

PCHS

HEALTH

MAGAZINE

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Baldev Mutta CEO, PCHS Message from CEO

Hello,
 I would like to shed some light on the Missing and Murdered Indigenous Women, Girls, and Two-Spirit individuals (MMIWG2S) in Canada. It refers to a crisis and ongoing issue concerning the disproportionate number of missing and murdered Indigenous women, girls, and Two-Spirit individuals in Canada. This issue has been a longstanding concern within Indigenous communities and has gained increased attention and recognition in recent years.

The term “Two-Spirit” is used in Indigenous cultures to describe individuals who embody both masculine and feminine qualities. It is an important and recognized gender identity within many Indigenous communities in North America.

The MMIWG2S crisis is rooted in a complex combination of social, historical, and systemic factors, including colonization, racism, violence against women, socioeconomic disparities, and inadequate support systems. Indigenous women, girls, and Two-Spirit individuals face higher rates of violence, exploitation, and discrimination compared to the general population in Canada.

The issue gained significant national attention with the release of the 2014 report by the Royal Canadian Mounted Police (RCMP), which stated that there were approximately

1,200 missing and murdered Indigenous women and girls in Canada between 1980 and 2012. Indigenous activists, organizations, and communities have been advocating for justice, awareness, and action to address this crisis and ensure the safety and well-being of Indigenous women, girls, and Two-Spirit individuals.

In response to the crisis, the National Inquiry into Missing and Murdered Indigenous Women and Girls was established in 2016 to examine the underlying causes and make recommendations for action. The inquiry concluded in 2019 with a final report that included numerous recommendations to address the systemic issues contributing to the violence faced by Indigenous women, girls, and Two-Spirit individuals.

Efforts are ongoing to implement the recommendations of the inquiry, raise awareness, support affected families and communities, and address the root causes of the MMIWG2S crisis. Various governmental, Indigenous, and non-governmental organizations are involved in this work to ensure justice, accountability, and the safety of Indigenous women, girls, and Two-Spirit individuals in Canada.

PCHS stands in solidarity with the Indigenous communities on this important issue.



NATIONAL NURSING WEEK

By Harkiranpreet Sidhu, RN, Health Promotion Officer - HPCS

National Nursing Week is an annual celebration of nurses and their contributions to healthcare. This year's National Nursing Week was celebrated from **May 8th to 14th, 2023** and the theme was **#OurNursesOurFuture**. This theme emphasized the significance of nurses in shaping the future of healthcare. This theme highlights the need of supporting and investing in nursing education, research, and workforce development. This will ensure that we have a strong and competent nursing workforce to meet our communities' changing healthcare requirements. In addition, it serves to promote a better understanding of the various subjects encompassed by nursing and motivates people to explore nursing as a career option.

Punjabi Community Health Services (PCHS) has a long-standing track record of prioritizing and supporting nurses, which is still evident in their current operations. To ensure the timely treatment of COVID-19 symptoms and the stabilization of clients, PCHS launched the Isolation and Recovery Center (PIRC) in February 2021. The PIRC's primary goal was to contain and prevent the spread of the COVID-19 virus by providing a secure and regulated environment for

individuals who had contracted or been exposed to the virus. A team comprising of 1 nurse manager, 19 Registered Nurses/Registered Practical Nurses, and 2 Nurse Practitioners oversaw the center. From April 2021 to May 2022, the center provided medical care to a total of 753 individuals. This was a significant contribution to support communities and clients during the pandemic. The creation of the PIRC serves as evidence of PCHS's acknowledgement of the crucial role nurses play in healthcare.

In conclusion, National Nursing Week is a significant opportunity to recognize and appreciate the invaluable contributions that nurses make to healthcare. This is an important occasion to commemorate and acknowledge the tireless efforts and commitment of the nursing profession. Nurses are crucial for advancing the health and well-being of our communities. Moreover, it is a chance to honor and recognize the invaluable contribution of millions of nurses who work diligently to improve and enhance the quality of the healthcare system.



MENTAL HEALTH AWARENESS WEEK

By Simran Ghumman, Case Manager- Concurrent Disorder

Mental Health Awareness Week is an annual event to raise awareness and promote understanding about mental health issues. It aims to reduce the stigma associated with mental health problems and encourages individuals to prioritize their mental well-being.

