

PCHS

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# HEALTH MAGAZINE

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# LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



## A New Fiscal Year, A Renewed Spirit of Community and Growth

As we begin a new fiscal year at Punjabi Community Health Services (PCHS), I am filled with gratitude and renewed excitement. April has been a vibrant and inspiring month that truly exemplifies the innovation, collaboration, and community spirit that define our work. Every initiative undertaken this month reflected our shared commitment to 3Es - Equity, Engagement, and Empowerment.

A standout moment was our Youth Empowerment Workshop at the Malton Youth Hub, where newcomer youth designed and customized their own pens. This seemingly simple activity had a deeper impact—it became a celebration of self-expression, creativity, and identity. It gave young people a platform to share their stories through design, explore their unique styles, and build confidence within a safe and inclusive space.

Looking ahead, we are proud to launch National Youth Week 2025 from May 1–7, a signature celebration of young people's energy, leadership, and innovation. Stay tuned to hear more from our incredible young leaders.

This April, we also came together to celebrate Sikh Heritage Month—an opportunity to honour identity, values, and shared heritage. Organized by our Health Equity Coordinator and ARAO Committee, the event brought staff from across departments into heartfelt conversations about Sikh values, a collaborative art canvas, and a lively Kahoot game. It was a beautiful expression of our organizational commitment to cultural humility, inclusion, and mutual respect.

We were also honoured to participate in the Faculty of Applied Health and Community Studies (FAHCS) Research Symposium at Sheridan College. Our Senior Manager of Health Promotion and Prevention represented PCHS at this meaningful event. It was a unique opportunity to engage with student-led research addressing pressing community issues—from mental health and early learning to aging in place. These insights reaffirm the value of grounding our work in lived experience, evidence-based practice, and strong academic partnerships. We are grateful to Sheridan for their continued recognition of our collaboration in supporting community-informed research and learning.

To cap off this dynamic month, we held our first all-staff in-person meeting of the fiscal year on April 30. These meetings are foundational to PCHS' work culture—they allow us to realign on our goals, recognize collective achievements, and build momentum for the months ahead. I was deeply inspired by the energy in the room, the insightful discussions, and the unwavering passion each staff member brings to our mission.

As we enter May, let us carry forward the energy, learning, and connection we've built together. Whether through youth engagement, cultural celebration, academic collaboration, or internal team building, each of you plays a critical role in shaping our impact. Thank you for your continued dedication. We are building stronger, more compassionate, and more connected communities—one initiative at a time.



# Celebrating Sikh Heritage Month and the Values of Sikhism in Health and Well-being

**By Brahmjot Dhillon, Diversity Equity & Inclusion Coordinator**

April marks the time for Sikh Heritage Month to recognize and celebrate the rich cultural, spiritual, and historical contributions of the Sikh community. Established in 2013 by the Legislative Assembly of Ontario (Bill 52), Sikh Heritage Month is the first of its kind globally, which serves as an annual celebration of Sikh arts, culture, and heritage. At Punjabi Community Health Services (PCHS), we reflect on the values that form the foundation of Sikhism, which guides the community in its daily life and contribute to health and well-being.

A core teaching of Sikhism is seva, or selfless service to others. This principle is deeply intertwined with the concept of community well-being. Sikh practices, such as langar (the community kitchen), offer free meals to everyone, regardless of background, reinforcing the value of sharing and caring for others while practicing Diversity, Equity, and Inclusion. At PCHS, we apply the spirit of seva by providing accessible and culturally sensitive healthcare services and run a program called Langar on Wheels to individuals and families in need. We understand that health is not just about physical care, but also about fostering a sense of belonging, dignity, and mutual support.

Guru Nanak Dev Ji, the founder of Sikhism, emphasized the importance of equality and fairness, advocating for the rights of all individuals, regardless of race, religion, or social status. This principle directly impacts healthcare, where access to care should be equitable for all. At PCHS, we are committed to ensuring that marginalized communities receive the care and support they need. Through programs that address mental health, substance use, etc., we work to eliminate barriers to access services in the community. Sikh Heritage Month provides an opportunity to dedicate our time to acknowledge our commitment to equality and justice in healthcare.





