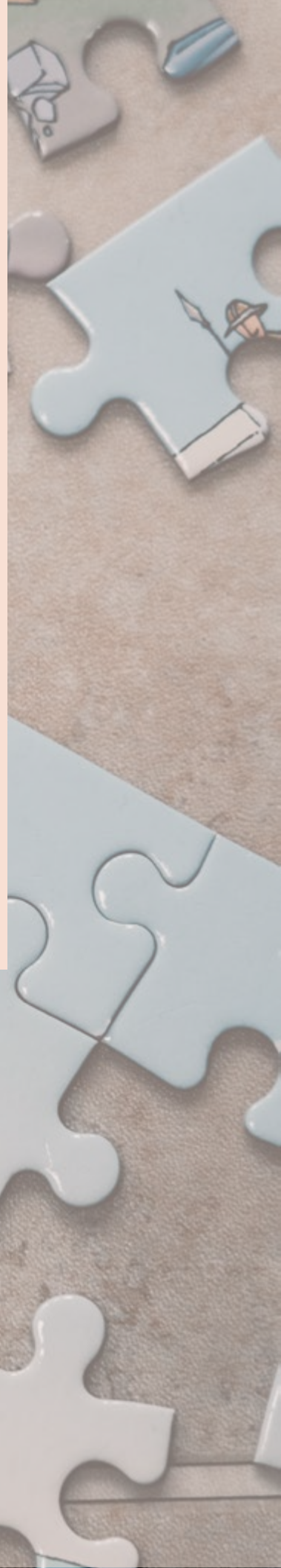




Punjabi Community Health Services

ANNUAL

REPORT 2022-2023



Land Acknowledgement

We acknowledge that this meeting is taking place on the traditional territory of many nations, including the Mississaugas of the Credit First Nation, the Anishinaabe, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.

Long before today, Indigenous peoples have been the stewards of these lands. We also acknowledge the Dish with One Spoon Treaty, an agreement to peaceably share and care for the resources around the Great Lakes. Indigenous peoples in Ontario continue to care for this land and shape our province.

We recognize that these lands, both historically and currently, have been the home and gathering places of many Indigenous people from various Nations across Turtle Island. We are grateful for the opportunity to live, work and meet in this territory. We show our respect to the Indigenous Peoples of this land today and all days.

We stand in solidarity with murdered and missing Indigenous women, girls, transgender and Two-Spirited people, and we affirm our commitment to heartfelt reconciliation.

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Welcome

Welcome to the PCHS Annual Report 2022-2023

This report highlights the PCHS year in review, the team, financial breakdown, HR dashboard, PCHS programs and much more...



Message from our Leaders



Amandeep Kaur
Chief Executive Officer



Dianne Douglas
Board President

Our Annual General Meeting is always a much-anticipated event – not only for our members but also for staff and leadership, and the Board of Directors. This year’s gathering holds even greater excitement as we have the opportunity to meet and reconnect in person. We have all been looking forward to this evening for some time now, having made our way as safely as possible through the pandemic.

The AGM is an opportunity to present our Annual Report, reaffirm our commitment to transparency, and discuss the triumphs and the challenges of the completed fiscal year. The past year has been another excellent growth for PCHS, accompanied by significant changes. Programs have been renewed and sustained – and new ones added. Funding and fiscal responsibility are paramount for the organization and are vigilantly in place; every opportunity for improvement is sought, assuring continued growth.

For over three decades, PCHS has been a leader in delivering culturally and linguistically responsive health, social, and newcomer settlement services. Our strategic partnerships with mental health and addiction service providers have allowed us to offer services such as Ontario Structured Psychotherapy and Crisis Support through a culturally sensitive lens. Our involvement with the Central West and Mississauga OHTs, along with our focus on serving

vulnerable populations under the High Priorities Community Strategy, underscores our commitment to community well-being.

Looking forward, we are delighted to announce the launch of our new four-year Strategic Plan. Rooted in our IDEA framework – Inclusion, Diversity, Equity, and Accessibility – our plan outlines our steadfast commitment to support and enhance the well-being of individuals, families, and communities. Our vision is to create healthy and thriving diverse communities where each individual has access to the care and support they deserve. Achieving this vision relies on the unwavering dedication of our staff and volunteers and the unique role played by our partners in helping us reach our goals.

Both past and present Boards of Directors have diligently ensured a clear succession plan is in place, regularly reviewed, and updated as necessary. This foresight and preparation facilitated a smooth transition of leadership from our founder and first Chief Executive Officer, Baldev Mutta, following his retirement on July 6, 2023, to our former Chief Operating Officer, Amandeep Kaur, who is exceptionally well-prepared and qualified to assume the role as the second CEO of PCHS.

Amandeep Kaur has faithfully and effectively served PCHS since joining in 1994. The current and former Boards have had the privilege of recognizing her incredible work ethic, commitment to excellence, and outstanding leadership skills. The Board of Directors eagerly anticipates working with her as she leads the organization into new possibilities and opportunities, offering hearty congratulations on her well-deserved promotion.

The future holds much promise for PCHS, and we are excited to take you through this past year’s journey and address any questions you may have.

Thank you for joining us this evening!

About PCHS

Punjabi Community Health Services (PCHS) is a pioneering community-based, non-profit charitable organization with a 33-year history of serving diverse populations. We have dedicated ourselves to addressing a wide range of community needs, including addiction & mental health services, geriatric care, health promotion, domestic violence assistance, parenting support, newcomer settlement services, and specialized programs for women, children, and youth.

PCHS has earned recognition for its innovative approach and commitment to delivering integrated, holistic care through its Integrated Holistic Service Delivery Model (IHSDM). Our dedication to excellence is further emphasized by our accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) International and Imagine Canada.

As an organization, PCHS is committed to being sensitive to the needs of the 2SLGBTQ community, ensuring that our services are inclusive and supportive of all individuals.



Mandate

The mandate of Punjabi Community Health Services (PCHS) is to provide culturally and linguistically responsive health, social, and newcomer settlement services to equity-deserving populations.



Mission

To support and enhance the well-being of individuals, families, and communities using an inclusion, diversity, equity and accessibility framework (IDEA).



Vision

Our vision is to have healthy and thriving diverse communities.

Our Values

Inclusion

We believe in treating people fairly and with dignity. We strive to incorporate equity in all areas of our work.

Excellence

We believe excellence is a habit, not a one-time action. We are fueled by our relentless pursuit to exceed the expectations of the people we serve.

Accountability Innovation

We believe our biggest asset is the trust of our clients, community, donors, funders, and staff. We practice accountability by being open, transparent and responsible in everything we do.

We believe that to discover new solutions, we must have the courage to challenge the status quo. We seek out creative approaches to address emerging challenges.