The primary purpose of Mental Health Awareness Week is to draw attention to mental health and promote open conversations about it. In addition, it aims to increase awareness and understanding of mental health conditions, provide information on available resources and support, and encourage individuals to seek help when needed.

This year, Punjabi Community Health Services' (PCHS) Mental Health team hosted a mental health day event on Friday, May 05, 2023. The event was open to the public and staff at PCHS. During the event, individuals took part in tarot card reading, gratitude thank you cards, a chai and chat corner, painting and art station, and henna design. Each activity represented and displayed different self-care activities.

Gratitude and Thank You Card: Gratitude and thank you cards hold significant importance in expressing appreciation and acknowledging the kindness or support received from others. Taking the time to write and send a thank you card strengthens your relationship with the recipient. It shows that you value and cherish their presence, fostering a sense of connection and goodwill. It can contribute to building stronger person-

al relationships, professional networks, and a supportive community.

Chai and Chat: Chai and Chat is a self-care activity that involves taking a moment to unwind, relax, and connect with others while enjoying a cup of chai or any other preferred beverage. It creates an opportunity to connect and have meaningful conversations with friends, family members, or colleagues. Social connections are vital to our well-being and can contribute to a sense of belonging, support, and happiness.

Painting and Art Station: Painting and engaging in art activities can be an excellent form of self-care. Painting provides a creative outlet for expressing and processing emotions. It allows you to visually communicate your thoughts, feelings, and experiences even when words may fall short. Art activities can help you explore and release emotions, promoting emotional well-being and self-awareness. In addition, engaging in art activities such as painting has been shown to reduce stress levels.

While Mental Health Awareness Week typically lasts for a designated week, its impact goes beyond those days. The intention is to foster long-term change by promoting ongoing conversations about mental health, encouraging organizations to prioritize mental well-being, advocating for improved mental health policies, and supporting individuals in their mental health journey throughout the year.



PCHS SUPPORTING UKRAINIAN DISPLACED PERSONS

By Inna Kravets, Short Term Counsellor, Settlement Program

The Russia-Ukraine war caused massive immigration flows from Ukraine to Europe and other countries of the world, that opened their borders for Ukrainian refugees. Eight million have left Ukraine since the beginning of the war. Canada has become one of these countries that accepted Ukrainians.

More than 3/4 of these Ukrainians arriving under Canada- Ukraine authorization for emergency travel (CUAET) are women and children. They make up the absolute majority of our clients as GTA is the major hub for the new immigrants.

Usually, Ukrainians come to PCHS in the first days of their arrival to Canada, when they have no place to

stay, no job, and have no idea how the government system works in Canada.

We work with clients according to the principles of Maslow's hierarchy of needs. Firstly, we address the client's basic needs such as, housing, food security, employment, enabling access to medical care and enrolling their children into the Canadian education system.

For housing searches, we provide the necessary information, help to review a rental agreements (interpretation), and assist client with wraparound supports.

We help them to find food banks, provide gift cards for

the purchase of necessary items and a presto card for transportation.

PCHS also helps Ukrainians find jobs. We do this by conducting resume building and interview skills workshops specifically designed for Ukrainian clients, where we present materials in English and Ukrainian languages. Additionally, we work with highly qualified specialists so that they can obtain the necessary accreditations in Canada and secure employment.

We help students arriving from Ukraine in finding programs and educational institutions where they can continue their studies. In Ukraine, usually, almost all children are involved in various specialized art schools and sports clubs. We work with newly arrived families, finding suitable after school programs for their children. That is a huge help for parents and creates sense of belonging in children.

Ukrainians that often arrive in Canada as refugees have previous trauma as a result of war impact, loss of their previous peaceful life. Most of the families arriving in Canada are divided, as majority of the Ukrainian men are left to fight the war. We provide them with crisis support and short-term mental health counseling.

Additionally, we provide educational presentations to newly arrived Ukrainian, in which we talk about access to mental health support and resources. At the same time, staff actively participates in discussion forums for Ukrainian immigrants' settlement needs

and constantly also encourage other agencies who do not have Ukrainian speaking staff to provide referrals to PCHS.

At PCHS we advocate for our clients, help them connect with Ukrainian communities in the GTA, help them adapt, and find resources so they are well connected within their community.