The concept of vand shakna, or sharing with others, encourages everyone to give generously, not just with material wealth but with their time, skills, and resources. This principle supports community health by fostering a spirit of collaboration and mutual aid. At PCHS, we promote this value by engaging with community members, sharing knowledge, and collaborating with other organizations to improve public health. Whether through health education initiatives or community outreach programs, vand shakna ensures that we work together to address health disparities and build stronger, healthier communities.

Mental and spiritual well-being is a central aspect of Sikhism. Simran, the practice of remembering God and staying connected to one's spiritual roots, helps individuals maintain a sense of peace, clarity, and resilience. This practice has profound benefits for mental health, encouraging mindfulness and emotional balance. At PCHS, we incorporate culturally appropriate mental health services that support emotional and spiritual well-being, helping individuals navigate life's challenges with a sense of hope and strength.

Overall, Sikh Heritage Month provides an important opportunity to reflect on the values of Sikhism that guide individuals in their daily lives. The principles of seva, equality, vand shakna, and simran offer valuable lessons for promoting health and well-being. At PCHS, we strive to embody these values by ensuring that everyone has access to the care and support they need, regardless of their background. As we celebrate Sikh Heritage Month, we reaffirm our commitment to building inclusive and healthy communities grounded in the values of service, compassion, and justice.



# Vaisakhi Celebration at PCHS

**By: Prabhjit Kaur, Placement Student,  
Geriatrics Department**



The festival of Vaisakhi was celebrated with great enthusiasm and joy at Punjabi Community Health Services (PCHS), bringing together staff, volunteers, and community members in a vibrant celebration of Punjabi culture and tradition. Vaisakhi, a significant festival in the Sikh and Punjabi calendar, marks the harvest season in Punjab and commemorates the formation of the Khalsa by Guru Gobind Singh Ji in 1699. At PCHS, this day was not just about tradition, but also about unity, community spirit, and cultural pride.

The celebration began with warm welcomes and cheerful exchanges of “Happy Vaisakhi” among attendees, many of whom arrived dressed in traditional Punjabi attire. The colourful turbans, phulkari dupattas, and festive suits brought a beautiful energy to the space. To capture the moment, group photos were taken of staff and community members, each picture reflecting the warmth and camaraderie of the event. In the end, all group members clicked a group picture with smiles and one highlight of their day. The room was filled with cheerful chatter, and everyone seemed to be in high spirits.



One of the highlights of the celebration was the music. Traditional Punjabi songs filled the room, creating a joyful and energetic atmosphere. Community members joined in with live singing. These spontaneous performances added a sense of authenticity and excitement to the day.



Food, as always, played a central role in the celebration. A delicious assortment of Punjabi snacks was served, including samosas, pakoras, chana chaat, and the ever-popular jalebis. To complement the savory and sweet flavors, guests were offered chilled glasses of lassi, which added a refreshing touch to the afternoon. The food not only satisfied everyone's appetite but also evoked memories of traditional family gatherings and community melas.

More than just a cultural event, the Vaisakhi celebration at PCHS served as a moment of reflection on community values. It emphasized unity, service, gratitude, and the importance of maintaining cultural roots while living in a diverse society. The event successfully created an inclusive environment where people of all backgrounds felt welcome and connected.

In conclusion, the Vaisakhi celebration at Punjabi Community Health Services was a heartfelt and joyous event that brought the community together in celebration of culture, history, and shared values. It was a reminder of the strength found in togetherness and the beauty of honoring one's heritage with pride. The day ended with smiles, full hearts, and a deep sense of connection—truly in the spirit of Vaisakhi



# Spring in Creativity

## Newcomer Youth Program

**By: Simran Dhillon – Youth Worker**

The Newcomer Youth Program hosted a lively and creative afternoon at Malton Youth Hub for newcomer youth, filled with artistic exploration, social connection, and hands-on fun. Designed to foster self-expression and build confidence, the event featured a custom pen decorating workshop where participants could showcase their individuality.

The afternoon kicked off with an introduction to the art of pen decorating. Youth selected from a variety of colourful materials, patterns, and designs. Participants could explore their creativity by personalizing their pens with unique touches that reflected their own style and personality.