Year in Review



Ontario Autism Program (OAP) Pilot Project

PCHS was awarded \$261,083.19, through the Ontario Autism Program: Workforce Capacity Fund. The funding was awarded to pilot a project centered around providing cultural competency training to various therapists, and then provide services through a cultural lens. For this pilot project PCHS had partnered with Kick Start Therapy Inc. Kick Start Therapy Inc is in private practice since 2011. They have a team of: an experienced Speech Pathologist, Behavioural Therapist (ABA), Behavioural Analyst (BCBA), and Occupational Therapist; who work together as a multi-functional team to serve the pediatric population with Autism Spectrum and learning disabilities disorders. Kick Start Therapy was able to hire additional staff to provide a culturally adapted model of speech language pathology, behaviour analysis and occupational therapy, - free of cost to clients. PCHS provided training to the staff at Kick Start Therapy in cultural competency, and worked with the Social Planning Council of Peel to conduct research on providing culturally appropriate services in the areas of speech language pathology, behaviour analysis and occupational therapy.

This pilot project emerged from a need to demonstrate a model of behaviour analysis and therapy that takes into account a client's culture. This pilot was modeled with the South Asian community first, with the hope of scaling it to other BIPOC communities and service providers. To our knowledge there had not been a model that had been implemented, or which had a research study conducted, within Canada. At the end of the pilot project a research paper was produced and shared during a conference held by PCHS, Kick Start Therapy Inc. and the Social Planning Council of Peel. The conference had a nationwide audience and shared our model, best practices in India and the U.S., and client experiences.

Associate Minister of Mental Health and Addictions Visit

On September 23rd, 2022, to recognize Recovery month at PCHS, Michael Tibollo, Associate Minister of Mental Health and Addictions, joined us. Alongside, was Alisha Tharani, CEO of Addictions and Mental Health Ontario. Former CEO, Baldev Mutta, and Director of Operations, Mudassara Anwar, welcomed them. They had discussions with our Mental Health and Addictions staff. The teams spoke about our successes, and how we are able to serve diverse communities. We were also able to share the challenges we were facing and where we need more support.

Some of our clients also joined us in person to give testimonials on how services provided by PCHS have positively impacted their lives. Overall, we were able to have an enriching discussion, and give insight into what future supports are needed to continue growing our services.

Ontario Trillium Foundation (OTF) Recognition

PCHS received \$177,700 through two grants from the Ontario Trillium Foundation (OTF). The Resilient Communities Fund grants were awarded in 2022 to help us recover and build its resiliency from the impacts of COVID-19.

"Punjabi Community Health Services has been instrumental in addressing the...



Year in Review

...unique healthcare needs of the community in Peel Region for over 3 decades," said Deepak Anand," MPP for Mississauga-Malton. "The Resilient Communities Fund grants from the Ontario Trillium Foundation will enable PCHS to upgrade technology and improve administrative records in order to increase accessibility and enhance virtual services to the community."

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

Project Khushi

The HPCS team initiated "Project Khushi," an endeavor aimed at bringing joy to the Peel community during the holiday season. This initiative was made possible through the collaboration of dedicated staff and generous community donations, focused on extending a helping hand to those in need. Project Khushi took place within the Peel region on December 7th in Brampton and on the 9th in Malton. At the event there were tables set up which contained hygiene kits, blankets, hats, gloves, socks, baby and feminine products, toys, canned goods and HPCS program flyers. Community members were able to go around the room and take items from each table as necessary. The HPCS team served 62 members in Brampton and members in Malton.

Holiday Fair

The HPCS Team successfully hosted their 1st annual Holiday Fair on December 16th at Queen's Manor Event Centre. This event welcomed 153 community members of all ages with free admission. The fair featured dedicated booths representing each facet of PCHS - addictions, mental health, settlement, and geriatrics. Moreover, our 5 lead partner agencies were present as well. This included Dixie Bloor Neighborhood Centre (DBNC), Roots Community Services, Indus Community Services, Wellfort Community Health Services, and Canadian Mental Health Association (CMHA). Furthermore, various organizations across the Region of Peel were present to engage with attendees on topics such as diabetes prevention, settlement services, mental health, addictions services, and cancer prevention. As a result, this fair was a hub of community support and resource sharing. Community members were able to go around the room and take items from each table as necessary.



Year in Review

South Asian Vaccine Engagement Collaborative (SAVEC)

South Asian Vaccine Engagement Collaborative (SAVEC) The South Asian Vaccine Engagement Collaborative (SAVEC) was a project in partnership with the Council of Agencies Serving South Asians (SASSA). This was a community-driven initiative aimed at increasing COVID-19 testing, vaccine confidence, and access among South Asian communities in Toronto. To achieve this goal, SAVEC worked with South Asian agencies, community leaders, experts, and media outlets to develop agile, population-specific, and culturally responsive strategies. The initiative included various efforts such as training sessions, community-specific webinars, support for vaccine clinics, and mobilizing South Asian Community Ambassadors for focused outreach.

Test Your Blood Sugar: PCHS Diabetes Mobile Clinic

The HPCS Team partnered with Dynacare Laboratories to organize 3 in-house diabetes testing clinics held between January and March. These were FREE-FOR-ALL diabetes testing clinics, and all community members were invited to attend and participate. This included various individuals such as international students, permanent residents, visitors, and refugees, to name a few. Anyone with or without an Ontario Health Insurance Plan (OHIP) card was able to attend and have their A1C (blood sugar) tests completed. This was a significant accomplishment for the HPCS team, as the free clinics helped individuals learn about their blood sugar levels to manage and prevent diabetes-related complications. In total, there were 106 individuals who participated across the three clinics, with 46 participants in January, 27 in February, and 33 in March. Additionally, in March, the HPCS team partnered with DBNC to organize another clinic, catering to clients from Mississauga. This particular clinic garnered participation from a total of 34 individuals.

Summer Newcomer Youth Camp

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 off 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.

Meet the Executive Team



Amandeep Kaur
Chief Executive Officer



Mudassara Anwar
Director of Operations



Ekta Choksi
Senior Finance Manager



Jasmin Bhalla
Senior HR Manager



Amanjit Kahlon
Manager-Community Development



Anslyot Kapoor
Manager of Health

Meet the Leadership Team



Faisal Cheema
**Manager- Newcomer
Settlement Programs**



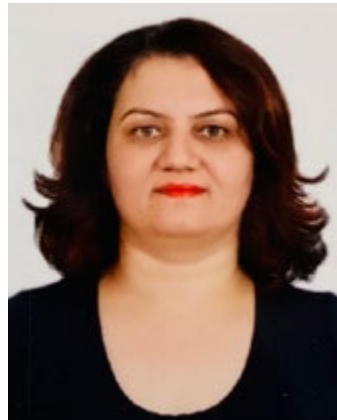
Harpreet Dhani
**Supervisor- Mental
Health Program**



Gulwinder Bhui
**Caregiver and Respite
Program-Geriatrics**



Aditi Agnihotri
HR Coordinator



Sheena Sabharwal
**Supervisor-Newcomer
Settlement Programs**



Albin Mathew
**Supervisor-Addictions
Program**



Sukhdeep Kaur
**Office Administrator-
Operations**

Meet the Board Members



Dianne Douglas
Board President



Ruzvelt Baraiya
Vice President



Arshdeep Phagoora
Secretary



Preet Sohal
Treasurer, *pro tem*



Sunita Kheterpal
Board Member



Ryan Gurcharn
Board Member



Rakib Mohammed
Board Member



Swaraj Mann
Board Member

Treasurer's Report

2022-2023



PCHS has reached new heights and grown tremendously over the last 3 decades. I have served on the Board for eight years and to this day, I am truly amazed at how much the organization has grown, not only in dollars, but also in the number of lives they have impacted.

