VOLUME 04 ISSUE 06 JUNE 2024

PCHS HEALTH MAGAZINE

CONTENT HIGHLIGHTS

PCHS Health Magazine: Volume No. 04 Issue No. 6 | EMAIL SUBSCRIPTION: arash@pchs4u.com
ADVERTISING ENQUIRIES & LETTERS TO THE EDITOR: arash@pchs4u.com |
DESIGNED AND PUBLISHED AT: 50 Sunny Meadow Blvd, Brampton ON L6R 0Y7.

www.pchs4u.com

LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

Celebrating Achievements and Embracing Cultural Diversity

June is a month of historical significance, marked by various vital events, achievements, and milestones, including National Indigenous History Month and Global Pride Month. It also brings longer daylight hours and the arrival of summer. I am thrilled to share the remarkable accomplishments PCHS has achieved together this month.

Under the Building Safer Communities initiative, PCHS has launched the New Wave Program, representing a significant advancement in our mission to guide our youth away from adversity, combat violence, and deter gang involvement. Through mentorship, education, and community support, we empower young minds to discover their strengths, overcome challenges, and pursue their dreams.

Throughout June, we have persistently prioritized the health and well-being of our seniors. From hosting informative presentations on essential topics to encouraging participation in physical activities like laughter, yoga and outdoor walks, we have strived to ensure our seniors feel valued, supported, and cherished daily. PCHS Geriatric Team's tireless efforts in providing Overnight Respite Care Services continue to impact the lives of our elderly community members, making a significant difference in their quality of life.

At PCHS, we are committed to fostering a culture of respect, inclusion, and understanding. Our staff honoured and celebrated National Indigenous History Month by dedicating time to recognizing and celebrating the rich history, heritage, and diversity of First Nations, Inuit, and Métis peoples. Every internal or external meeting PCHS conducts begins with a Land Acknowledgment, reflecting our respect for Indigenous communities.

In expressing our commitment to inclusion and diversity, PCHS honoured the 2SLGBTQ+ communities, ensuring they feel safer, valued, celebrated, and included. It has been a joyous occasion filled with love, identity, and progress, with rainbow colours waving proudly, vibrant virtual screensavers, and a united pursuit of equality and inclusion. I extend my heartfelt gratitude to each of you for celebrating the resilience of the 2SLGBTQ+ communities.

Looking ahead, PCHS's ARAO Committee will participate in the Peel Pride celebration on Saturday, July 13, 2024. Stay tuned for updates in the upcoming edition.

As we embrace the future, let's carry forward the spirit of cultural diversity, empowerment, and wellness that has defined our June initiatives. Together, we can contribute to a more inclusive and respectful community. Your dedication to making PCHS a place where cultural diversity and heritage are celebrated and respected is truly inspiring. Thank you for your commitment to our shared values and for being part of our journey.

PCHS Staff Attend South Asian Community Engagement (SACE) Summit Hosted by Peel Regional Police

On June 5th, 2024, the Punjabi Community Health Services (PCHS) staff proudly attended the South Asian Community Engagement (SACE) Summit, an important event hosted by Peel Regional Police (PRP).

The summit brought together a diverse group of community members, leaders, and organizations to discuss and address the unique needs and challenges faced by the South Asian community in the region.

Celebrating Success and Collaboration
The SACE Summit was a resounding success, marked by engaging discussions, informative sessions, and a strong sense of community. PCHS extends its heartfelt thanks to Peel Regional Police for organizing and hosting this pivotal event. Their commitment to fostering a culturally responsive and inclusive approach to community engagement was evident throughout the summit.

“We are grateful for the opportunity to participate in such a meaningful event,” said Ansjyot Kapoor, Sr. Manager of Health Promotion and Prevention at PCHS. The summit provided a valuable platform for dialogue and collaboration, allowing us to share insights and learn from each other.”

Fostering a Culturally Responsive Approach
One of the key themes of the summit was the importance of cultural responsiveness in service delivery. The event highlighted the necessity of understanding and addressing the specific cultural contexts and needs of the South Asian community to improve overall service effectiveness and accessibility.

