

VOLUME 03 ISSUE 10 OCTOBER 2023

PCHS

# HEALTH

## MAGAZINE

02

EARLY DETECTION SAVES LIVES  
BREAST CANCER AWARENESS MONTH



# Content Highlights



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**Message from CEO**

## **CEO's Reflections: A Journey of Dedication and Collaboration**

As we celebrate the Fall season, I hope you are all prepared and keeping warm while maintaining good hygiene habits.

This achievement was made possible through our team's resilience, innovation, and unwavering commitment to excellence.

The past three months have been a profound and enlightening journey, and I am truly grateful for the opportunity to share our progress and vision with all of you. Stepping into the role of CEO has been a unique and humbling experience, one that carries the weighty responsibility of maximizing our impact and fostering positive change in our community.

Our commitment to collaboration remains persistent. We actively seek partnerships with organizations that share our vision of creating healthy and thriving diverse communities. Together, we can accomplish more and overcome the challenges that stand in our way of achieving our goal.

During these initial months, I've engaged in countless conversations with our dedicated board, staff, volunteers, funders, partners, and stakeholders. I have observed the dedication and commitment they all share in building healthy communities and continually improving accessibility to health services. Their passion serves as an enduring source of inspiration for me, and I take immense pride in leading PCHS.

While our journey has been marked by optimism and progress, we are acutely aware of the challenges posed by our rapidly changing world. Economic uncertainty, social inequalities, and environmental concerns are just a few of the pressing issues demanding our attention. Nevertheless, we firmly believe that with determination and collective effort, we can make a meaningful difference.

One of the most notable examples of our collective dedication was the definite success of our 28th Annual General Meeting on September 21, 2023. Despite the unprecedented challenges we faced, our first in-person AGM following the COVID-19 pandemic witnessed significant attendance from our funders, community partners, volunteers, clients, staff, and, of course, our devoted Board Members. I wholeheartedly appreciate their active in-person participation.

In the months and years ahead, you can expect PCHS to expand its reach, launch new initiatives, and reinforce our commitment to our mission. Our journey is guided by a profound sense of purpose, and we are dedicated to leaving a legacy of positive change.

I wish to express my profound gratitude to our board, staff, partners, and stakeholders, who have welcomed me as their leader and continue to work tirelessly for our cause. Thank you for your unwavering support.

# EARLY DETECTION SAVES LIVES BREAST CANCER AWARENESS MONTH



Regular breast self-exams can help you take charge of your health and be aware of any changes. Remember early detection is key in the fight against Breast Cancer!

## When to do a self-breast exam?

This should be a **monthly** practice.

If possible, consider examining your breasts about a week after menstruation, when they tend to be less swollen and tender.

## How to do a self exam

1. Stand or sit facing a mirror, lying down position, or even in the shower
2. Use the pads of your fingers
3. Use different pressure levels to feel all the layers of tissue
4. follow a pattern to fully examine breasts

## Normal vs Abnormal

**Normal:**

Many women find lumps or changes in their breasts, some of these are normal from hormonal shifts

**Abnormal:**

- A hard lump or knot
- Changes in the way your breasts look or feel
- Dimples, puckers, or bulges
- Sudden inverted nipple
- Redness, warmth, swelling, or pain
- Itching, scales, sores, or rashes
- nipple discharge

## What to do if you notice an abnormal finding?

**Call or schedule an appointment with your doctor.**

# WOMEN'S WELLNESS DAY

By Sahejpreet Chahal, Community Health Ambassador

Women's wellness and mental health took center stage on October 4, as the High Priority Communities Strategy (HPCS) organized an inspiring event, Women's Wellness Day. This uplifting occasion aimed to foster mental well-being while celebrating the strength and resilience of women.

The event's primary objective was to create awareness about the importance of women's mental health and well-being and to provide a space for women to connect and find support. The event featured an array of activities, including Zumba session that got participants moving, and a selection of fun games that brought laughter and joy. Attendees had the chance to compete in these games and win exciting prizes that made the day even more memorable.

A highlight of the day was the enlightening presentation delivered by our Community Health Ambassador (CHA), Sahej. She spoke about

postpartum depression, shedding light on an often-unspoken subject that affects countless women worldwide.

