled community. By encouraging individuals to embrace their unique identities and abilities, it helps build self-confidence and promotes advocacy for disability rights. This month serves as a reminder that we must strive for a future of greater inclusion and acceptance, where every individual is valued for their unique contributions.

Celebrating Disability Pride Month is essential to continue the progress toward a fully inclusive society. It reminds us of the work that still needs to be done to break down barriers and create equal opportunities for everyone. Even today we see society is inaccessible in so many ways to a number of people. Therefore, there is a need to address all these issues and come up with a solution to solve all these problems on an urgent basis. By recognizing and celebrating the achievements of people with disabilities, we can motivate policymakers, businesses, and institutions to enhance accessibility and dismantle obstacles that hinder full participation. Ultimately, Disability Pride Month encourages us to support and uplift individuals with disabilities, fostering a more compassionate and understanding society.



SUMMER NEWCOMER YOUTH EVENT

By Rabia Bhatti, Youth Worker- Settlement Program

Youth workers hosted the SNYE (Summer Newcomer Youth Event) in collaboration with ROM (Royal Ontario Museum) and TRCA (Toronto and Region Conservation Authority), during the week of July 10- July 14. It was a huge hit among the youth.

SNYE focused on and aimed to promote youth development, enhancing and supporting life skills to effectively assist their integration into Western communities through an array of activities. Newcomer youth had the opportunity to actively connect with others sharing similar experiences to further aid them in navigating the communities in which they now reside.

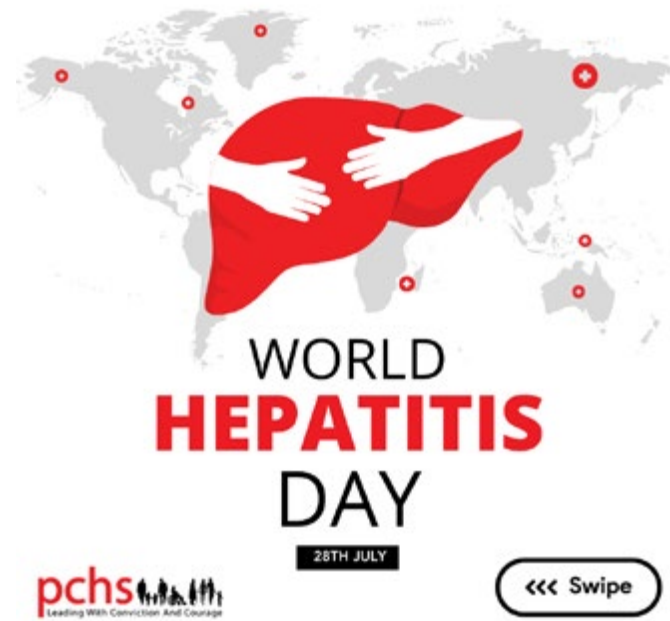
The week started of with a photovoice project which promoted community collaboration. The youth used their creativity to create extraordinary collages reflective of their lived experiences which they further shared amongst their peers.

Moreover, in partnership with TRCA, the youth learned the basics of fishing. Youth received a fishing ID and were able to fish at the shoreline of Heartlake. The last day of the week consisted of a day trip to ROM, which allowed youth to explore downtown Toronto while learning about historical landmarks and diverse cultures to expand their understanding of different communities.



WORLD HEPATITIS DAY

By Harkiranpreet Sidhu, RN, Project Coordinator – HPCS



Every year, on the 28th of July, World Hepatitis Day is observed to raise awareness about viral hepatitis and its significant impact on global health. This disorder leads to liver inflammation, and can result in severe illness, including the development of liver cancer. Among the 5 basic types of viral hepatitis – Hepatitis A, B, C, D, and E – Hepatitis B and C are of particular concern due to their persistent nature and potential to cause serious liver consequences such as cirrhosis and liver cancer.