PCHS provides services to diverse communities and is constantly creating customized programs for newcomers.



SIKH HERITAGE MONTH CELEBRATION

By Kanwalpreet Kaur, Program Coordinator – Building Capacity Program

Sikh Heritage Month (April) was introduced in Canada in the year 2013 and has been celebrated ever since. This year marks the 10th anniversary of the Sikh Heritage Month in Ontario.

Sikh Heritage Month was celebrated by PCHS on April 28, 2023, to commemorate the Sikh Heritage and Culture and to acknowledge the contributions of the Sikh Diasporic Community in Canada. This event was organized to spread awareness around Sikh culture and the principles of Sikhism.

The event began with Cha da Langar (tea and snacks), which means serving free food in the community or at a Gurudwara (place of worship for Sikhs). This was arranged keeping the Sikh tradition and tenets in mind as Langar forms one of the most important pillars in the Sikh Culture. It was followed by a presentation on the history and heritage of Sikh Religion. The presentation included topics like Sikh symbols and principles, Punjabi culture, women in Sikhism, Sikh festivals, Punjabi language and the contributions of Sikh community among other topics.

PCHS staff attended the event with enthusiasm and a willingness to learn more about the Sikh culture. In addition, the staff were also encouraged to participate in the quiz based on the presentation to make it more interactive and interesting. Not only this, the staff prepared a display that included traditional Punjabi artefacts like phulkari, jutti, pakhi, parandi, suit, utensils etc.

The event was concluded with remarks by the DOO, Mudassara Anwar and CEO, Baldev Muttu. He spoke about the contributions and hard work of the Punjabi community in developing this nation. He also encouraged everyone to help their community so that the fabric of this nation becomes even stronger as stronger communities make efficient nations. Additionally, he highlighted the contributions of the Sikh community at large and how the first Sikhs, along with other communities, fought against racism and colonialism.

This event taught everyone the importance of community, something that PCHS strongly promotes and upholds across all its programs.

SIKH HERITAGE MONTH (PRESERVE YOUR PAST)

By Harkiranpreet Sidhu, RN, Health Promotion Officer - HPCS

On April 29th, 2023, PCHS staff attended a Sikh Heritage event at Woodbridge College. The event was designed to highlight and promote a deeper understanding of the Sikh religion, featuring various religious elements that aimed to foster awareness and appreciation. Members of the Sikh community demonstrated Gatka, a form of martial arts, while Pardeep Singh Nagra, a keynote speaker, shared his inspiring story and discussed his Hollywood film.

Attendees had the opportunity to enjoy food and refreshments provided by the event organizers. Additionally, a young girl performed a shabad, a Sikh religious hymn, adding a touch of spirituality to the occasion. The event began with a land acknowledgment conducted in both English and Punjabi, recognizing and respecting the Indigenous people and their traditional territory. Additionally, the event showcased a timeline poster that highlighted the rich history of Sikhs in Canada, complemented by the display of meaningful artifacts.

PCHS actively participated in the event, engaging with community members and promoting their services. By attending, we were able to connect with members of the Sikh community, share information about our organization, and establish relationships. This event served as an excellent platform for PCHS to create a positive impact within the community and raise awareness about our organization. Such events hold significant importance as they enable individuals to forge connections with valuable resources that may otherwise be inaccessible to them. They also offer a platform for attendees to deepen their understanding of PCHS's community support initiatives, and learn more about the organization's efforts.



ARTICLE SUMMARY

Summary of article “Funeral home workers worry about youths’ mental health as repatriations to India increase”

The article draws attention to a funeral home in Toronto in regards to increasing mental health issues international students are facing as an increased number of remains of young men and women and repatriated to India.

Here’s the breakdown of those repatriations, which the funeral home says have been mostly of young people:

- 2018: 8 remains.
- 2019: 16 remains.
- 2020: 12 remains.
- 2021: 11 remains.
- 2022: 33 remains.

According to IRCC data, the number of Indian students with valid study permits has been trending upward:

- 2018: 171,505.
- 2019: 218,540.
- 2020: 179,510.
- 2021: 216,500.
- 2022: 319,000.