As the decorating continued, youth enjoyed a variety of delicious snacks, offering them the chance to relax, socialize, and share ideas with one another. The casual environment helped participants bond over their creations and encouraged open conversation and connection.



Beyond the fun of crafting, the workshop allowed youth to embrace their individuality, boost their confidence, and express their artistic sides in a supportive setting. Every personalized pen was a proud representation of each participant's creativity and vision.

The afternoon at Malton Youth Hub was a wonderful blend of creativity, self-expression, and social connection, giving newcomer youth a meaningful opportunity to make memories, form friendships, and take home a special keepsake they created themselves.





# IBS Awareness Month

**By Savita Saini, Preventative Care Specialist**

April marks IBS Awareness Month, a time dedicated to raising awareness about Irritable Bowel Syndrome (IBS)—a common but often misunderstood gastrointestinal disorder. Affecting up to 10–15% of people worldwide, IBS can significantly disrupt day-to-day life, yet many individuals continue to suffer in silence due to stigma, misinformation, and delayed diagnosis.

IBS is characterized by chronic symptoms such as abdominal pain, bloating, gas, and irregular bowel movements, including diarrhea, constipation, or a combination of both. These symptoms vary from person to person, making the condition complex to manage. While IBS is not life-threatening and does not cause damage to the intestines, its impact on quality of life can be profound—affecting work productivity, social activities, and emotional well-being.

A major challenge with IBS is that its cause is not fully understood. It is believed to result from a combination of factors including gut-brain interaction, stress, diet, gut microbiota, and hypersensitivity of the digestive tract. As a result, treatment is often individualized and may include dietary changes, stress management, medication, and lifestyle adjustments.

Cultural beliefs and norms also play a role in how IBS is experienced and addressed. In South Asian communities, for instance, digestive issues may be normalized or attributed to traditional dietary patterns. Open discussion about bowel health can be considered taboo, which may discourage people from seeking timely medical help. The diversity of traditional South Asian diets can also pose additional challenges in identifying and managing trigger foods.

IBS Awareness Month encourages open and informed conversations about gut health, not only to reduce stigma but also to highlight the importance of recognizing diverse experiences and cultural perspectives. By increasing awareness and understanding, we can better support individuals living with IBS and create a more compassionate environment for managing this invisible, yet impactful, condition.



# Importance of a Strong Support System for Addiction Recovery

By: Jasmin Tiwana, Addictions Case Manager



First step to addiction recovery is detoxification and practicing psychotherapy. However, beyond that for recovery we need good, strong and reliable social support systems. Strong social support systems are important for addiction recovery to manage stress, rebuild confidence and create a healthy environment for recovery. Here are ways our support systems can help guide and support us through addiction recovery.

First let's discuss the different types of support systems.

- 1 **Family and friend supports** are usually the first line of support. They support through emotional and practical help such as running errands, assisting with transportation and providing emotional therapy.
- 2 **Peer support (AA and NA groups)** support by providing a healthy and safe community among individuals who share similar experiences in recovery.
- 3 **Professional support (counsellors and therapists)** can provide recovery care plans catered to the individual and their needs.
- 4 **Online communities (zoom AA/NA meetings)** provide virtual support for those in remote areas or who do not have the resources to attend in person sessions. This allows for connections and supports to be given to this who may otherwise not have access to support.
- 5 **Sober living homes (transitional housing)** provide stabilized living conditions to encourage recovery with the supports of professionals.

Now that we can identify the types of support systems, let's discuss what types of support they can give us.

- 1 **Emotional support** from family and friends can reduce feelings of isolation and loneliness in recovery. They provide guidance and encouragement through stages of recovery.
- 2 **Practical assistance** is support with helping with daily chores and transportation, easing daily stress and increasing resilience.
- 3 **Social connections** in participating in activities that help enhance motivation and foster healthy relationships after addiction/substance use disorder.
- 4 **Peer Accountability** through group meetings like NA or AA to enhance consistency and support meeting personal goals.
- 5 **Professional guidance** can support through therapy sessions and can help create coping strategies and create personalized care for clients navigating recovery.

Final thoughts: With all the various supports and support systems an individual can access it can make navigating recovery more attainable and ease the process entirely.