Combating hepatitis requires a multi-faceted approach encompassing prevention, early diagnosis, and adequate treatment. Vaccination plays a critical role in preventing Hepatitis A and B and reducing transmission rates. By adopting safe injection practices, practicing safe sex, and maintaining good hy-

giene, we can further prevent the spread of hepatitis. For Hepatitis C, access to screening and diagnosis is very important. Early identification enables timely treatment, preventing the progression to chronic liver disease. Fortunately, antiviral drugs have proven to be highly effective in curing Hepatitis C, underlining the importance of readily available treatment options.

Hepatitis not only impacts the physical body but also takes a toll on mental and emotional well-being. Those affected by hepatitis often face stigma and discrimination due to misconceptions about how the disease spreads. To address this issue, awareness programs play a crucial role in dispelling myths and fostering an accepting environment that encourages people to get tested and treated without fear of bias. On World Hepatitis Day, we come together to shine a spotlight on the ongoing battle against viral hepatitis and its devastating effects on global health. By raising awareness, promoting prevention, and supporting access to diagnosis and treatment, we can work towards a world where hepatitis no longer poses a significant threat to public health. Let us stand united in our efforts to combat this disease and create a healthier future for all!

THE FEMINIST COLLECTIVE RETREAT: STRENGTHENING COMMUNITY SUPPORT AND WELLNESS PROMOTION

By Naida Abbd Al Wahaib, Community Health Ambassador

Hope 24/7, an accredited community-based mental health organization, invited the HPCS team to participate in their outreach activity on July 16th. This project's funding was generously provided by WAGE (Women and Gender Equality Canada). Hope 24/7 specializes in providing assistance to individuals aged 12 and older who have been impacted by trauma, and it serves as the provincially designated sexual assault center (SAC) for the Peel region.

During the retreat, the clients attending were provided SWAG bags. Throughout the day, a diverse range of activities took place which included; mindfulness exercises, painting sessions, self-defence or hiking opportunities, and a refreshing lunch break. The afternoon continued with yoga and another invigorating hike, culminating in enjoyable family games.

At the event, the HPCS team set up a table to introduce attendees to their organization and the services they offer to the community. PCHS staff had the chance to interact with clients, introducing them to the services available. During this event, the clients also had the pleasure of joining a Yoga class, which was a wonderful, stress-relieving experience. It was heartening to learn that some attendees were already familiar with PCHS and expressed their satisfaction with the assistance the organization provides to the community.



INTERNATIONAL SELF-CARE DAY

By Harkiranpreet Sidhu, RN, Project Coordinator – HPCS

International Self-Care Day is an annual event observed on July 24th, highlighting the significance of self-care in maintaining our physical and emotional well-being. Despite common misunderstandings, self-care does not have to involve complex or extravagant tasks. In reality, it thrives in simplicity, encouraging individuals to participate in uncomplicated activities that foster overall health. By giving importance to self-care, we gain the ability to lead well-balanced lives and nurture our physical, mental, and emotional needs.

We need to embrace the simplicity in self-care. Self-care is not an indulgence reserved for special occasions or spa days; it is a daily practice that should be integrated into our lives. It is about incorporating simple yet effective habits that promote physical and emotional health. By focusing on basic tasks, we ensure that we are genuinely caring for ourselves and fostering well-being in sustainable ways.

Nourishing Nutrition

Adopting healthier eating habits is a valuable practice of self-care. When we nourish our bodies with wholesome foods that are packed with essential nutrients, we equip ourselves with the energy and vitality necessary to overcome daily obstacles. By consciously selecting nutritious meals and snacks, we actively contribute to our overall well-being and improve our physical health.

Physical Activity

Including physical activity in our self-care, routine, even in small amounts, is a great way to take care of ourselves. Something as simple as going for a fast-paced walk, doing some yoga, or playing a sport we love can make us feel better, improve our heart health, and help us manage

stress. Discovering enjoyable ways to be active benefits both our body and mind, leading to overall well-being.