Homesickness is “a lot” of the problem, said Amanjit Kahlon, manager of community development at Punjabi Community Health Services (PCHS). Over the years more and more international students have required access to non-profit supports.

“A lot of these folks come from large families where somebody’s checking in on them, asking them how their day was. When they come here, a lot of them are alone. They’re in a new space, but they don’t have that connection or that social support.”

Kahlon says the organization has had to intervene in the past to support the mental health of students, even going so far as sending some back to India through the Rapid Response, Saving Lives program. It helped send nine students home before their mental health got worse, at the request of the students and their families. “We’ve followed up with the majority of them once they’ve gotten back and the families are very thankful they were able to understand what their child was going through,” Kahlon said. PCHS no longer gets provincial funding for the Rapid Response Saving Lives program. Kahlon says case managers at PCHS can have up to 100 cases at a time.

“If we’re seeing an increase in the international student population size, then there needs to be an increase in funding for programs that support them as well,” he said.

[Link to full article here](#)

PEER SUPPORT SUCCESS STORY

By Nirlep Gill, Peer Support Worker

This story highlights the experiences of a client who has been struggling with both mental health and addictions challenges for many years.

The client came to Canada on a visitor visa in 2019, but had lost his passport and was unable to return back to his home country in India to be with his family. Due to the clients mental health challenges his brother was unable to take care of him. The client’s parents wanted him to come back home but they were helpless. He felt lost and alone and had no idea how to get the help he needed to stabilize his life. The client was dealing with serious mental health and addiction’s issues, he was hospitalized for over a month.

That’s when he met a Peer Support Worker at PCHS who was able to offer him the guidance and support he needed. The peer support worker has helped clients with similar needs in the past, and was able to relate to the client’s experiences.

The PSW helped the client access addiction treatment and mental health services, and

worked with the client to develop a plan for getting his passport and returning to India.

Regardless of the challenges the PSW was there every step of the way. He helped the client to navigate the complex process of getting an Emergency Travel Document from the Consulate General of India, and provided emotional support as the client worked to stabilize his life.

In the end, the client was able to reunite with his family back home in India. The client was grateful for the the support provided by the PSW and Punjabi Community Health Services with helping him to turn his life around.

The PSW acknowledge’ the value of personal lived experience as a demonstration of hope, recovery and ongoing personal growth and transformation in their work supporting the client.

If you are interested in becoming a Peer Support volunteer email peersupport@pchs4u.com



UNVEILING THE UNSPOKEN: MY MENTAL HEALTH JOURNEY

By Harkiranpreet Sidhu, RN, Health Promotion Officer - HPCS

On May 5th, during Mental Health Week, the #MyStory Mental Health seminar was held with the aim of sparking conversations on mental health topics and encouraging mental wellbeing. The seminar was shared amongst 20 attendees.

The seminar started with an introduction to mental health and the importance of understanding and taking care of it. The attendees were engaged in listening to a personal narrative about mental health, which was shared by myself. The session also included a discussion on the anxious brain and neurotransmitters, highlighting recent studies and findings in this area. Moreover, attendees were encouraged to participate in mental health activities designed to help them cope with anxiety and other mental health issues.

Lastly, the seminar concluded with a post-survey and a discussion on the importance of continuing to prioritize mental health in everyday life.

Conversations around mental health are crucial to dismantling the stigma associated with it. In many ethnic communities, mental health is not given the priority it deserves. Therefore, it is vital to break down the barriers that start open dialogue and encourage discussions around mental health. Practicing self-care and engaging in activities that boost our happy hormones are just a few ways we can improve our mental health. As a resource, I have created an infographic that provides tips on how to hack your happy hormones to regulate and prioritize mental health.

In conclusion, it is vital that we all prioritize our mental health and seek help when needed. There is no shame in asking for assistance, and it is crucial to realize that many others are going through similar experiences. Therefore, we encourage everyone to start the conversation and break the stigma surrounding mental health. Remember, mental health is just as important as physical health, and we must take care of ourselves and our loved ones. Fortunately, there are many resources within the community that can provide assistance and support.

Let us work together to create a more accepting and understanding society when it comes to mental health!

WORLD HYPERTENSION DAY

By Sahejpreet Kaur Chahal, Community Health Ambassador- HPCS



World Hypertension Day is held this year on May 17, 2023 to raise awareness about hypertension and its prevention, detection, and treatment. The World Hypertension League (WHL) initiated the day in 2005 and it is now celebrated in more than 100 countries around the world.