# Bipolar Disorder

Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental illness that causes clear shifts in a person's mood, energy, activity levels, and concentration. People with bipolar disorder often experience periods of extremely "up," elated, irritable, or energized behaviour (known as manic episodes) and very "down," sad, indifferent, or hopeless periods (known as depressive episodes). These shifts in mood can impact sleep, energy, activity levels, judgment, behaviour, and the ability to think clearly.



**Bipolar disorder is classified into several types:**

## **Bipolar I Disorder**

- Has manic episodes that last 7+ days or need hospital care
- Often has depressive episodes too (2+ weeks)
- Mood can switch quickly (called "rapid cycling")

## **Bipolar II Disorder**

- Has both depressive and hypomanic episodes
- Hypomania is milder than mania
- Depression can last longer

## **Cyclothymic Disorder (Cyclothymia)**

- Mood swings with mild highs and lows
- Symptoms don't fully meet criteria for mania or depression
- Lasts for at least 2 years in adults

Other specified and unspecified bipolar and related disorders is a diagnosis that refers to bipolar disorder symptoms that do not match the three major types of bipolar disorder outlined above.

## What Causes Bipolar Disorder?

The exact cause of bipolar disorder is not fully understood. However, research suggests that a combination of genetic, biological, and environmental factors may contribute to its development.

### 1 Genetics

Bipolar disorder often runs in families, which suggests a strong genetic link. People who have a parent or sibling with bipolar disorder are more likely to develop it themselves. However, genetics alone do not explain everything. Even identical twins do not always both develop the disorder, which means other factors are involved.

### 2 Life Events and Stress

Stressful or traumatic life events—such as loss, abuse, or major life changes—can trigger bipolar symptoms in people who are already at risk due to their genetics. These events may act as a “trigger” for the disorder.

### 3 Brain Structure and Function

Research has found differences in the brain structure and activity of individuals with bipolar disorder compared to those without the condition. These differences may affect how the brain regulates mood and emotions. While more research is needed, these findings may help guide future treatment approaches.

Identifying bipolar disorder involves a thorough review of medical history, a psychiatric assessment, and monitoring of mood changes. Effective management usually comprises a mix of medications, including mood stabilizers and antipsychotic drugs, alongside psychotherapy such as cognitive behavioural therapy (CBT). Lifestyle changes are also crucial, including regular exercise, a healthy diet, consistent sleep patterns, and stress management. Support from therapy groups and educational programs can further aid in managing the condition. Although bipolar disorder is a lifelong condition, with appropriate treatment and support, individuals can lead productive and fulfilling lives.



# What is Parkinson's Disease?

**By Ramanpreet Kaur, Community Health Ambassador, SHPP**



Parkinson's disease (PD) is a progressive neurodegenerative disorder that affects movement and daily functioning. It occurs due to the loss of dopamine-producing neurons in the substantia nigra, a region of the brain responsible for movement control (World Health Organization [WHO], 2023). The loss of dopamine leads to symptoms such as tremors, rigidity, and bradykinesia (slow movement).

## **Symptoms of Parkinson's Disease**

The symptoms of Parkinson's disease develop gradually and worsen over time. Common symptoms include:

- Tremors: Involuntary shaking, often in the hands or fingers.
- Bradykinesia (Slowed Movement): Difficulty in initiating and controlling movements.
- Muscle Rigidity: Stiffness in the limbs, reducing flexibility.
- Postural Instability: Impaired balance, increasing the risk of falls.
- Non-Motor Symptoms: These include depression, sleep disturbances, cognitive impairment, and autonomic dysfunction (Parkinson Canada, 2023).





## Causes and Risk Factors

The exact cause of Parkinson's disease remains unknown, but several risk factors contribute to its development:

- **Genetics:** Mutations in genes such as LRRK2 and PARK7 have been linked to Parkinson's (Parkinson Canada, 2023).
- **Environmental Factors:** Long-term exposure to pesticides, heavy metals, and air pollution may increase risk.
- **Age:** Parkinson's is more common in individuals over 60 years old.
- **Gender:** Men have a higher risk of developing Parkinson's than women.