Another intriguing aspect of Women's Wellness Day was the well-being quiz. Participants were tested on their knowledge of various aspects of women's health and wellness, including mental and physical health. The quiz not only educated attendees but also allowed them to engage in friendly competition. Prizes were awarded to the winners, making sure the event was as rewarding as it was informative. Throughout the day, the atmosphere was one of positivity and empowerment. HPCS's Women's Wellness Day was a huge success, reminding all in attendance that taking care of one's mental health is essential. It also emphasized the power of community in addressing these issues and encouraged women to reach out for help and support when needed.



# THE IMPORTANCE OF YEARLY FLU VACCINATION IN OUR COMMUNITY

By Amrit Rishi, Placement Student



The flu vaccine is offered yearly in the fall and winter months to protect the population against the influenza strain. The flu manifests as infection of the nose, throat, and lungs which can cause serious complications in children and elderly over the age of 65. Common symptoms of the flu include fever, aching muscles, chills, headache, cough, shortness of breath, feeling tired, and having a runny nose. The symptoms develop over 1-3 days but should resolve within a week. Lingering symptoms may persist longer than one week and should be brought to the attention of a healthcare professional.

The flu virus strain changes or mutates each year. Therefore, last year's flu vaccine is not able to offer protection against this year's strain. The PCHS team emphasizes that all individuals eligible for the vaccine plan to receive it and stay safe this season. Vaccination lowers your risk of contracting the virus and decreases the risk of serious illness or need for hospital stay. In response to the vaccine, the body produces antibodies to protect an individual from the virus by training the body to recognize an

antigen on the surface of the virus. If you have a chronic medical condition such as asthma, cancer, COPD, heart disease, cystic fibrosis, diabetes, kidney or liver complications, or obesity, you are at an increased risk for influenza related complications. Therefore, it is even more important to get vaccinated!

To avoid the flu, maintain cleanliness around your workplaces and households by washing your hands thoroughly and often. In addition, disinfect high-touch surfaces such as doorknobs, countertops, computer keyboards, phones, and other surfaces as the flu virus can sustain itself for as long as 48 hours. To receive your flu vaccine, contact your family doctor or call ahead to a walk-in clinic to confirm your appointment. Pharmacies such as Shoppers Drug Mart and Rexall also offer the vaccine and can be consulted for appointments. Lastly, if you do not have a health card, reach out to PCHS or your local pharmacy to arrange a visit as you can still receive your injection.

If you experience a sustained high fever with difficulty breathing, severe chest or stomach pain, and light-headedness due to flu symptoms, please visit your nearest emergency room or urgent care center to receive treatment. It is important to remember that you can receive the COVID-19 vaccine and flu vaccine together at the same time if you choose to do so! If you have any questions regarding your health or flu vaccination, do not hesitate to reach out to PCHS for support!

# SHERIDAN COLLEGE WELLNESS FAIR

By Ramanpreet Chahal, Social Work Placement Student

On the morning of September 25, 2023, the HPCS team gathered at the Davis Campus for an outreach event that left a lasting impact on our community. This day was not just about empowerment and information sharing; it was a bridge of connection, uniting various segments of our community. At the heart of this event was a sincere desire to give back to our community, which included an array of thoughtful giveaways for attendees.

As the event unfolded, we had the privilege of shining a bright light on our agency, PCHS. We focused on our core principles, with a special emphasis on the HPCS department. Our team operates on a solid foundation built upon the pillars of: Mental Health and Addiction, Covid-19, and Diabetes.

This event was more than just about our organization; it was a collective effort that brought together numerous organizations. Local police officers addressed questions and provided essential information on community safety regulations. Other agencies took this opportunity to offer insights into their services, fostering an environment for potential partnerships and collaborations that can prove invaluable for our community.

But the story doesn't end here. An essential part of this event was our connection with Sheridan College students. We welcomed a significant number of students looking for services like employment or financial assistance. Recognizing their needs, we seamlessly referred them to our dedicated settlement group within PCHS. As we look ahead, we anticipate more endeavors to continue making a meaningful and lasting impact on the lives of those we serve.