Leading to the summit, PCHS staff engaged in consultant sessions with PRP to discuss enhancing cultural competency. Topics ranged from mental health awareness to community safety, all tailored to resonate with the South Asian demographic.

Building Stronger Community Ties
The SACE Summit served as a testament to the power of collaboration and community engagement. By bringing together law enforcement, community organizations, and local leaders, the summit facilitated the development of actionable strategies to address critical issues. These include improving mental health and addiction support, enhancing public safety, and fostering a stronger sense of community belonging.

As PCHS reflects on the success of the summit, it is clear that events like these are crucial for driving positive change and fostering a deeper understanding between service providers and the communities they serve.

Celebrating Seniors in Ontario: Honouring a Lifetime of Contribution

Palavi Sandhu, Case Manager, Geriatrics Program

In Ontario, June is designated as Seniors Month, a time to reflect on the lasting impact seniors make on the community and society at large. This year's theme is "Working for Seniors", which recognizes the essence of honoring our elders for their lifelong dedication to shaping our communities as well as our collective commitment to ensure the well-being and dignity of our elderly population.

Throughout their lives, seniors have tirelessly worked to shape Ontario into the vibrant and prosperous province it is today. Their dedication, perseverance, and wisdom have laid the foundation upon which we continue to build and thrive on. Seniors Month is a touching reminder of the debt and gratitude we owe to these innovators.

At the heart of our efforts to honor seniors is the recognition and celebration of their accomplishments and milestones. It's a time to cherish the memories they've created, the wisdom they've imparted, and the legacies they've created. Each achievement, big or small, serves as a testament to their resilience and determination.

At PCHS we are committed to working for seniors, we are actively involved in initiatives that support their well-being and enhance their quality of life. One endeavour is the funding of Seniors Active Living Centre programs. These programs spread across communities, focus on promoting wellness, fostering social connection, and providing education opportunities for seniors.

As apart of our efforts, we were proud to host physiotherapy by Sukhmini Bedi (CVFHT) on June 6th, 2024, here at PCHS, as well as Fall Prevention on June 20th, 2024, and Elder Abuse Awareness on June 21st, 2024. These events aimed to support and educate our community's seniors, providing valuable resources and fostering a safe and inclusive environment. Moreover, we are dedicated to simplifying access to essential programs and services for seniors in Ontario. From tax credits to healthcare resources, caregiving support, housing assistance, and transportation options, we're striving to ensure that seniors can easily access the assistance they need.

As we celebrate Seniors Month, let's not only recognize the remarkable contributions of our seniors but also reaffirm our commitment to supporting and empowering them. Together, let's continue working for seniors, ensuring that they enjoy fulfilling and proudly serving the lives in the province they've helped shape and enrich.

Elder Abuse Awareness Day

Asha Ashwal, Caregiver Support Worker, Geriatrics Program

World Elder Abuse Awareness Day is observed in June each year. The Purpose of the day is to raise awareness about elder abuse and neglect, promote understanding, and advocating for the well-being of older persons worldwide.

PCHS did a presentation for Seniors on June 21, 2024. We talked to seniors about how elder abuse can take various forms, including physical, emotional, sexual, and financial abuse, as well as neglect. Through World Elder Abuse Awareness Day, we highlighted the millions of older adults who experience abuse, neglect, and financial exploitation, emphasizing the importance of elder justice and our collective role in addressing this critical issue.

Here are some ways we talked about supporting Elder Abuse Awareness Day:
Raise Awareness: Spread the word about elder abuse by sharing information with your friends, family, and community. Use social media, organize awareness events, or participate in local campaigns.

Learn the Signs: Educate yourself about the signs of elder abuse. Recognizing the signs early can help prevent further harm. Common signs include unexplained injuries, sudden changes in behavior, and financial exploitation.

Support Organizations: Contribute to organizations that work to prevent elder abuse. Consider donating to or volunteering with local nonprofits, senior centers, or legal aid services that focus on elder rights.

Advocate for Policies: Advocate for stronger laws and policies that protect older adults. Contact your representatives and express your support for legislation that addresses elder abuse prevention and victim support.