## Treatment and Management

Although Parkinson's disease has no cure, treatments help manage symptoms and improve quality of life:

- **Medications:** The most common drug, Levodopa (L-Dopa), helps replenish dopamine in the brain (WHO, 2023).
- **Physical Therapy:** Exercise programs improve strength, flexibility, and balance.
- **Speech and Occupational Therapy:** These therapies assist with communication and daily tasks.
- **Surgical Options:** Deep Brain Stimulation (DBS) involves implanting electrodes in the brain to regulate movement (Parkinson Canada, 2023).

## Living with Parkinson's Disease

Parkinson's disease affects not only individuals but also caregivers and families. Support groups, counseling, and community-based programs help patients maintain independence. Raising awareness and advancing research are essential to improving treatments and finding a cure.



# World Autism Awareness Day

## Embracing Neurodiversity and Becoming Autism-Friendly

**By: Fariha Abdul Muqueet- Preventative Care Specialist-SHPP**

Every year on April 15, World Autism Awareness Day is observed to raise awareness, foster acceptance, and celebrate the unique strengths of individuals with Autism Spectrum Disorder (ASD). Autism is a developmental condition that affects how a person communicates, interacts socially, and experiences the world. As a spectrum, autism presents differently in every individual, making understanding and inclusivity more important than ever.



### **Moving beyond awareness to making a difference!**

Being autism-friendly is about treating others the way they should be treated—by recognizing and respecting their needs, and creating environments that support their success and well-being. It means taking the time to learn about autism, accepting individuals as they are, and actively making spaces more accessible and inclusive. This can be as simple as reducing sensory triggers, using clear language, or offering patience and understanding.

Anyone in the community can become an Autism Friendly Ally. Whether you're interacting with others at work, school, home, or in public spaces, your actions can make a meaningful difference. It starts with a willingness to learn and grow. We can take the first step today by completing a short, free, online Autism Friendly Training. [Sign up here.](#)

By becoming more autism-friendly, we create communities that welcome and support neurodiverse individuals. We also help break down harmful stigmas and replace them with empathy, respect, and genuine connection.

This World Autism Awareness Day let's do more than just wear blue or share a post. Let's commit to creating a world that embraces all minds—and makes space for every voice to be heard.

# National Immunization Awareness Week

**By: Mehar Roop Kaur, SHPP  
Community Health Ambassador**

National Immunization Awareness week takes place the last week of April (April 21-30, 2025) to highlight the importance of immunization in protecting both our individual and collective health (Immunize Canada, 2025).

Immunization has changed the course of human health, transforming deadly threats into preventable diseases and offering protection where there was once only fear and uncertainty. It not only protects the individual, but all those around them.

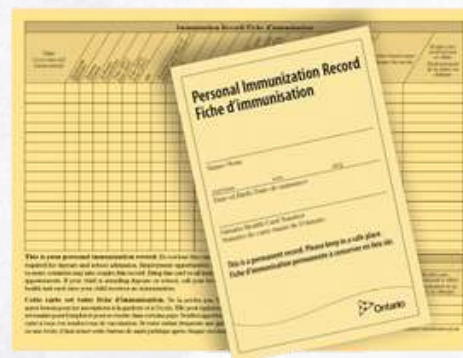
**This year's theme is:**

**DON'T LET HISTORY REPEAT ITSELF.  
PROTECT YOUR FUTURE.  
GET IMMUNIZED.**

**Don't let history repeat itself.**



**Protect your future. Get immunized.**



Vaccines help build herd immunity, a term used to describe the indirect protection of vulnerable groups through the immunity of the larger population (Canadian Institutes of Health Research, 2025). When a significant portion of the community is immunized, the spread of contagious illnesses is greatly reduced. This benefits those who cannot be vaccinated, including newborns and infants, pregnant women, and those with weakened immune systems (Immunize Canada, 2020).

Immunization is especially relevant now, given ongoing Measles outbreaks in Canada and the United States. As of March 26, Ontario has reported 557 confirmed and probable cases of measles this year (Simcoe Muskoka District Health Unit, 2025). This outbreak and others are largely linked to unvaccinated individuals and the highly contagious nature of measles.