This growth wouldn't have been possible without the support of Ontario Health Central; the Ministry of Health and Long Term Care; the Region of Peel; Immigration, Refugees and Citizenship Canada; the Ministry of Labour, Training and Skills Development; the United Way Greater Toronto; the Regional Municipality of Halton; the Ontario Community Support Association; the Ontario Trillium Foundation; the Centre for Addiction and Mental Health; the Ministry of Children, Community and Social Services; and the Ministry of the Attorney General; as well as all individual donors. A large thank you also goes to Harpreet Dhawan and his team from HDCPA Professional Corporation, who have helped ensure the accuracy and validity of PCHS' financial statements and processes throughout the years.

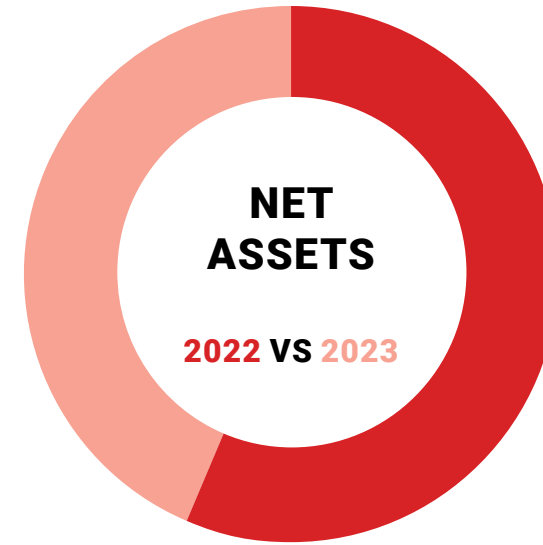
Through a financial lens, the balance sheet shows total assets increased by 5% from \$2,393,103 (Two million, three hundred and ninety-three thousand, one hundred and three dollars) to \$2,523,944 (Two million, five hundred and twenty-three thousand,

nine hundred and forty-four dollars). In line with this, revenues also increased 2% from \$9,930,390 (Nine million, nine hundred and thirty thousand, three hundred and ninety dollars) to \$10,090,393 (Ten million, ninety thousand, three hundred and ninety-three dollars). The expenses, on the other hand, decreased by 1% from \$9,828,985 (Nine million, eight hundred and twenty-eight thousand, nine hundred and eighty-five dollars) to \$9,717,151 (Nine million, seven hundred and seventeen thousand, one hundred and fifty-one dollars). This resulted in a total excess of \$373,242, (Three hundred and seventy-three thousand, two hundred and forty-two dollars) which was tripled of the previous year. Overall, the results were favourable as PCHS fulfilled its mandate of not being in a deficit this past fiscal year.

On this note, I would like to end by extending a sincere thank you to the founder, Baldev Mutta, who helped PCHS reach new heights through every hurdle and opportunity. I also want to welcome Amandeep Kaur, who has seamlessly stepped in to her new role as CEO; I can't wait to see where PCHS goes next under her leadership.

Financial Breakdown

2022-2023



Net Assets
2022-23 - 1,593,873.00
2021-22 - 1,220,631.00

REVENUE & EXPENSES



Revenue 10,090,393
Expenses 9,717,151

TOTAL ASSETS

CAD \$3,423,274.00

Financial Report

2022-2023

YEARS	2023	2022
ASSETS		
Current Assets		
Cash	\$ 1,854,902.00	\$ 1,294,379.00
Short term investments	\$ -	\$ 277,280.00
Accounts receivable, net of allowances	\$ 403,990.00	\$ 568,101.00
Due from related parties	\$ 7,500.00	\$ 17,613.00
Taxes Recoverable/Refundable	\$ 147,207.00	\$ 139,632.00
Other current assets	\$ 110,345.00	\$ 96,098.00
Total Current Assets	\$ 2,523,944.00	\$ 2,393,103.00
Long term Investment	\$ 516,395.00	\$ -
Capital assets, net of accumulated amortization	\$ 382,935.00	\$ 454,089.00
Total Assets	\$ 3,423,274.00	\$ 2,847,192.00
LIABILITIES AND NET ASSETS		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 495,494.00	\$ 327,740.00
Deferred contributions	\$ 957,014.00	\$ 845,909.00
Deferred rent	\$ 10,020.00	\$ 16,032.00
Total Current Liabilities	\$ 1,462,528.00	\$ 1,189,681.00
Deferred capital contributions	\$ 366,873.00	\$ 436,880.00
Total Liabilities	\$ 1,829,401.00	\$ 1,626,561.00
Net Assets	\$ 1,593,873.00	\$ 1,220,631.00
Total Liabilities and Net Assets	\$ 3,423,274.00	\$ 2,847,192.00

Note: Above financial figures are extracted from the Audited Financial Statement for the year -end March 31, 2023. Please contact PCHS for detailed financial statement.

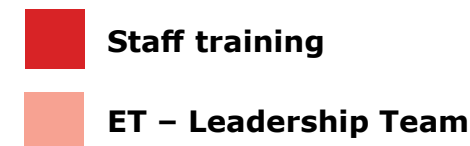
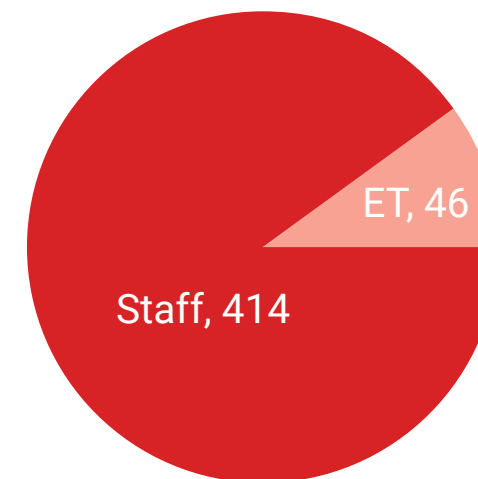
HR Dashboard

2022-2023

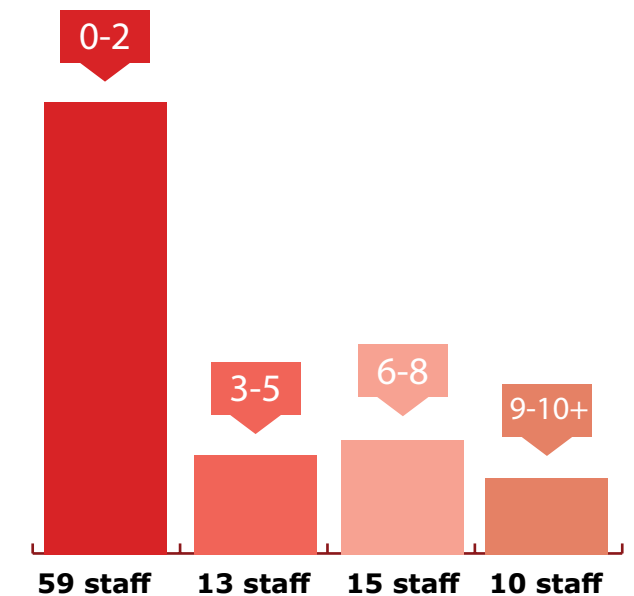
Total staff	
Nature of Job	Number of Employees
Full Time	81
Part Time	5
Summer Jobs	0
Casual	0
Contract Full Time	41
Contract Part Time	3
TOTAL	130

Health & Rewards	# Employees
Accolades	35
Professional Development	2

Staff Training



Years of Service



International Women's Day Gala & Donors

Thank you to our donors

International Women's Day Gala March 2023

Our 21st International Women's Day Gala was a great success, thanks to our sponsors, stakeholders, well-wishers, volunteers and staff which made the event a great success.