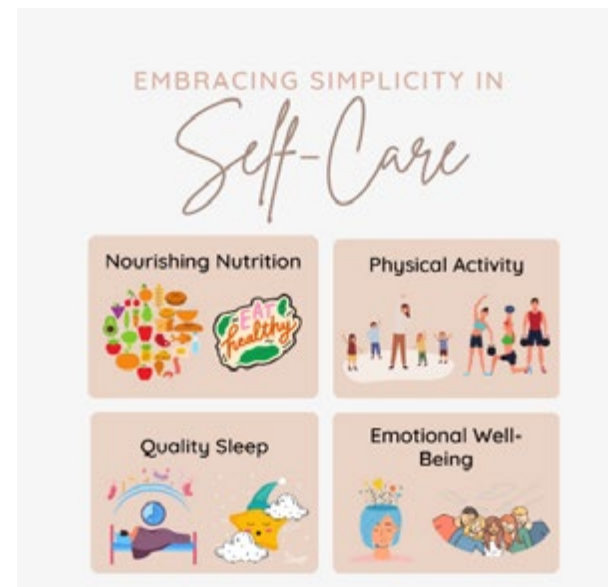
Quality Sleep

Getting enough sleep is important for taking care of ourselves. To make sure we get the rest we need, it is helpful to have a regular bedtime routine, create a comfortable sleep environment, and stick to a consistent sleep schedule. Getting sufficient sleep helps our thinking skills, strengthens our immune system, and keeps our emotions in check.

Emotional Well-Being

Caring for our emotional well-being is just as crucial. Participating in activities that encourage relaxation and reduce stress, like meditation, deep breathing exercises, or pursuing hobbies, can greatly enhance our emotional health. Recognizing and attending to our emotional needs is vital, enabling us to maintain a positive outlook and effectively handle everyday pressures.

Take advantage of International Self-Care Day this year by incorporating these exercises into your routine and giving yourself the care, you deserve!



LET'S TALK ABOUT MEN'S MENTAL HEALTH

By Navjot Chahal, Case Manager, Mental Wellness

When we talk about men's mental health, we mean their emotional and psychological wellness. It includes all of the difficulties, incidents, and particular elements that may have an effect on men's mental health. In the past, males have been under pressure to live up to notions of what it means "to be a man", which has occasionally discouraged men from expressing their emotions or seeking support for mental health difficulties. This may be a factor in men's under recognition and underreporting of mental health issues.

It is crucial to promote open communication about feelings and mental health, in order to reduce stigma, and to offer accessible and inclusive mental health treatments. We can achieve this by encouraging healthy masculinity that values self-care, emotional openness, and supportive relationships.

It is advised to get treatment from a mental health expert, counselor, or helpline if you or someone you know is experiencing mental health issues. Never forget that asking for help is a sign of strength and that looking after your mental health is just as crucial as looking after your physical health. The Sahara Mental Health and Addictions Wellbeing Program at PCHS strives to empower clients and their families by providing assistance with holistic approach and connecting them to appropriate resources.

Teen Book Review

The Forest of Stolen Girls

Author: June Hur

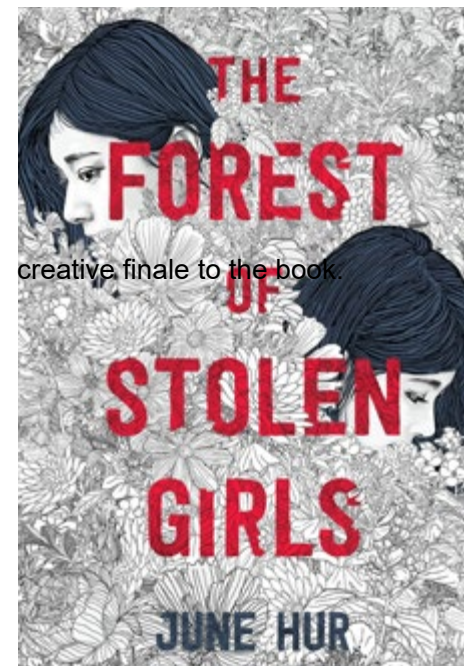
Reviewed by: Pragna Rokandla
Brampton Library Youth Volunteer
Pages: pages

In *The Forest of Stolen Girls*, author June Hur explores the highs and lows of being a woman in 1426 Korea during the Joseon Dynasty. When 18-year-old Hwani travels to Jeju Island to investigate her father's disappearance, she encounters Maweol, her estranged sister. Hwani is initially resentful of her sister but soon realizes that she needs her help in solving the sinister case of the missing 13 girls that her father had started, which also resulted in his disappearance. Throughout the course of the case, Hwani learns to love her sister again and uncovers the dark secrets her beloved father had hidden from her.