## Why Is a Preventable Disease Making a Comeback?

Vaccine hesitancy in the aftermath of COVID-19 has had significant repercussions for public health, particularly as misinformation and disinformation continue to spread across social media platforms (Chen et al., 2022). Despite decades of rigorous testing and strong evidence supporting vaccine safety—including the measles vaccine—false claims persist (Auld, 2025).



To address these challenges, it is critical to promote accessible, evidence-based education and rebuild trust in the healthcare system. Tailored communication strategies are needed to counter disinformation, support vaccine acceptance, and reduce the burden of preventable diseases (Tuckerman et al., 2022).

Together, this National Immunization Awareness Week, let us remember the lessons of the past and take action to protect our future: by building trust, promoting education, and choosing to get immunized.



# Spring Into Health Series

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The Sahara Health Promotion & Prevention team introduced a themed health series for April on social media titled *Spring Into Health Series*. Over the course of five weeks, the team highlighted a variety of important health topics, each with a unique focus:

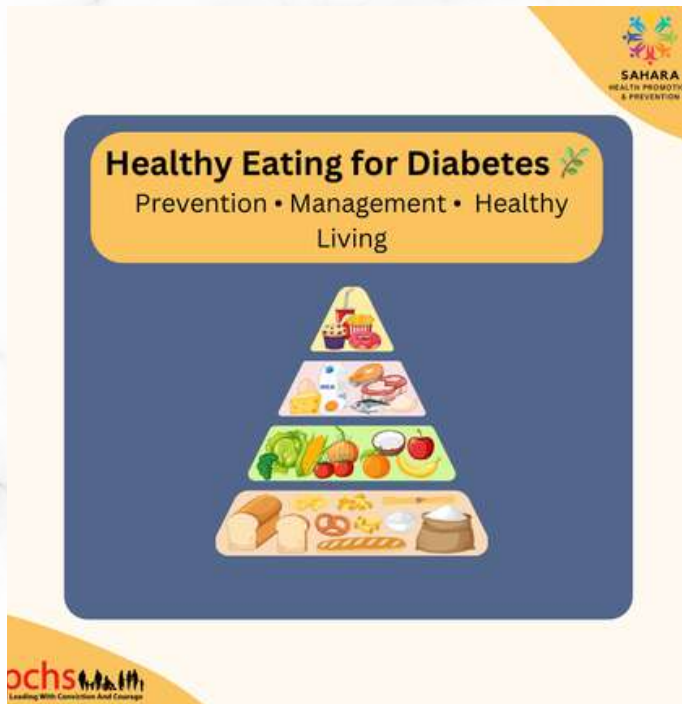
- 1** Stress Less, Live More: Managing Stress for Better Well-Being
- 2** Step Up for Your Health: Move More, Sit Less!
- 3** Diabetes: Prevention, Management, and Healthy Living
- 4** Breast Health: Early Detection and Empowerment
- 5** Exercise for Mental Well-Being: Move, Calm, Thrive

Each week offered valuable insights and practical tips to support and promote overall health and well-being. The series was incredibly well-received and generated strong engagement across social media platforms.





# Spring Into Health Series





# WELCOME

## NEW STAFF



**Sonia A. Maset**  
Program Coordinator,  
Community Cycling  
Program



**Bidhan Thapa**  
Program Support  
Worker, Community  
Cycling Program



# 23<sup>rd</sup> ANNUAL INTERNATIONAL WOMEN'S DAY GALA



# 23<sup>rd</sup> ANNUAL IWD GALA SPONSORS

## Platinum Sponsor



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Peel

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PROFESSIONAL CORPORATION



Smiles4U  
+ FAMILY DENTISTRY +



## Community Supporters

Kulwinder Grewal

Brij Khanna

Kal Choksi

The Hybrid Group

Jaswinder Kaur Bassan

Tarandeep Bhui

7 Star Kitchen Cabinets Ltd.

Mobility Speciality Inc.