At the event we had performances of Haryanvi dance, poetry reading, singing of folk songs, dandiya dance and a fusion dance performance by our staff. We also had a Bhangra performance from Nachdi Jawani Sherniya.

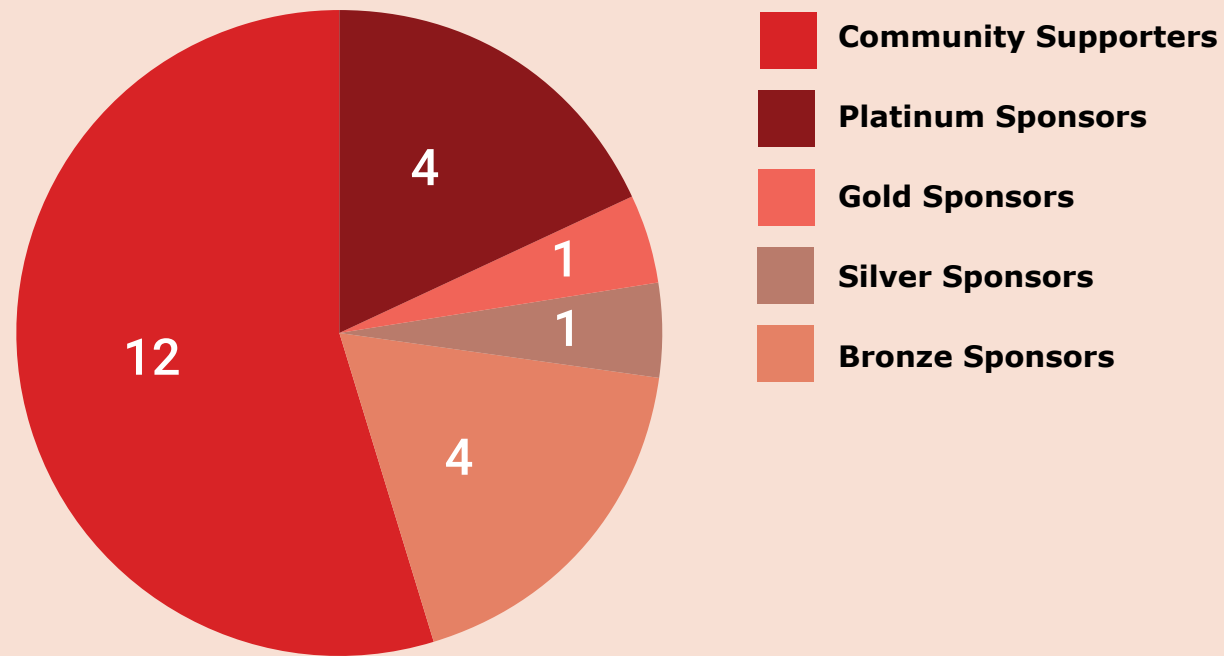
The event had a captivating speech by our keynote speaker, Jag Kaur Takhar, who is a multilingual, realtor and now a cancer survivor and author of book "Now's the Time Self-Advocacy".

We also honoured four outstanding and resilient women from the community; Parvinder Kaur, Tamara Estwick, Mumtaj Banger and Kalsoom Jaffari who are each accomplished in their lives in unique ways.



Keynote Speaker Jag Kaur Takhar recognized

International Women's Day Sponsors



ARAO Committee

PCHS has embedded an Anti-Racism and Anti-Oppression (ARAO) framework within the development, implementation, and evaluation of its programs and services at all levels of the organization. PCHS is committed to achieving health, settlement, and social services for all communities in Central Region – Ontario Health, which includes the GTA. This will be achieved through the advancement of the organization's commitment to decolonization, advocacy, and recognition of the particular struggles of marginalized communities facing oppression at several intersections - in collaboration with advocacy groups, institutions, and community partners.

The ARAO committee has come together to embark on a journey to develop and implement a robust Anti-Racism and Anti-Oppression plan through creating this committee to guide the organization, as a whole, in ensuring adherence to our mission, vision, and values.

Achievements

In the past year, ARAO has had the opportunity to host several events for staff and clients, along with attending several training sessions to increase our awareness and understanding of issues regarding diversity, equity, and inclusion.

In our inaugural year, we were able to collaborate with several organizations and prominent community members to present a Black History Month Symposium and a Reconciling History Exhibit. In 2023, we continued with our 2nd Annual Black History Month Symposium, a community art contest for Asian Heritage Month, and participating in Peel and Toronto Pride events, with much more planned for the remainder of 2023.

Our committee members, both past and present, have diligently attended various training sessions regarding anti-racism, anti-oppression, immigrants and refugees, disability and accessibility, social justice, to name a few. We hope to take the knowledge that we have gained and share it with our staff, clients, and community members, in an engaging way to create safe spaces to challenge our biases, become more inclusive, and thrive together!

The ARAO committee is made up of:

- Amandeep Kaur, CEO
- Amanjit Kahlon, Management
- Gursharan Kaur, Executive Assistant
- Khadija Mohamed, Co-Chair
- Deepinder Singh, Co-Chair
- Akanksha Sharma, Member (Addictions)
- Arashdeep Chahal, Member (Communications)
- Harjoban Arraich, Member (Mental Health)
- Harkiranpreet Sidhu, Member (High Priorities)
- Seema Vankayala, Member (Self-Improvement Program)
- Simran Ghumman, Member (Mental Health)
- Tashona Tyndale, Member (Settlement)
- Samandeep Mann, Member (Admin)

PCHS Health Magazine



April 2022



May 2022



June 2022



July 2022



August 2022



September 2022



October 2022



November 2022



December 2022



January 2023



February 2023



March 2023

PCHS launched its Health Magazine with its first issue circulated in April 2021. Since then the PCHS Health Magazine has been tremendously successful, catering to audience of all ages, and accepting submissions from anyone looking to participate in building a healthier community. With our 3,000+ plus mail subscribers we share health related articles monthly, written by our very own PCHS staff, and keeping in mind the important events happening around the globe.