One of the greatest aspects of this book is the seamless integration of various controversial topics. The main theme, which is about the brutal trafficking of women in Korea in the 1400s, is emphasized by the book's other themes, which include trust, love, and forgiveness. The bond between Hwani and Maewol is one of the book's highlights. Many, if not all, siblings can understand their little squabbles, their momentary bitter feelings toward each other, but

also their readiness to risk their lives for each other. As a big sister to a younger sister, I could understand Hwani's stressful yet rewarding role as the family's oldest child. By making the main characters female, author June Hur has also achieved the emotional depth that this novel needed to succeed. We experience the story through the eyes of sympathetic characters who, as women, are exposed to the unfair world that a woman must endure.

Another great aspect of the book, in my opinion, is that it supports the idea of "not judging a book by its cover." Many of the characters in this book are depicted in one way on the outside but have very different backstories and struggles on the inside. This also makes it difficult for Hwani to trust the right people to assist her with the case, because no one is fully evil or completely good, but rather a combination of the two. Hwani's father, for example, was loved by Hwani but resented by Maewol because they both received different treatment from him. A major plot twist also involves Hwani trusting the wrong person, which I felt was a



creative finale to the book.

All in all, though it is dark, June Hur's *The Forest of Stolen Girls* is an important book for today's society. Yes, it is about an issue that transpired hundreds of years ago, but I believe that is a poor excuse for ignoring the numerous injustices that women, minorities, and others endure in today's world. *The Forest of Stolen Girls* is a poignant tribute to those who have suffered just because they were born women.

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

Monthly Client Testimonial

"It was a tough and traumatizing experience for me to leaving my loving and sweet Aunty at her new place (a retirement home) however my friends and family who live in that area helped me to overcome my emotions. Now we are all trying to make her transition as smooth as possible by visiting my Aunty on a regular basis. We have divided our days to visit her. She is also getting acclimatized with her new routine.

I don't have words to express my gratitude and appreciation for your compassion and kindness. During this unexpected journey of my Aunty, PCHS was there to support her emotionally as well as financially. From creative wellness kits to exercising paddler, hygiene products to gift cards and Langar on Wheels to Loving Doggie, everything was so thoughtfully picked and given with respect.

On one hand Aunty will miss the variety of tasty Indian vegetarian dishes and roties, on the other hand her Retriever Puppy given by PCHS is there to comfort her. Hats off to those who thought about this idea. It is a great therapeutic toy, and it was the first thing which I packed for Aunty.

Once again, my heartfelt thanks to you, to the leadership team and geriatric staff especially Jagdeep Ji, Shashi and Asha for being an integral part of this two year journey. As a caregiver, PCHS has supported and guided me from the beginning till end.

May God always bless PCHS and all of you!

*In Gratitude,
Uzma Aziz Irfan"*

WELCOME NEW STAFF!