# PRIVILEGE: NOT A BAD THING, BUT AN IGNORED REALITY

By Akanksha Sharma, Addictions Counsellor

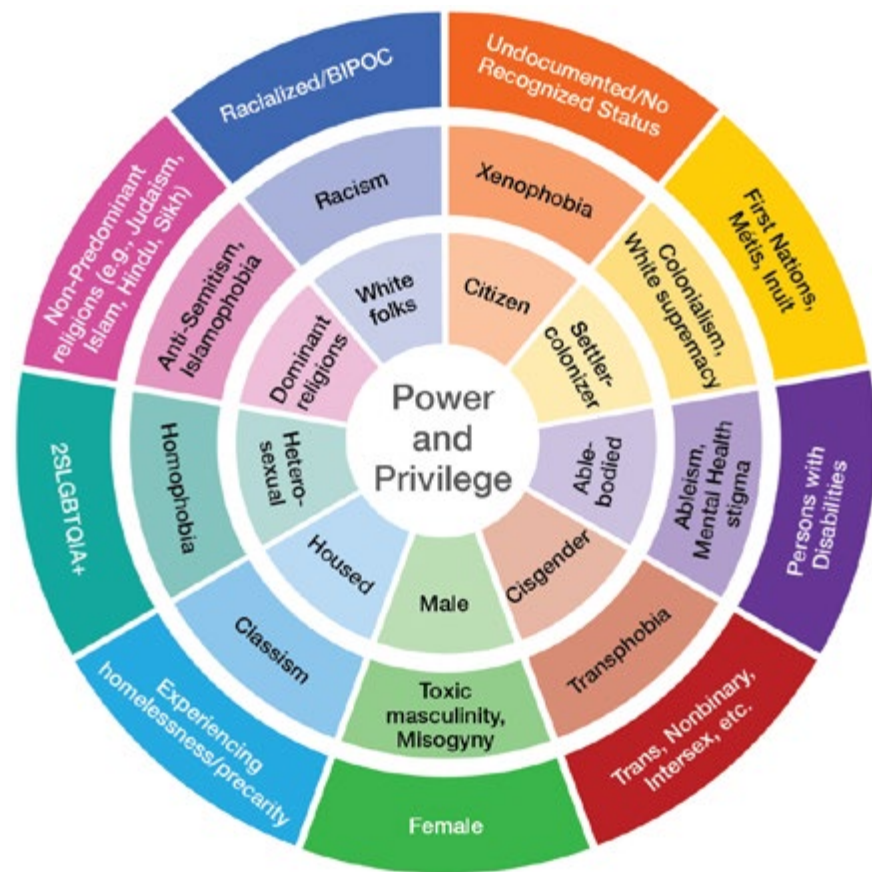


Figure 1.1 – The Wheel of Power and Privilege: Open Learning and Educational Support, University of Guelph/graphic

Canada is widely recognized as a diverse and multicultural nation and has been a destination for immigrants from various parts of the world for many years. Many of these newcomers, particularly South Asian immigrants – like myself, have chosen Canada to pursue improved living conditions and new opportunities. While experiences among immigrants in Canada vary significantly, the concept of privilege has gained increased attention in recent years.

Within the diversity, equity, and inclusion sphere, social justice is defined as “unequal rights, advantages, and protections between dominant and minority groups” (Sensoy & DiAngelo, 2017). The differences between the two groups can stem

from factors such as race, gender, or socioeconomic status. Let us look at the Wheel of Power and Privilege to visualize the relationship between power and privilege. This wheel comprises three distinct rings, with the ring closest to the centre representing groups who possess power and privilege, the middle ring representing obstacles to that, and the outermost ring representing the most marginalized groups.

It is essential to clarify that possessing privilege is not inherently detrimental. It is not about feeling guilt for having particular advantages; instead, it revolves around acknowledging and leveraging them to encourage empathy and comprehension.

Immigrants in Canada come from diverse backgrounds and possess varying degrees of privilege. Some arrive with a high level of education and financial stability, while others may confront more significant challenges while adapting to their new homeland. Nevertheless, it is crucial for all individuals, regardless of their circumstances, to recognize the privilege they may carry.

Acknowledging privilege does not undermine one’s struggles or accomplishments; instead, it involves admitting that not everyone has encountered the same opportunities or obstacles. For instance, Canadian citizens typically benefit from access to government-funded social services, such as healthcare and education, which can be a significant privilege compared to immigrants with limited or no access to these services based on their status. Even within the context of Canadian citizens seeking healthcare, access is still not equal. Rather than solely experiencing direct discrimination, indirect discrimination contributes to these disparities, with it described as “exactly the same services are provided to everybody (so that they appear fair) but when for cultural, religious, linguistic or other reasons it is not possible for members of [various marginalized groups] to benefit equally from them.” (Henley & Schott, 1999).