High Priorities Community Strategy

Key Highlights

★ 2,654
Total Clients Served

★ 16,319
Interactions

★ 601
Addiction Services Provided

★ 1,011
Mental Health Services Provided

★ 2,654
Wraparound Services Provided

★ 303
Partnerships Established

The High Priority Communities Strategy (HPCS) project, funded by the Ontario government, aims to address health disparities in marginalized communities. It focuses on chronic disease prevention, improved healthcare access, mental health promotion, and support for healthy living. Through tailored outreach, wraparound supports, and facilitation of an equity-based community-led strategy, this project aims to drive positive change and improve health outcomes for underserved populations.

Our Team

We had a team of 9 full-time employees and 3 part-time employees.

Our team included:

- Project Manager
- Project Coordinator
- Project Support
- Health Promotion Officer
- Outreach team: 3 Community Health Ambassadors
- Health Professionals Team (Part-time): 2 Nurse Practitioners and 1 Dietitian
- Case Managers: 2

PCHS response goals:

- Increasing To increase overall access to COVID-19 testing, vaccination, and antivirals among the South Asian population in the L6Y FSA

PCHS recovery goals:

- To increase access to preventative care and primary care
- Special focus on diabetes
- To increase access to community mental health and addiction services

1. Community Outreach & Engagement

The HPCS team is committed to providing community outreach and engagement services to community members. This is being achieved through presentations on a range of health topics such as diabetes, mental health, harm reduction, naloxone, and COVID-19. Our team was also dedicated to participating in various outreach locations across the Peel Region. This includes schools, community centres, and parks. These outreach endeavors have been pivotal in establishing connections with members of the community and educating them about the range of services we offer. Our ultimate goal is to deliver comprehensive and integrated care. Furthermore, our team successfully organized diverse events in the past, including **Project Khushi, the Holiday Fair, and Diabetes Testing Clinics**. These events have had a significant positive impact on the lives of our clients.

Test Your Blood Sugar: PCHS Diabetes Mobile Clinic

The HPCS Team collaborated with Dynacare Laboratories to host three free diabetes testing clinics from January to March. We welcomed a diverse group of participants, including international students, permanent residents, visitors, and refugees, regardless of their Ontario Health Insurance Plan (OHIP) status. These clinics were attended by a combined total of 106 individuals, with 46 clients in January, 27 in February, and 33 in March.

2. Case Management

The HPCS team is comprised of case managers, a dietician, and Nurse Practitioners who provided direct care to clients. They deliver hands-on support to individuals in need; conducting comprehensive assessments using an integrated and holistic approach. This approach involved considering all aspects of the clients' lives to ensure the provision of optimal care.

3. Wraparound Supports

The HPCS team offers wraparound services to clients facing various challenges. Services include necessities such as transportation, financial aid, groceries, rent, accommodations, and housing, among others. The provision of these supports is customized for each individual, and determined through careful assessment by our dedicated case managers.

4. Virtual Supports (Support Line)

Clients are able to access our dedicated support line, which operates on weekdays from 9:00 a.m. to 5:00 p.m. This support line plays a pivotal role in addressing client inquiries, offering updates on their support status, and ensuring their concerns are handled effectively. Clients have the option to connect with us either through email or by phone, allowing us to reach out more widely.

5. Broadcast Media

A. Television/ Radio

During the January "Test Your Blood Sugar Clinic", three media channels, namely Zee TV Canada, Prime Asia, and OMNI, arrived to interview our team for the Dynacare diabetes clinics. Team members had discussions with the media channels about the significance of diabetes testing for community members. Subsequently, they broadcasted this coverage across their various platforms, enabling us to engage

with numerous community members concerning our diabetes testing services. Regular advertisements were broadcast on Prime Asia TV, Omni TV, Red FM, and PCHS Media. Moreover, we have produced a talk show series on PCHS Media named "Chai & Health Chats with Sahej," which covers a range of health topics.

B. PCHS Media ("Chai & Health Chats" with Sahej)

The first episode of the HPCS TV Show, "Chai & Health Chats," was recorded on February 21st, 2023. The host, Sahej, a Community Health Ambassador, began by discussing the project's timeline and key agencies involved in its mission. She outlined the project's pillars and briefly summarized its core objectives. Sahej then conducted interviews with different HPCS team members, including a health promotion officer, a case manager, and fellow Community Health Ambassadors. These conversations highlighted each member's role in providing essential support to community members, emphasizing their collaborative approach to improving community well-being.

C. Social Media

The HPCS team has created social media content for various platforms including Twitter, Facebook, LinkedIn, and predominantly, Instagram. Our Instagram presence is dedicated to showcasing our three core pillars: diabetes, mental health, and COVID-19. We crafted a mix of posts and reels, strategically designed to align with these pillars. Our primary goal is to effectively communicate our message, and engage with our audience.

Partnerships

The HPCS team engaged in collaborations, and reached out to diverse partners throughout this year. These partnerships play a crucial role in sustaining our commitment within the community, specifically aimed at aiding vulnerable populations. Our collaborative efforts included the following partnerships:

5 Lead Agencies

- Dixie Bloor Neighbourhood Club (DBNC)
- Indus Community Services
- Wellfort Community Health Centre
- Canadian Mental Health Association – Peel Dufferin (CMHAPD)
- Roots Community Services (ROOTS)

B. Co-delivery Partners

During the fiscal year, the HPCS team collaborated on 30 occasions with various partners. Several of these collaborations played a pivotal role in disseminating informative content to community members and fostering meaningful discussions. Notably, partnerships with the Region of Peel, City of Brampton, Dynacare, Brampton Seniors Smiling Club, and various other partners; religious and ethnic groups significantly contributed to the achievement of our objectives and facilitated outreach to diverse audiences.

Testimonials (Case Managers)

"My children were able to get food with the gift card I received. I will recommend this agency to anyone in need. I was able to get food for my family, which I am thankful for. Thanks once again everyone".
"Ok, thank you so,so,so much Jaz. I pray you will always prosper and have true happiness and health forever. You have such a beautiful soul. I am truly humbled and thankful for your services and help. I can't explain how grateful I am. This helps tremendously. Thank you. God bless your life for all you do to help others".

Testimonials (Dietician)

"Hello Gurpreet, I just want to thank you so much for your support. After the information sessions with you I started to see food and food labels in a different way. For example, yesterday I was wanting to buy yogurts, and I just find myself comparing between the saturated fats, carbs and sugar between two products! I felt great about it as a diabetic person. I can now be more careful of what to buy and what to chose to buy from the market. Also, when I discuss with you my previous day foods, it makes me feel better about my diet, and helps to focus on the missing / harmful food to avoid /increase regardless! Thank you so much! All the best!"



Community Outreach



Diabetes Clinic

Geriatrics Program

Key Highlights



7,404
Interventions



540
Clients Served



27
Groups



6,765
Hours of care

Sahara Geriatrics Program strives to empower, support, and educate seniors to improve their quality of life. Sahara Caregiver Support and Respite Program (SCSRP), Integrated Seniors Team (IST), Behavioural Support Ontario (BSO), and Langar on Wheels (LOW) programs within the Geriatrics Program are culturally and linguistically appropriate. Education and other resources are provided to clients to promote healthy aging, physical independence and well-being. This program uses a holistic approach by providing supportive counselling services to individuals and family members.