Be Vigilant: If you suspect elder abuse, report it. Contact local authorities, adult protective services, or a helpline dedicated to elder abuse. Your intervention can make a difference.

We also mentioned that supporting World Elder Abuse Awareness Day is about creating a safer environment for our seniors and promoting respect and dignity for all.

Launch of PCHS Mental Well-Being Website: A New Chapter in Community Support

Sachi Patel, Office Assistant-Operations

Punjabi Community Health Services (PCHS) proudly unveiled its new Mental Well-Being website, marking a significant milestone in our ongoing commitment to mental health.

We launched the event at our head office on June 21st, 2024. We had enthusiastic participation of PCHS supervisors and staff, underscoring the importance of this initiative.

The newly launched PCHS Mental Well-Being website is a thoughtfully designed platform dedicated to supporting the mental and emotional well-being of our community. In recognition of the growing significance of mental health, this initiative aims to provide a comprehensive array of resources and tools that empower individuals to maintain and enhance their mental wellness.

For more information, visit the PCHS Mental Well-Being website www.pchs-wellbeing-support.com

Newcomer Youth Program Workshops

Disha Mehta, Youth Worker - Settlement Program

The Newcomer Youth team hosted month-long on-going programming with various enriching educational workshops and cultural activities designed to build essential skills and foster community for newcomer youth.

The workshops and on-going programming were held in Malton Youth Hub for the entire month of June. On each Monday of the month the youth team provided Exam Prep workshops, where the newcomer youth learned organizational skills in prepping for the exams. They were taught how to prioritize content they have learned over the school year as well as how to effectively use certain learning material. Moreover the youth were taught how to practice self-care to manage stress during exam periods. Each Wednesday of the month of June was dedicated to Cultural Pavilions, providing the youth with a unique opportunity to explore and celebrate diverse cultures. The youth got to explores cultural themes from Jamaica, Afghanistan, India, and China through engaging in varies activities that included visual arts, traditional clothing, ethnic foods, and music. This not only enhanced their cultural appreciation but also allowed them to connect with their heritage and understand different traditions.

Last but not least, on Fridays the PCHS Newcomer Youth team engaged Newcomer Youth to focus on developing culinary skills. The youth learned useful cooking techniques such as preparing meals which included making pancakes, indian appetizers, pasta and garlic bread. These activities equipped the newcomer youth with practical life skills, broadened their cultural knowledge, and strengthened their sense of belonging and community integration.

Novo Nordisk and PCHS: Raising Diabetes Awareness in Mississauga

Navdeep Kaur, Community Health Ambassador

HPCS, in collaboration with Novo Nordisk, undertook a community health initiative in Mississauga aimed at raising awareness about diabetes. The team organized 15 in-person sessions designed to educate the community on diabetes in simple terms, complemented with visual aids for enhanced comprehension.

These sessions, tailored specifically for the South Asian community, were conducted in languages such as Punjabi, Hindi, and Urdu to ensure inclusivity.

At the final session held at Burnhamthorpe Community Center, the community had the opportunity to receive in-person guidance from a dietician and a registered nurse. Additionally, a bio-ped expert was on hand to educate attendees about the importance of appropriate footwear in diabetes prevention.

The initiative successfully reached over 700 individuals, received positive feedback from attendees who expressed increased confidence in managing diabetes. This favorable response sparked interest from other groups seeking similar education and health improvement opportunities.

Understanding Breast Cancer, Importance of Screening and Preventive Care Planning

Fariha Muqueet, Preventative Care Specialist

Breast cancer originates in the cells of the breast and develops into a cancerous (malignant) tumor, a cluster of cells that can invade and destroy nearby tissues. This type of cancer can also spread (metastasize) to other parts of the body, making early detection and treatment crucial.