Hypertension, also known as high blood pressure, is a condition characterized by consistently elevated blood pressure in the arteries. It is a significant risk factor for several serious health issues, such as heart disease, stroke, kidney disease, erectile dysfunction, and dementia. Hypertension affects 7.5 million Canadians and is often referred to as the “silent killer” because it typically has no symptoms and can only be detected through blood pressure measurement.

The theme for World Hypertension Day 2023 is “Measure Your Blood Pressure Accurately, Control It, Live Longer.” This year’s theme emphasizes on the importance of accurate blood pressure measurement and highlights the need for people to take control of their blood pressure in order to live a longer and healthier life. It aims to address low awareness rates worldwide, particularly in low to middle income communities. Various awareness programmes and activities are carried out by many organizations all over the world to inform people about hypertension and its prevention.

With lifestyle modification and medication, high blood pressure can be treated and prevented. Maintaining a healthy diet, frequent exercise, managing stress, limiting alcohol intake, and avoiding tobacco use are all effective ways to prevent and manage high blood pressure. Regular blood pressure monitoring is essential for detecting high blood pressure and for managing the condition. People should have their blood pressure checked regularly, especially if they are at risk for high blood pressure or have a family history of the condition.

World Hypertension Day is an important event that serves as a reminder of the serious health risks associated with hypertension. By raising awareness about the importance of accurate blood pressure measurement and the need for people to take control of their blood pressure, we can help prevent and manage hypertension and improve the health of millions of people around the world.

NATIONAL ACCESSABILITY WEEK

By Harkiranpreet Sidhu, RN, Health Promotion Officer - HPCS



The annual **National AccessAbility Week** in Canada celebrates and promotes accessibility, and inclusion for people with disabilities. This year, the week-long event runs from **May 28 to June 3**.

National AccessAbility Week is an opportunity to recognise and celebrate the enormous contributions and leadership of people with disabilities in society. It also illustrates the difficulties and barriers that these people face in accessing services and opportunities. Moreover, it provides an opportunity to raise awareness and knowledge of accessibility issues, as well as to urge continuous efforts to make Canada more inclusive and accessible.

As a society, it is crucial that we acknowledge and embrace the differences of individuals with disabilities and work towards breaking down the negative stigmas surrounding them. It is essential to recognize all Canadians with disabilities, and avoid singling out individuals based on their lived experiences. We must come together as a country to advocate for people

with disabilities and ensure that they are included in all aspects of society. Even a small change can make a significant difference in someone's life. We must strive to create an inclusive and accessible environment for everyone, regardless of their abilities, to help them lead fulfilling and productive lives.

We must eliminate barriers and promote an inclusive world with equal opportunities for all!



Simran Ghumman



Baldev Mutta
CEO



Amandeep Kaur
COO



Amanjit Kahlon



Seema Vankayala



Gursharan Kaur



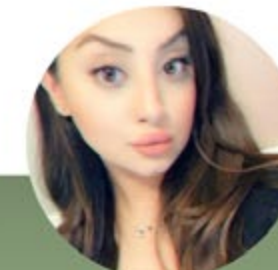
Akanksha Sharma



Harkiranpreet Kaur



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Deepinder Singh
Co-Chair



ARA O Committee

2023-24

The ARA O Committee is PCHS staff across all major programs and levels coming together to create, inform, and embody a rhetoric of justice, equity, diversity and inclusion at PCHS. From our programs to our policies –both internally and externally.

Our goal is to foster a community that is continually growing and working to undue any and all harms currently embedded into the systems in which we live, work, and exist in.