Albin Mathew,
Addictions Supervisor



Amrit Sandhu,
Health Services Researcher



Avneet Dhandwar,
Caseworker - Mental Health



Brahmjot Dhillon,
Caseworker - Mental Health



Dhruv Kashyap,
Caseworker - Geriatrics



Khushi Kapoor,
Administrative Assistant



Seerat Sandha,
Caseworker - Settlement Services



Punjabi Community Health Services

28TH ANNUAL GENERAL MEETING

SAVE THE DATE



Thursday,
Sept 21st,
2023



Riverstone Community Centre
195 Don Minaker Drive,
Brampton ON L6P 2V7



6 PM - 8 PM



21ST ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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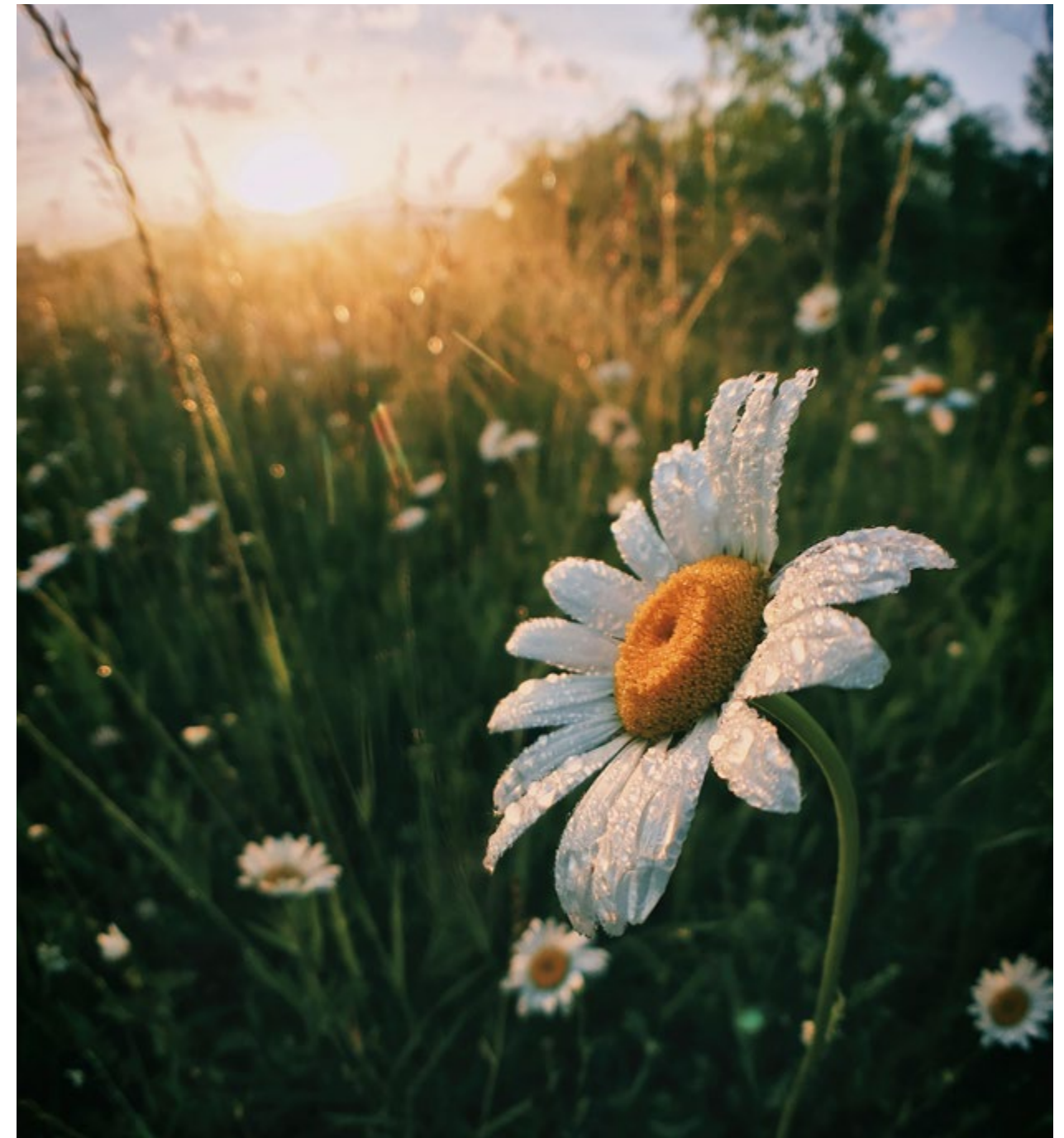
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