Types of Breast Cancer
Breast cancer primarily begins in one of two places: the ducts or the lobules. Ductal carcinoma, which is the most common type of Breast Cancer, starts in the cells that line the ducts, which carry milk from the glands to the nipple.2 Lobular carcinoma, on the other hand, begins in the cells of the lobules which produces milk. Both ductal and lobular carcinomas can be in situ (non-invasive), meaning they remain confined to their place of origin, or invasive, indicating they have spread into surrounding tissues. 2

Signs and Symptoms of Breast Cancer
Breast cancer may not present any signs or symptoms in its early stages, with symptoms often appearing as the tumor grows.3 The most common symptom of is a firm or hard lump in the breast that feels different from the surrounding tissue. Additional symptoms include a lump in the armpit, changes in breast shape or size, alterations to the nipple such as inversion and spontaneous nipple discharge which may contain blood.3

Risk Factors Most breast cancers occur in women due to the exposure of breast cells to the female hormones, estrogen and progesterone. Other risk factors include having a family history of breast cancer, BRCA genetic mutations, smoking, alcohol consumption, use of feminizing hormones and oral contraceptives.4

Rising Burden of Breast Cancer Projections for 2024 indicate an increase in both new cases and deaths due to breast cancer, emphasizing the need for effective screening and early intervention. Getting screened regularly with mammography is important because it can find cancer early when it is less likely to have spread to other parts of the body and treatment may also have a better chance of working.5

The Ontario Breast Screening Program (OBSP) has established guidelines to aid in the early detection of breast cancer. The OBSP outlines two primary risk categories for breast cancer screening:

Average Risk: This category includes women, as well as trans, non-binary, and 2-spirit individuals aged 50-74. It is recommended that these individuals undergo a mammogram every two years. Currently, Ontario is looking to lower the age group to include individuals aged 40-49 years old.

High Risk: This category includes people aged 30-69 who meet specific High Risk OBSP eligibility criteria who should be screened annually using both mammography and breast MRI, or a screening breast ultrasound if MRI is not medically suitable.

Preventative Care Planning: The Preventive Care Program (PCP) at PCHS focuses on enhancing breast cancer screening and prevention for underserved and equity-deserving populations. The initiative involves trained Prevention Care Specialists who help participants develop personalized care plans, educate on breast cancer prevention and screening, and connect individuals to relevant programs and Ontario Breast Screening Program (OBSP) sites. The program also facilitates access to primary care and comprehensive resources and follows up with participants to monitor their progress and support early detection and management of breast cancer.6

For more information about the Preventative Care Program at PCHS contact supportline@pchs4u.com or call 437-243-3735.

Unhoused Youth

Satvinder Nagra, Counselor/Case Manager, Addictions

"More than 235,000 people in Canada experience homelessness in any given year, and 25,000 to 35,000 people may be experiencing homelessness on any given night" (Stephenson Strobel, and Rahat Hossain. January 20, 2021).

Moreover, the issue of Homeless youth, in general, is more complicated and complex compared to Homeless adults. One of the main concerns is mainstream society not accepting the fact that youth are rendered homeless. They perceive the homeless youth as scary individuals, criminals, and addicted to drugs.

The issue of homeless youth is serious and there are many reasons for which youth become homeless. It could be a broken family child, unemployment, foster care, bullied marginalized society kid, etc.

The feeling of becoming Homeless is disturbing at any age. The challenges faced by the homeless youth are quite different from the homeless adult. A young person becomes homeless when he is still dependent on many things and thus, they do not develop a sense of responsibility. Youth are also going through developmental changes such as physical, cognitive, emotional, and social. Homeless youth also go through traumatic experiences and that has an impact on their future.

Leading Causes of Homeless Children and Youth
According to the Canadian Encyclopedia, the Child Welfare System is a system of children's aid societies run by the provincial government as well as private organizations to provide a substitute for parental care for children/youth. The goal is to provide support, guidance, and wellness to children in need. Some examples include the foster care system and group homes. (Canadian Encyclopedia, 2022)

Unfortunately, the system suffers from many problems including underfunding, staffing cuts and the limited number of foster families and resources. McMurty states that "due to this, many children a part of these systems are victims of abuse and neglect." The Children's Aid Foundation of Canada has recently uncovered that there are approximately 63,000 children in the Child Welfare system in Canada. (CAFOC, 2022)

Youth without Shelter, an organization states that one of the leading causes of youth homelessness is aging out of the foster care system (Youth without Shelter, 2022). Research has shown that over 40% of homeless youth in Canada have been involved with Child Welfare services including foster care and group homes (Homeless Hub, 2022). Another leading cause of homelessness stated by Youth Without Shelter, is when children and youth flee either the Welfare System (foster care/group home) or their parental home due to negative home environments (Youth Without Shelter, 2022). For example, if a child is experiencing a toxic home environment such as neglect or abuse, they may run away and because of lack of financial and emotional support, end up homeless.