The Sahara Caregiver Support & Respite Program (SCSRP) provides culturally and linguistically appropriate services to seniors and caregivers. We conduct health education and awareness workshops, social engagement and recreational activities, one-on-one supportive counselling, and provides respite services through our Sahara Overnight Respite Program (SORP), and day respite services to provide short-term relief to caregivers.

The objective of this program is to prevent hospitalizations by providing in-house respite services to seniors, developing a care plan based on client needs, and connecting clients with resources. Also, to promote healthy aging at home by maximizing the ability of high-risk seniors to live independently in their homes and prevent early admission to long-term care facilities.

Clients residing in HCCSS Central-West area, aged 55 and over, and caregivers age 18+ are eligible for the program.

The Integrated Seniors Team (IST) Program Integrated Seniors Team (IST) is a partnership project with PCHS, SHIP (Services and Housing in the Province) and Peel Senior Link. The IST program is designed to provide support to seniors and their caregivers who reside in the community. This program provides support, and promotes independence, education, and healthy aging.

The objective of this program is to prevent hospitalizations by providing in-house respite services to seniors, developing a care plan based on client needs and preferences, and connecting clients with resources. The program promotes healthy aging at home by maximizing the ability of high-risk seniors to live independently in their homes and prevent early admission to long-term care facilities.

Behavioural Support Ontario (BSO) Program

Behavioural Support Ontario (BSO) program caters to the needs of caregivers of older adults (55+) with cognitive impairments due to dementia, addictions, or other neurological conditions. The BSO program is a collaboration between Punjabi Community Health Services and Indus Community Services.

The objective of this program is to prevent hospitalizations by providing sustainable education through formal and informal means; conducting assessments and providing recommendations to support a senior's quality of life and minimize risk. We facilitate linkages between agencies that provide health-care, community and social services for seniors in their communities for capacity development.

Testimonial

"I want to thank PCHS for giving support to my 80-year-old mom, who no longer has any vision. We have personal support workers coming twice a week to help her bathe, eat, and exercise and for social engagement in her mother tongue.

She also is now receiving twice-weekly nightly service from a personal support worker. The personal support worker at night ensures her safety when going to the bathroom, and helps ease her anxiety when she cannot sleep.

My mom also receives Langar on Wheels, providing healthy nutritious Punjabi food.

We are thankful for all these services, as they allow my mom to live at home comfortably and safely. Without these services, we would have to consider long-term care, which we really do not want.

Thanks to PCHS for all that you do."

-Ramandeep Grewal



Client at weekly Seniors Program

Newcomer Settlement Program

Key Highlights



**5,953
Interventions**



**3,006
Clients Served**



**255
Groups**



**1,115
Participants**

To help newcomers integrate into Canadian society, settlement services are available for newcomers/permanent residents(PR), Canadian citizens, international students, work permit holders, live-in caregivers and convention/refugee claimants to Canada (proof is required). Services are provided in English, Arabic, Armenian, Dari, Farsi, French, German, Hindi, Italian, Punjabi, Spanish, Turkish, Urdu. All services are confidential and at NO COST to clients.

Short-term Counselling

Immediate support and services is provided for newcomers, individuals, and families.

Short-term Counselors assists clients to:

- Identify and prioritize needs, as well as develop plans
- Provide on-going short-term supportive counselling
- Refer to community resources to help clients achieve their goals
- Empower them in developing effective solutions during crisis and challenging life situations
- Promote positive mental health and well-being
- Address any other arising needs

Community Connections Program - Youth CCP-Youth (13 to 19 years)

The program assists newcomer children and youth to build their life skills, and make decisions for the best quality of life. Youth are provided with supportive counselling, ; training in leadership, civic engagement, and academic engagement; information sessions; arts & crafts classes; parent and youth relationship building sessions; and volunteer opportunities!

Care for Newcomer Children Program (CNC) (Brampton site only)

Childcare services are available for clients with settlement needs, and language classes are offered for students We provide childcare services for children ranging from 19 months to 12 years of age. The PCHS Care for Newcomer Children's Program (CNC) follows a philosophy of learning through play. Through children's natural curiosity to explore their environment, PCHS is committed to creating a setting that first engages - and then stimulates - physical, social, emotional, and cognitive development; with a goal of maximizing their potential.

Employment Preparedness Program

The Employment Preparedness Program provides eligible clients with the tools and skills to find employment, and to be prepared to enter the Canadian workforce. The Employment Preparedness Specialist connects clients with resources to bridge their education, validate credentials, conduct job searches, and assists to prepare and assist clients with their cover letters, resumes, and in being prepared for job interviews.

Language Instructions for Newcomers (LINC)

The LINC program works in collaboration with PMC (Peel Multicultural Council) to provide basic language training in English to adult newcomers. LINC facilitates the social, cultural and economic integration of immigrants and refugees into Canada through its curriculum. The LINC program assists newcomers in adapting to the Canadian way of life and in turn, assists them to become participating members of the Canadian Society.

Testimonial

"Hello ma'am, my family and I do not know how to thank you and the organization. You have helped us in many different ways. You have saved me from going into depression. I was beginning to think that my husband and I made the wrong choice coming to Canada. But after seeing all of the support you and your organization are giving to newcomers, I see that there is hope for us. I was able to buy clothes and food for my children with the gift card. I don't know how to thank you. It is nice to see my children enjoy going to school now. Soon when my husband gets better with his back pain, we will bring our children to your office so they can join the youth activities."- Client

"First of all, I would like to thank you for your services regarding resume building and job hunting. You have been empathetic, knowledgeable, kind, energetic, positive and last but not the least most flexible according to my availability. Connecting with you was more like a friend guiding another friend who is a new immigrant. Its a different topic that I haven't got a single call for interview. That might be because its a hiring freeze and people are on holidays, but nevertheless, hopefully New Year I will land a job of my choice. Again, thank you so much for your patience and guidance for my resume and cover letter building. Keep up the good work always!!" - Client



Newcomer Summer Youth Program

Addictions Program

Key Highlights



**8,695
Interventions**



**1,158
Clients Served**



**438
Groups**



**3,112
Participants**

The Sahara Addictions Program at PCHS strives to empower clients, and their families, through a guided journey to recovery from substance use behaviours and related concerns by using a holistic treatment approach, in a culturally and linguistically appropriate manner.

Sahara Opioid Addiction Prevention Program

SOAPP provides services to individuals with an opioids addiction, and works to improve the responsiveness of the health care system to substance abuse. The program is a partnership between WOHS, CMHA Peel, PAARC, FTP, Jean Tweed, and PCHS. A client receives brief intervention, lifestyle, and supportive interventions, to develop skills to manage addiction/substance abuse and other related problems.

The Sahara Opioid Harm Reduction Program

SOHR provides brief intervention, lifestyle, and personal counselling, to assist clients to develop skills, and manage opioids addiction/substance abuse and related problems, and/or maintain and enhance a care plan. This is a mobile position; services are provided in an office setting, and within the community, according to the service recipient's needs.

The Sahara Bridging Addiction Counselling

Program (BAC) BAC is a short-term counseling program to support individuals struggling with substance use disorders. This program also supports individuals discharged from the Withdrawal Management Centre.