Having privilege is not inherently problematic, but neglecting or disregarding it can perpetuate inequality and impede societal progress. As people, let us set an example by acknowledging our privilege and using it to create a more inclusive and equitable society. Through cultivating empathy and understanding, we can work towards a better future where everyone’s journey is appreciated and respected.

Sources:  
Sensoy, Ö., & DiAngelo, R. J. (2017). *Is everyone really equal? An introduction to key concepts in social justice education* (Second edition). Teachers College Press.

Henley, A., & Schott, J. (1999). *Culture, Religion and Patient Care in a Multi-Ethnic Society: A Handbook for Professionals*. London: Age Concern England.

University of Guelph, (n.d.). *The Wheel of Power and Privilege*. Open Learning and Educational Support.

# EMOTIONAL STATE OF MIND

By Daljit Basra, Case Manager, Addictions Program



Though we all experience different emotional states throughout the day, the way we feel and respond to these emotions is unique to us. For a person with substance use disorder, if they cannot understand their feelings or how to express them in a healthy manner, they will fall into the trap of using their substance of choice, again and again as a tool to avoid confronting and managing their emotions (often without understanding the ‘why’).

The two main factors that contribute to the way a person with substance use disorder responds are:

1. Internal environment (what is happening inside his body).
2. External environment (what is happening outside and around them).

Both factors can lead to emotions of:

- Irrationality- doesn't make logical sense.
- Layered- more to it than you want to understand.
- Mixed- not sure how they feel.

Emotions do not have a beginning or an end, we deal with them every hour or every day. Our lifestyle, experiences, relationships, and personal health all play a role in the intensity of our emotions. No

emotion is right or wrong, but our awareness is what allows us to make healthy and rational choices. If we are not able to do this, then we can fall victim to addiction and decline quickly due to not having a full understanding of one's feelings and responding the only way we know how, by using.

What can you do?

- Pay attention to what is happening in your body/ mind; (Cravings increasing, tension or tightness, the urge to act quickly).
- Pay attention to your thoughts -how do they make you feel.
- Pay attention to your fantasies – what does it say about how you feel.
- Pay attention to how you engage with others- what does it tell you about how you are feeling.

Lastly, if you or someone you know is struggling with addictions, please seek help.

# IMPORTANCE OF HEALTH PROMOTION/PUBLIC HEALTH

By Harmilanjot Dhillon, BPH, Case Manager

**What is Public Health?** According to the World Health Organization (WHO), public health is the art and science of preventing disease, prolonging life, and promoting health through organized efforts of the society.

## Why is Public Health Important?

The importance of public health is that it improves our quality of life, helps individuals to thrive, reduces human suffering and prevents disease occurrence.

**3 Ps of Public Health:** Public Health consists of health promotion, disease prevention and health protection.

Health prevention focuses on reducing the risk of re-occurrence of a disease process, illnesses, disabilities, outbreaks and other unwanted event or state. For instance, masking was mandatory by public health guideline to prevent the spread of COVID-19 and reduce the prevalence rate of COVID-19 around the world.

Health promotion incorporates various public health policies created by policy makers and health professionals to ensure equity in delivering healthcare to the community. These policies are a combination of diverse but complementary approaches includ-

ing legislation, fiscal measures, and organization change. These policies foster equity within the healthcare system and equality of healthcare services amongst diverse communities with various social determinants of health.

Building healthy governmental policies, providing supportive environments for health, bolstering community actions for health, improving personal skills, and reorienting health services are some of the primary tasks that are the emphasis of health promotion. As healthcare professionals it becomes our responsibility to take initiatives in promoting healthy behaviour in our communities. Health promotion consists of assessing the vector and hazards associated with the cause of the health problem, whereas policy development focuses on education, partnerships, implementing policies and regulatory of actions. At last, assurance includes equitable access, building diversity, and maintaining organizational infrastructure of public health.



Figure 1: Essential Public Health Services (Centers for Disease Control and Prevention, 2020).