Harjoban Arraich



Arashdeep Chahal



Tashona Tyndale



Samandeep Mann

Teen Book Review

Red, White, and Whole

Author: Rajani LaRocca

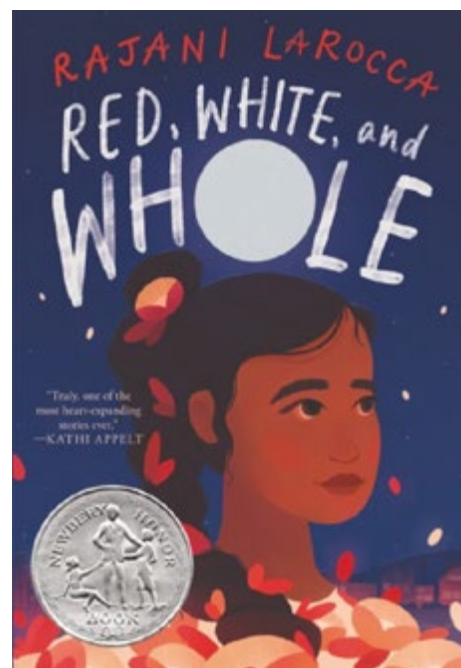
Reviewed by: Ria Jimmy
Brampton Library Youth Volunteer
Pages: 217 pages

Red, White, and Whole by Rajani LaRocca is a lyrical and heartfelt book about mother-daughter relationships. It also touches on embracing who you are, your culture, and the diverse cultures around you. The story takes place in 1983 America and revolves around Reha, a 13-year-old girl and the only Indian-American in her school. Reha struggles to embrace who she is and feels stuck between both cultures and explaining this to her mother isn't an easy task. At first, Reha's biggest problem was fitting in but after discovering that her mother, Punam, was diagnosed with leukemia, her world was flipped upside down. As Punam battles the red and white blood cells weakening her body, Reha begins to recognize the importance of family, friends, being resilient and staying true to who you are, as a whole.

Something I really enjoyed about this book is the writing style. It is written in a poetry-like form, where, instead of being

written in sentences, it was written in verses—similar to a song. This contributed to the overall experience the story gives us. This poetry-like form helps exaggerate the downhearted and the lighthearted moments. This even helps the book serve as a quicker read compared to the lengthy books that take days to finish. This book could be read all in one sitting due to the length but also the tragic plot that kept me at the edge of my seat throughout the story.

Instead of focusing just on the present time of the story, when related, Rajani takes us to special moments in Reha's past, that bring meaning and understanding to her feelings now. All of these little snippets from her past life along with the story enable us to form a better idea of her character and personality. I could truly relate to her cultural insecurities and understand where she was coming from. Rajani also did an amazing job including tales from Hindu mythology that connected with the



story. They are tales that teach us many noteworthy lessons throughout the novel and keep us connected with the story and the people for the entirety of the book.

All in all, Red, White, and Whole was a touching, soul-satisfying story that will fill your heart with joy, sorrow, love and everything in between. This story talks about how a mother's love is limitless and helps us realize that this love can go unnoticed. Red, White, and Whole teaches us the importance of appreciating the love you have around you every day because all it takes is a small illness to take it all back.

The book is also available at Brampton Library

[Click here to see](#)