The Sahara In-Short Term Emergency Diversion Program (In-STED)

The In-STED Program is a partnership between SHIP, CMHA Peel and Punjabi Community Health Services that offers short-term, community-based mental health and addiction services to the most vulnerable individuals. The program is designed to reduce the need for multiple visits to emergency departments.

The Community Withdrawal Management Service (CWMS)

CWMS Provides a supportive environment to clients with voluntary alcohol, or other substance, withdrawal. This includes structured daytime and telephone withdrawal management services. Withdrawal symptoms are monitored; support, reassurance, coping methods, motivational counselling, and appropriate referrals are provided.

The Intensive Addiction Day Treatment Program (IADTP)

The IADTP helps reduce non-emergency Emergency Department visits and/or hospitalization, allowing for faster discharge when visits are necessary, and reduces recidivism, as the hospital

will be able to refer patients directly to the program. It allows for seamless navigation, access - and transition to the appropriate level of care.

Rapid Response Saving Lives Program (RRSL)

The RRSL program focuses on supporting clients with wraparound services post hospital discharge, to minimize isolation and save lives. This program provides short term person-centred support, assists clients with integration back into the community, and ensures that clients have links to appropriate supports prior to discharge.

Peer Support Services

Peer support workers support clients' personal recovery goals, and build on clients' resiliency through sharing success stories, shared personal life experiences, and serving as role models. Peer Support Services are provided at locations that meet the needs of the persons served and that are most convenient to the clients.

Testimonial

"I wanted to take a moment to thank PCHS for all help you have been giving me and the progress we have made. I have tried many different paths on my journey to sobriety. My sobriety has never lasted longer than it has working with PCHS. I am finding it very beneficial with the 1:1 sessions and the group sessions. The group meetings that PCHS has host are great as I can relate to others who are in the same situation as myself and can use the real life experience to strengthen my "Toolbox" on ways to stay sober. PCHS teams dedication to help me stay in this program by holding me accountable, creating a safe environment to open up and helping me realise that this has to start with me and that I am doing it for myself above anything else has been a key for me. I look forward to continuing this psycho-education program and building my days of sobriety. Once again, I thank PCHS for making a big difference in my and my family's lives."

-BHA

"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

Addictions Medicine Service (AMS)

The new AMS service does not refer to the practice of controlling, administering, and/or prescribing medications to the persons served. The AMS service usually coordinates with the external agencies, such as William Osler Health System, and arranges appointments with an addiction specialist, or doctors if the clients have any inquiries about their medicines.

Addictions Group Programs:

- Sahara Addictions Day Program (SADP)
- Sahara Relapse Prevention Group Program
- Sahara Men's Group Program (SMG)
- Sahara BAC and CWMS Group Program
- Sahara Opioid's Prevention Support Group
- Sahara Opioid Harm Reduction Program



Hope, Change and Recovery Event by Addictions Program

Mental Health Program

Key Highlights



**13,398
Interventions**



**1,305
Clients Served**



**144
Groups**



**1,314
Participants**

This program provides case management for mental health related issues to individuals and their family members residing specifically in Halton Region. This program is offered to individuals who are 16 years of age or older, and identify with the South Asian, newcomer, and Muslim population.

Early Psychosis Intervention Program

This is a case management program that offers support to individuals who require early intervention support for first episode psychosis, or for health concerns regarding mental illnesses within the past two years. We offer services to clients between the ages of 14 to 37 years.

Mobile Crisis Rapid Response Team (MCRRT)

This program is a partnership among the CMHA Peel Dufferin, Punjabi Community Health Services (PCHS), and Peel Regional Police (PRP). The MCRRT provides an immediate response to those in a mental health and addiction crisis across the Peel Region. MCRRT pairs a PRP uniformed officer with a Crisis Support Worker to respond to the community's immediate mental health or addictions-related crisis calls. The objectives of the program are:

- To reduce the number of individuals involved with the criminal justice system
- To reduce the number of emergency department visits
- To reduce unnecessary apprehensions
- To ensure access to the right care, at the right time, in the right place

Community Crisis Rapid Response Team (CCRRT)

The CCRRT is a partnership between CMHA Peel Dufferin, Punjabi Community Health Services (PCHS), Peel Regional Police (PRP) and Roots Community Services (RCS). This program provides a complete health response to mental health crises - without police involvement. CCRRT pairs two Crisis Support Workers (CSW), from the appropriate community services agencies, who immediately respond to low-risk crisis calls in the community. The team is then able to provide a comprehensive clinical assessment, and resources and/or referrals to the client. The objectives of the program are:

- To reduce the number of individuals involved with the criminal justice system
- To provide an appropriate health response, that is culturally competent, in responding to a mental health crisis
- To free up uniformed officers and allow them to attend calls where they are most needed
- To build trust in racialized and marginalized communities to emergency responses

Concurrent Disorder Case Management

This program provides culturally and linguistically appropriate case management supports to individuals living with complex addictions and mental health issues, and to their significant others. Services include: individualized assessment, care planning, supportive counselling, service co-ordination (linking service recipients with services and supports), and specific interventions related to concurrent disorders.

Concurrent Disorder Wellness Support Group

The Sahara Concurrent Disorder Support Group is a linguistically and culturally appropriate psycho-educational group program. It aims to educate and support individuals, and their caregivers, to cope with the challenges they are facing as a result of their mental health and addiction issues. The group program is delivered weekly every Saturday from 10:00 a.m. -12:00 p.m. This Group offers:

- Interactive group discussions
- Educational activities
- Collaboration with agencies/partners who specialize in addictions and mental health services
- On-going support to clients and their caregivers

Mobile Community Support Group (MCSG)

PCHSs dedicated to providing services to the communities that we serve. The mobile community support group is made up of professionals specializing in mental disorders, who work in partnership with other community allies. We represent a variety of cultures within South Asian communities and are skilled in delivering culturally sensitive programs and presentations. Objectives of the Mobile Community Support Group:

- Increasing awareness of Mental Health
- Strengthening and empowering the community to support those who are experiencing mental illness concerns.
- Eliminate stigma regarding mental illness and stereotypes within the community
- Connecting individuals and families to mental health programs and resources available within the community.

Testimonial

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

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



Staff participating in Mental Health Activity

Better Families Program

Key Highlights



766
Interventions



185
Clients Served



44
Groups



446
Participants

The Sahara Better Families Program (BFP) provides support to children, youth, and families for those experiencing mental health issues as well as to those supporting them. Areas covered by the program are mental health, cultural conflict, violence, and substance abuse. These family service programs provide 1-to-2 hour sessions to individuals, or as group sessions; individualized assessment and planning; service co-ordination; supportive counselling; and monitoring and evaluation of services to clients, as well as systems advocacy/ resource co-ordination and outreach in the community

Sahara Parenting Program

This program is designed to raise awareness and provide education on the issues of building positive healthy relationships.