# EXPLORING THE LINK BETWEEN LOW SOCIOECONOMIC STATUS AND SUBSTANCE USE

By Jayme Mintz, Nursing Placement Student

Let's discuss the connections between low socioeconomic status and substance use. Unfortunately, one's economic status, especially if they are impoverished, can increase the likelihood of experiencing a substance use disorder (Kelley, 2023), and it is one of the most common risk factors for substance use problems. A stereotype often associated with drug addiction and alcoholism is that it primarily affects the poor, but in reality, it can affect anyone from any socioeconomic groups, no matter of their wealth or social status (Kelley, 2023). Substance abuse affects a person's brain and behaviour and does not discriminate against anyone based on their gender, race, social class, education, etc. (Grinspoon, 2021), but there is a connection between people of a lower socioeconomic class who have a higher prevalence of substance use and abuse.

## Economic Stressors

Financial instability and stressors in life can have an impact on substance use. Amaro (2021), explains how stressors are often outside of individual control like poverty, hunger or food insecurity, homelessness and housing insecurity, and discrimination. Chronic exposure to stressors can influence the development of substance use disorders and dependency. Individuals may feel the need to increase the use of substances as a coping mechanism to the stressful circumstances. The evidence from Amaro's (2021) article shows stress can lead to greater substance use, and substance use can cause more stress, creating a dangerous cycle. Upstream approaches are needed to help to improve the social determinants of health in which people live and work.

## Accessibility and Affordability

Access and affordability can also be an issue for individuals. Timely access can have an impact on individuals seeking substance use help and if they are placed on a waitlist, they may not withstand the wait or may continue using substances. Friedmann (2003) mentions how low socioeconomic individuals may struggle even more as some treatment places are for-profit institutes, therefore those who are uninsured, or have strict limitations of insurance coverage, can have an impact on their decision about accessing treatment.

In summary, the link between low socioeconomic status and substance use is interconnected with various issues, influenced by economic factors, social determinants of health, accessibility, and affordability to treatment and care. While all individuals can be affected by substance use and abuse, those in lower socioeconomic classes face higher risks. Addressing this connection requires systemic changes which can include improvements in policies, housing and affordability, and socioeconomic status.



## PUNJABI COMMUNITY HEALTH SERVICES FIRST CALEDON LOCATION!

As part of PCHS's expansion and growth, PCHS opened its first location in Caledon. On September 28th during a community expo, PCHS programs and services were highlighted where information about all PCHS programs and services was shared via presentation and by having an outreach booth where information was shared with the community.

South Asians are one of the biggest demographics in Caledon and many families visited PCHS booth and learned about settlement programs and services.

Several seniors who attended the presentation and currently live in Caledon suggested that PCHS needs to continuously share the information with Caledon residents and with those who are new in the area.

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



## MENTAL HEALTH PROGRAM COMMUNITY OUTREACH

On Oct. 4, PCHS participated in the open house, at Rowntree Public School -Brampton (254 Queen Mary Dr), around 700 people from diverse communities attend the event, we reached out to people from diverse communities and backgrounds to talk about PCHS services and programs in the area of settlement, mental health, addictions, geriatrics, and much more.

On Oct.11 PCHS participated in the open house event at Thomas Street Middle School, around 1000 community members from diverse communities including students, parents, teachers attended the event. Overall, it was a good chance for PCHS team to share information about our diverse services and programs with the community.

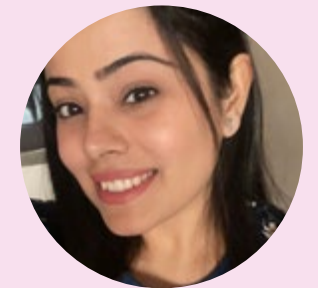
# WELCOME NEW STAFF!