Leading Causes of Homeless Children and Youth
Family Conflict: Many homeless youth experience family conflict, particularly with their parents, and some suffer from caregiver abuse.

Mental Health & Addictions Challenges: Youth homelessness is often driven by their own or their parents' untreated mental health and addiction issues. Prior to homelessness, many experience significant mental health distress, with 14.8% attempting suicide.

Abuse: Many homeless youths have faced childhood abuse. Parental lack of understanding about mental health issues also contributes to youth homelessness.

Lack of Affordable Housing: High living costs and rental rates exacerbate homelessness in Canada, with governmental policies often challenged by property owners.

Lack of Employment Opportunities: Homeless youth often lack guidance and educational opportunities, leading to limited employment prospects and exploitation at low wages.

Aging out of Child Protective Services: Aging out at 18 leaves vulnerable youth unprotected, increasing their risk of engaging in anti-social activities.

LGBTQ2S Community: A significant number of homeless youth identify as LGBTQ2S+ and face homelessness due to community rejection and lack of support for education and employment.

Marginalization: Despite anti-racism and anti-oppression efforts, marginalized groups, including Indigenous individuals, racialized communities, low-income individuals, and single parents, still lack equal opportunities.

Immigration: Immigrants often face discrimination, limited access to social programs, employment barriers, and delays in work permits and affordable housing.

Risk & Protective Factors for Homeless Youth
Risk factors for homeless youth often interrelate, leading to compounded issues. Lack of employment stems from inadequate support and resources, making it difficult to obtain necessary items like a phone, computer, home address, and government forms. This hinders job applications and sustained employment, further complicating their ability to secure permanent residence or build social support networks.

Recommendations
Supporting homeless youth requires comprehensive community efforts. Here are some recommendations:

Donate to Local Shelters: Contribute clothing, food, books, and essential items to improve youth lives.
Share Resources: Educate yourself on available community resources and share this knowledge to help others.
Volunteer and Fundraise: Engage with organizations like Horizons for Youth, which provides education, volunteer opportunities, and fundraising efforts to support homeless youth.

Pride Month

PCHS staff have been actively collaborating and supporting the Peel Pride advisory committee. Communications Officer, Arashdeep Chahal, headed the promotions group for the event. The Anti-Racism Anti-Oppression (ARAO) Committee will represent PCHS with a booth set-up at the event.

PCHS celebrated Eid-al-Adha

Kanwalpreet Kaur, Program Coordinator: Building Capacity Program

Eid al-Adha, also known as the Festival of Sacrifice, is one of the major Islamic holidays celebrated worldwide. It commemorates the willingness of Ibrahim (Abraham) to sacrifice his son as an act of obedience to God's command. However, before Ibrahim could carry out the sacrifice, God provided a ram to sacrifice instead.

During Eid al-Adha, Muslims around the world commemorate this event by sacrificing an animal (usually a sheep, goat, cow, or camel) and distributing its meat among family, friends, and the needy. The festival marks the end of the Hajj pilgrimage to Mecca and is observed with prayers, feasts, and the exchange of gifts.

It's a significant time for Muslims to come together in prayer, reflection, and acts of charity, emphasizing the values of sacrifice, generosity, and community solidarity. Therefore, PCHS celebrated with organizing a small feast in the lunch room where everyone could come and partake in the celebratory lunch.

Discriminatory Hiring Processes: An Unfortunate Reality

Kanwalpreet Kaur, Program Coordinator: Building Capacity Program

Discrimination can be felt in almost every sphere of human existence and makes itself evident in one form or the other. One of the aspects where discriminatory practices are oftentimes felt by newcomers is the hiring process undertaken by employers in Canada.