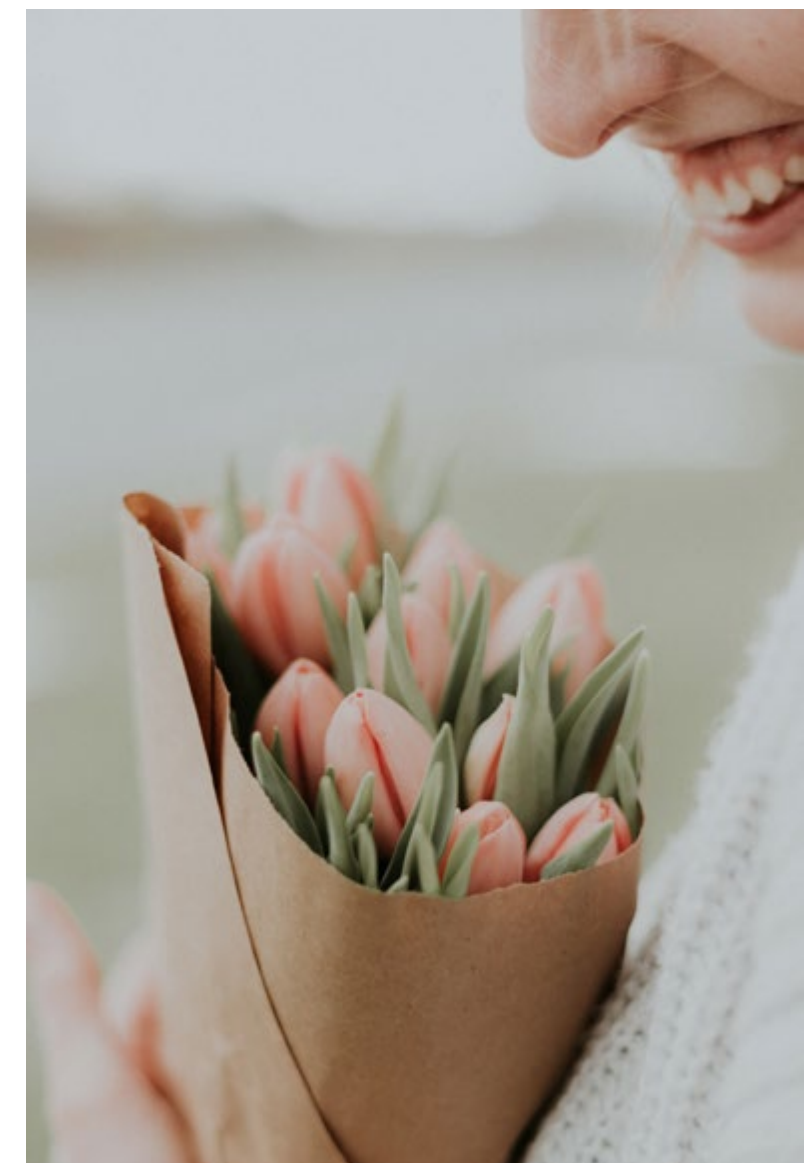
MOTHER'S DAY CELEBRATION

By Asha Ashwal (Caregiver Support Worker) Geriatric Team

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May.

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges.

All the mothers in the seniors wellness group were honoured and celebrated at PCHS. Many seniors shared stories of their motherhood, some seniors read quotes, and some seniors presented poems in both Punjabi and in English languages.



INTENSIVE ADDICTION GROUP PROGRAM

By Dr. Neha Gutkar, Case Manager/Counsellor Addictions

Intensive Addiction Group Program at PCHS is a 12 week program that runs once a week every Saturday from 10:00 am to 12:00 pm. This program provides a platform to individuals who have similar concerns related to addictions. The Case Managers discuss skills and strategies for managing addiction including substance use. A wide array of topics including understanding addiction, cravings, process of change, life skills, harm reduction and relapse prevention are discussed in this group.

As a part of the Intensive Addiction Day Program, Meet and Greet was organized on May 5th for the participants of the group. A meet and greet for addiction clients was a structured event designed to provide an opportunity for individuals struggling with addiction to connect with professionals, support groups, and resources in a welcoming and non-judgmental environment. The purpose of the meet and greet was to foster a sense of community, offer support, and help clients begin their journey towards recovery. During the event,

addiction clients interacted with counsellors and other participants to discuss their challenges, ask questions, and learn from each other's lived experiences. This event laid the foundation for building a rapport between clients and group facilitators.

Overall the event was a huge success which was concluded by clients feedback.

WELCOME NEW EMPLOYEES!



Ofeliana De Fiesta, Settlement Counsellor (Filipino/Tagalog language)



**Parneet Waraich
Psychotherapist-OSP**

SAHARA

**MENTAL HEALTH AND ADDICTIONS
WELLBEING PROGRAM**

MEET & GREET SESSION



JUNE 27, 2023



12:45 PM TO 1:45 PM



**DOMINIC AGOSTINO RIVERDALE COMMUNITY CENTRE
150 VIOLET DRIVE, HAMILTON, ON**

AGE GROUP: 16 AND UP

Event Details

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

For registration and inquires email:

Navjot.chahal@pchs4u.com

tweiderick@ywcahamilton.org

WALK-INS ALSO WELCOME





WHAT DOES ASIAN HERITAGE MEAN TO YOU?



Art Contest!

What connects you to your Asian Heritage?!

Step 1. Let your creative expression begin (painting, sketching, photography, etc.)

Step 2. In a digital submission include your name, title of work and one sentence about it.

submit artwork to simran.ghumman@pchs4u.com

Contest is open to everyone of all ages!

Submission deadline is May 31st by 5pm



Winners will be announced on June 2nd

21ST ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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PCHS Health Magazine

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

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