**Gagandeep Kaur**  
Employment Preparedness  
Specialist FTC



**Hansraj Tank-**  
Family Worker  
OAP Project FTC



**Prabhdeep Kaur**  
Family Worker  
OAP Project FTC



**Rupnit Kaur**  
Employment Preparedness  
Specialist FTC



**Sonam Mahajan**  
Peer Support Worker- FTC



**Zahra Masood**  
Case Manager  
Addictions- FTC

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

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**RAMANJIT SIDHU**  
REGISTERED INSURANCE  
BROKER



# Teen Book Review

## A Furry Faux Paw

**Author:** Jessica Kara

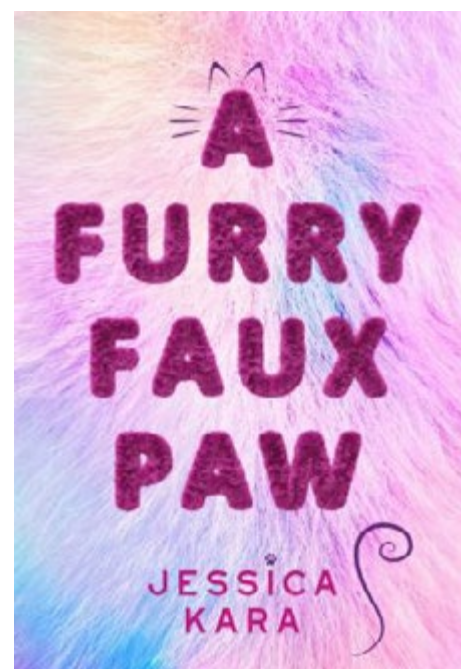
**Reviewed by:** Jasjeet Sidhu  
Brampton Library Youth Volunteer  
Pages: 281 pages

A Furry Faux Paw is a unique story shedding light on an underrecognized community. It is the story of a teen living two different lives. One is Mauve Stephens, the lonely girl who lives with her hoarder mother. The one she prefers is her fursona, MauveCat, a confident and friendly cat. When presented with the opportunity to go to Furlympia couldn't refuse even though her mother doesn't want her to leave.

The author portrays the furry fandom perfectly, including excellent character development. My favorite part of the book is that it doesn't end with everything working out. Books sometimes give us a feeling that we are not capable of fixing our problems. The book demonstrates progress, reaching the end goal one step at a time.

This story can be related to my personal experiences. Before, I would change myself to make friends, until I found a group of friends that I could be myself with. I felt much more at ease and accepted, similar to how Mauve felt at Furlympia.

A Furry Faux Paw is a story of struggles. It is always hard being different from other people, but instead of covering it up, Mauve decided to project it. She stated that "There's the public you, smiling, polite, restrained-or funny loud and popular. And there's the inside you. Real you."



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

# Brampton Library November Events

## November 01

Effective Communication Part 1 - Self Confidence

1:00pm - 2:00pm

**Venue:** Springdale

**Address:** 10705 Bramalea Road, Brampton, ON, L6R 0C1  
*Collaboration with PCHS*

## November 07

Creative Threads (For Autistic Youth)

4:30pm - 5:30pm

**Venue:** Four Corners

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

## November 08

Effective Communication Part 2 - Communicating with Others

1:00pm - 2:00pm

**Venue:** Springdale

**Address:** 10705 Bramalea Road, Brampton, ON, L6R 0C1  
*Collaboration with PCHS*

## November 08

Computer Basics

6:30pm - 8:00pm

**Venue:** Four Corners

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

## November 25

Punjabi Writers Book Club

1:30pm - 4:30pm

**Venue:** Springdale

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

[Click here to register for events](#)

# Senior's Diwali Celebration

Free Admission | Free Parking

Dj and Music | Fun Activities | Lunch served

Special performances by Seniors and much more...