The topics include:

- Parenting in Canada
- Eastern and Western differences
- Nurturing wheel
- Communication
- Developing listening skills
- Discipline (two-part session)
- Setting limits for children
- Understanding the Canadian legal system
- Understanding Children's Aid Society
- Understanding the education system
- Developing positive relationships with children
- Community Resources
- Help-seeking behaviours

Youth Drop in Program

This program runs every Thursday between 6:00 p.m. to 8:00 p.m. over Zoom. It is designed to raise awareness, and provide education on a variety of useful topics. These topics include - but are not limited to:

- Bullying
- Education options
- Communication and healthy relationships
- Anger management
- Impacts of overusing technology
- Beating procrastination
- Self-esteem
- Conflict resolution
- Financial literacy in youth
- Professions in Canada

Sahara Self-Improvement Program

Key Highlights



885
Interventions



416
Clients Served



12
Groups



105
Participants

The Sahara Self-Improvement Program is an educational, informative, and referral-based program to help individuals to maintain a state of emotional wellness for themselves, and to strengthen their relationships with others, in order to nurture a happier and more productive life.

Sahara Self-Improvement Program

- Utilizes a culturally appropriate and person-centred approach to assist clients.
- Has Services offered in multiple languages; English, Punjabi, Hindi, and Urdu, to serve the diverse array of clients.
- Assists clients in completing their desired positive goals and objectives through a strength-based perspective.
- Offers One-on-one supportive sessions provided to clients dealing with challenging times.
- Offers Group sessions, conducted to allow clients to meet others who are in similar circumstances.
- Provides information on the tools, supportive care, and community resources available.

This program is a good fit for individuals who want to learn more about, or strengthen, their emotional wellbeing and relationships, and improve their quality of life, self-awareness, decision making, problem solving, and conflict resolution skills.


Testimonials

"Seema has great management style; she makes me feel connected and comfortable to relate to her. During the pandemic she was my saving grace; she always had an ear to listen and comforting words. Her brilliant engagement helps me look forward to the next coaching session within hours instead of a week. During COVID Seema was a God send. I related to her like she was my childhood friend when everything was unpleasant from keeping my food outside in the winter to being locked out of the house in freezing temperatures Seema was there to listen and assure me there would be better days so I should just keep my focus. If coaching goes to a higher level Seema would definitely be involved as she has the expertise that women like me need!"

-Novlette Evans.


Sahara Support Services Program

Key Highlights


- 

275
Emergency Housing Funding
- 

201
Social and community integration services
- 

142
Received Income Assistance
- 

37
Began an education program
- 

114
Clients were immigrants
- 

56
Began job-training program

The Sahara Support Services Program helps individuals and families that are in emergency shelters, or are facing imminent risk of becoming homeless. These individuals are connected to, and receive, supports that they have every opportunity to avoid homelessness. The following objectives are completed to ensure that our clients do not experience homelessness:

The following objectives were completed in order to ensure our clients did not become homeless:

- Housing Loss Prevention Clients, that are eligible, are provided with one-time rental assistance that they are able to remain housed.
- Connecting Clients to Income Supports; Our program coordinators work with clients, assess their eligibility to apply for various income supports and assisting with the completion of applications.
- Pre-employment Support and Bridging to the Labour Market; Program coordinators connect clients with existing employment programs, skill enhancement programs, and training programs.
- Life Skills Development Program; Coordinators assess the clients' needs and make referrals both internally and externally to programs that can help with learning core basic skills, independent living skills and social skills.
- Improving Clients' Social Integration; Our coordinators connect and refer clients, identified as being socially isolated, to programs that promote social and cultural engagement.

- Liaising and Referring Clients to Appropriate Resources; Coordinators connect clients with resources, based on their needs. For some resources, such as support services for addictions, mental health, and settlement services; and supportive counselling for families and youth, clients are referred internally.

However, for additional services we provide referrals to external partners and organizations.

Program Statistics:

- 275 individuals benefited from Emergency Housing Funding
- 84 individuals served have a physical or mental disability
- 114 individuals served are immigrants
- 28 individuals served are refugees/refugee claimants
- 142 individuals began receiving income assistance
- 46 individuals started new paid employment
- 37 individuals began an education program
- 56 individuals began a job-training program
- 201 individuals participated in social and community integration services

Testimonials

"The housing program has saved my life. Helped me with the tools I need (like Presto and Rent support) to support me on my road to recovery by getting to my meetings and overall setting me up to stay on track with my goals"

"PCHS, and the Sahara Support Services program, have helped my children and I tremendously. Whether it was to help prevent eviction, provide food, help with the cost of transportation for the on-going doctors appointments that my son and I attend, or just the overall mental and emotional support.

"This group has been an absolute saviour in times in which I had no idea what to do or where to turn. I had many sleepless nights and stress so high that it deeply affected my health. With the help from PCHS, they have not just brought me physical and financial ease, but mental ease, which is a huge issue in today's time. I am grateful and beyond appreciative for all that PCHS has done for my children and I, and I thank them for the rest of time! What a truly incredible organization with people who truly care for their community!"

Peer Support

Key Highlights



2,611
Interventions



155
Clients Served

Peer support workers support client's personal recovery goals, and build on clients' resiliency by through sharing success stories, shared personal life experiences, and serving as their role models. Peer Support Services are provided at locations that meet the needs of the persons served and that is are most convenient to the clients.

Langar on Wheels Program

Key Highlights



**12,840
Meals delivered**



**71
Clients Served**

The Langar on Wheels (LOW) program at Punjabi Community Health Services (PCHS), was established in year 2011, and focuses on isolated, frail seniors who cannot prepare food for themselves. PCHS delivers culturally appropriate, hot, fresh, nutritious, - and familiar - meals to the client's doorstep six days a week to meet their nutritional requirements.

Testimonial

"I wanted to thank you, Co-ordinator Simran, Gulwinder, and Shashi for the PCHS for providing food service for my cousin's sister Tajinder Singh and her son in Malton Mississauga as she is dealing with mental health issues, depression, anxiety and she has no capacity to make food for herself and for her son. She stated that she used to stay hungry for many days or eat bread.

Some informed us from the community about PCHS. We called to inquire about services. Shashi called us back and listened to the situation of the Tajinder.

PCHS started the food in the same and considered the high priority client. She is getting fresh meals for six days a week. She is able to deal with her stress and able to feed her 27 year son who is suffering from autism.

Food is delivered fresh, hot cooked food on her step doors every day.

Again I thank you so much for your service and hope this message is passed over to the PCHS management also. This is a great help for my cousin."
-Jas Bains



Packaged meals and meals being prepared for Langar on Wheels

Digital Media Audience Engagement

Facebook

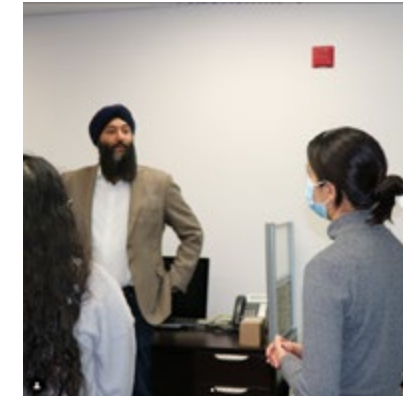
Page followers	9,706
Total page likes	7,600

Instagram

Total Followers	1,882
Posts	123

Twitter (X)

Followers	1,484
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