In memory of RCMP Constable Harvey Dhani



# National Youth Week Events



**④ MALTON YOUTH HUB  
JONATHAN DAVIS CENTRE  
3545 MORNINGSTAR DRIVE**



**SNACKS/LUNCH  
WILL BE PROVIDED**



**MAY  
01**

5 PM - 7 PM

*Discovery Day - Science  
Experiments*



**MAY  
02**

3PM- 7 PM

*Take the Stage -  
Talent Show*



**MAY  
03**

10AM - 5PM

*Day at the Museum*



**MAY  
04**

10AM - 12PM

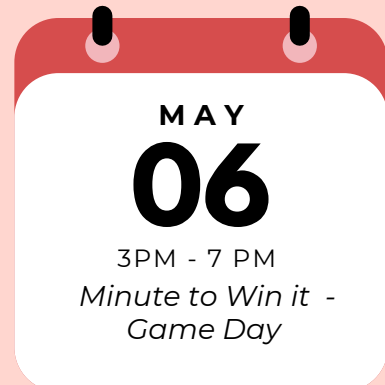
*Skills for Success -  
Virtual Employment  
Workshop*



**MAY  
05**

3 PM - 7PM

*The great Search -  
Scavenger Hunt*



**MAY  
06**

3PM - 7 PM

*Minute to Win it -  
Game Day*

## *Eligibility*

- **Permanent Resident**
- **Conventional Refugee**
- **Canadian Citizen - within 3 months of attaining it**



**MAY  
07**

3 PM - 5 PM

*Wall of Wonder -  
Painting a Mural*

For Information/Registration  
contact:  
Michelle Yousofi:  
416-859-4264  
michelle.yousofi@pchs4u.com  
Disha Mehta  
905-872-3517  
disha.mehta@pchs4u.com





# Rental Housing INFO SESSION

**May 10, 2025**

Saturday, 10:00 am - 11:00 am

**Via ZOOM**



**Presented by:**  
**Bright Okenwa**  
Senior Legal  
Education Specialist

## FREE EVENT FOR TENANTS

**This is a free event to learn about your rights as a renter:**

- Starting and ending a tenancy
- Maintenance
- Limit on rent increases
- Privacy
- Freedom from discrimination
- Fair process around evictions



[www.housingrightscanada.com](http://www.housingrightscanada.com)

**To register, please contact:**

**Sharon Uy**



437-213-3973



sharon.uy@pchs4u.com



[www.pchs4u.com](http://www.pchs4u.com)



**905-677-0889**





# Your Wellness Space

*Join us for a fun workshop - a creative way to unwind.*

Come join the SHPP team for an engaging workshop focused on mental health, addictions, goal setting, stress management, and more!



Activities



Light Refreshments



Date: Thursday May 29<sup>th</sup>, 2025



Time: 4:30 PM - 6:30 PM



Location: Room 101, 60 West Drive

SCAN ME



Scan this QR code to  
register or



437-243-3735



SUPPORTLINE@PCHS4U.COM



# CONNECT OVER CUPS



*Drop-In Event*

**WEDNESDAY MAY 7TH, 2025**

**10:30 TO 11:30AM**

## REFRESHMENTS, MUSIC & RESOURCES

Discover community resources by PCHS' Sahara Health Promotion & Prevention (SHPP) Team on breast cancer, diabetes, and diabetes at the reception, and connect with other organizations at 60 West Drive



## RECEPTION

Main floor, near the front entrance

**60 West Drive, Brampton**

MORE INFORMATION

✉ [SUPPORTLINE@PCHS4U.COM](mailto:SUPPORTLINE@PCHS4U.COM)

☎ 437-243-3735



*Come for the Coffee, Stay for the Chat*



# Client Testimonial

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*“ Thank you so much, SHPP Team, for your kind support. The glucometer you gave me was a great help in managing my blood sugar levels. The Walmart coupons and Uber gift card also supported me during a difficult time. Please consider me for any future giveaways. You and your team are truly a blessing to the community—our whole family keeps you all in our prayers.*

*Client JJ*







60 West Drive, Unit 202,  
Brampton ON L6T 3T6

2980 Drew Road, Unit 241,  
Mississauga, ON L4T 0A7

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


2 Dewside Dr, Unit 202, Brampton,  
ON L6R 3Y5

Community Door,  
7700 Hurontario St, Unit 300,  
Brampton ON L6Y 4M3

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

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



 **905-677-0889**

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