**Wednesday November 8, 2023**

**From 10:30 am - 3 pm**

The Grand Taj Banquet Hall  
6915 Dixie Rd. Unit #20 Mississauga  
ON L5T 2G2

Registration contact:  
Asha 437-788-5414  
Kamal 647-926-6013



# Addictions Awareness Week

OVERCOMING ADDICTIONS,  
REBUILDING LIVES TOGETHER EVENT

**Thursday November 23, 2023**

**Time: 10 am - 3 pm**

**Riverstone Community Centre**  
**195 Don Minkler Dr, Brampton, ON L6P 2V7**

Register: <https://bit.ly/45RaVky>

for further information contact 437-243-8479



# Project Khushi

...by PCHS



**Project Khushi returns to PCHS for Year Two!**

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



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

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




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

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



**Scan this QR code  
to register!**

OR

 **437-243-3735**

SCAN ME

# Project Khushi Donations



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



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

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



**Malton Donation Location**  
2980 Drew Road  
Mississauga, Ontario  
Unit 241

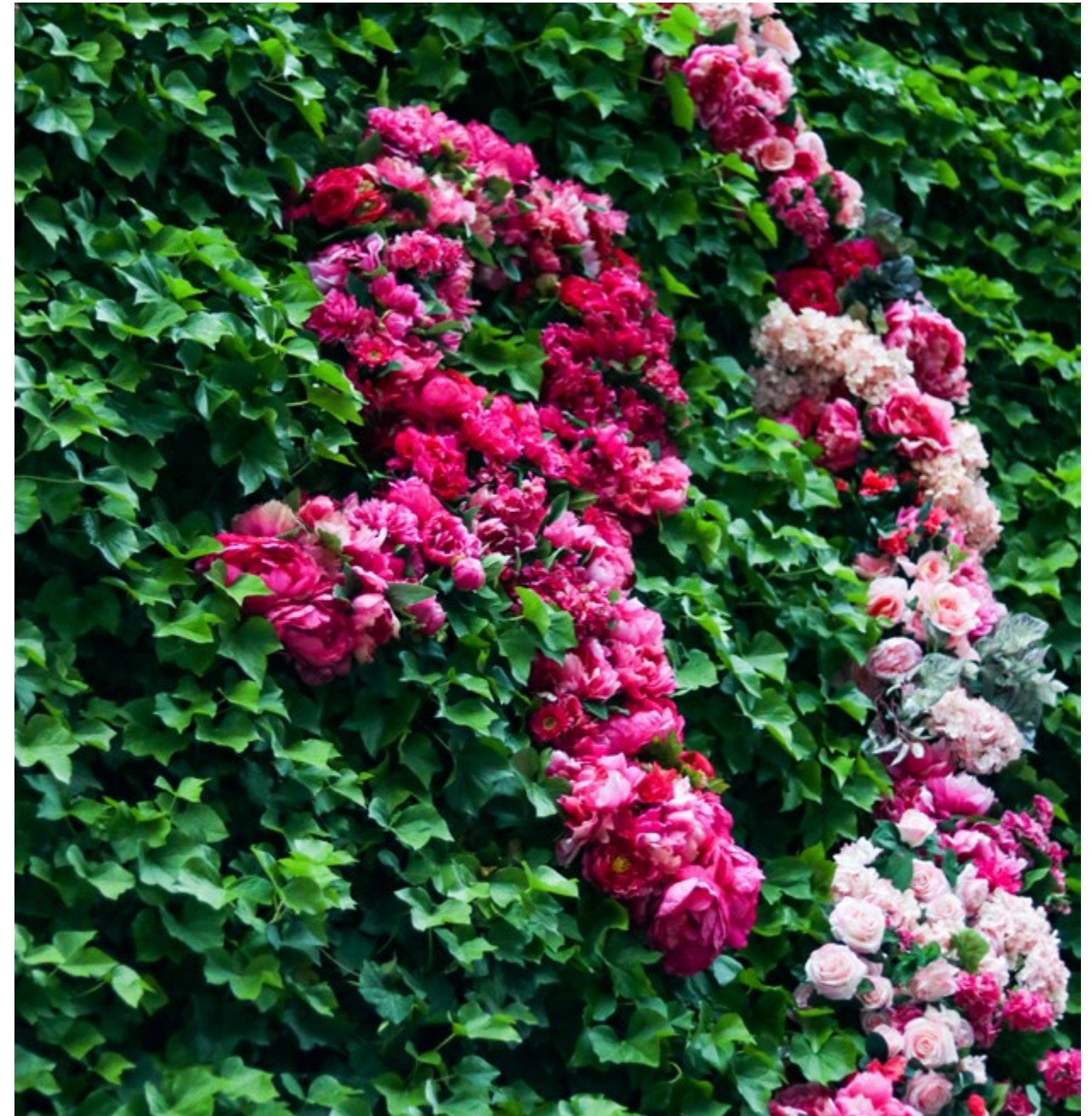
**Please feel free to contribute any of the following items as a donation:**

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

# CLIENT TESTIMONIAL

"I just want to thank PCHS for the support in our hard time .PCHS team was very helpful and supportive. We were really in hard time, whenever I visited PCHS the counsellors encouraged me and tried their best to help us in every possible way .Even my wife got a lot of support and encouragement. PCHS helped us financially as well .Me and my family are really thankful to PCHS for the assistance and support and it was absolutely a huge help for us. Thank you again PCHS"

-TSD



50 Sunny Meadow Blvd,  
Brampton  
Ontario L6R 0Y7

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

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

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

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

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

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

Phone: (905) 677-0889

Email: [info@pchs4u.com](mailto:info@pchs4u.com)

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