In order to bring about a shift in workplace discrimination, we must look at the unspoken, but nonetheless prevalent, racism in hiring practices and discrimination against newcomers to Canada.

As a requirement, demanding Canadian experience is discriminatory and illegal under the Ontario Human Rights Code as well as other national legislation.

The Ontario Government Spells Out Hiring Guidelines Clearly:

"Some employers may mistakenly believe that the only way for a job applicant to show that they "have what it takes" to be effective or "fit" in a Canadian workplace is to show that they already have experience working in Canada. These employers may think that a Canadian experience requirement can be used as a short-cut, or a proxy, to measure a person's competence and skills. "…imposing requirements of this nature may contravene the Code. A requirement for Canadian experience, even when implemented in good faith, can be a barrier in recruiting, selecting, hiring or accrediting, and may result in discrimination."

The stories of professionals from other countries struggling to make it through the equivalency process and taking up jobs that don't do justice to their credentials are not only heart-rending but also eye-opening, specially if the rising number of immigrants is to be considered.

According to the Toronto Census Profile for 2019, out of 6.2 million people in the Greater Toronto Area (GTA), 49% are visible minorities. Therefore, as Canada continues to become increasingly multicultural with 300,000 immigrants arriving annually, considering out-of-country experience will be crucial. Not only this, employers will have to make conscious effort to get rid of biases, conscious and subconscious, to combat discriminatory practices. Hence, the only question to be asked after ascertaining a candidate's skills for the job is: Are you eligible to work in Canada?

Everyone deserves a fair chance to prove their mettle and newcomers are no different. Hiring practices should be more accepting and accommodative of foreign skilled professionals.

Diverse Dialogues: ARAO Committee Explores the Human Library Experience

The ARAO committee took part in the Human Library experience, an international movement originating in Copenhagen in 2000. Instead of borrowing books, participants engage in conversations with diverse individuals to challenge their biases and broaden perspectives. Our staff had the chance to connect with people they would not normally encounter, sparking reflections on the power of dialogue and breaking down societal barriers. The Human Library experience promotes personal growth and challenges preconceived notions.

Kanwalpreet Kaur reflects, book one shared their experience on sexual abuse as both a child and adult. Her experience sharing gave me insight into gender-based violence and that sexual abuse and assault are not always related to the power struggle, as is generally portrayed; it could be multifactorial and multi layered. It also shed light on how and why to trust your instinct when you feel you have landed in a precarious situation.

Book two shared how his homosexuality became an impediment to his success. That he was discriminated against and that at multiple occasions he didn't get the reward, promotion, and recognition because of his sexuality. Additionally, on being asked he also shared that he couldn't disclose his sexuality to his family as well, specifically his parents, as none of this was discussed at home. This made him bottle up everything and made him resort to substance use. His experiences focused on believing in oneself and being proud of one's choices no matter what the world thinks.

This experience sharing had a lot of wisdom and insights that helped me understand things from a trauma informed perspective. These sessions are highly recommended for a better and in-depth understanding of the phenomenon called 'being human'.

Samandeep Kaur reflects, during the Human Library experience, first book "wheelchair" shared her experiences of facing societal prejudices due to her disabilities and the added challenges as a Muslim woman, highlighting the lack of support. Despite these hurdles, she actively advocates breaking stereotypes and empowering individuals with disabilities, particularly within the Muslim community, yet continues to combat discrimination.

Another human book "Autistic", described her journey of self-discovery after realizing she felt different. Research led her to identify with autism, confirmed by professional diagnosis. Discovering her cousin shared the condition provided further insight into her experiences.

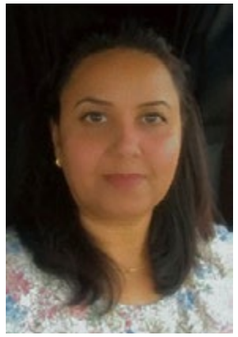
Both stories emphasize the importance of self-awareness and understanding one's identity. They illustrate resilience in the face of societal barriers and advocate for inclusivity. Their experiences underscore the need to embrace diversity, educate others, and promote acceptance in creating supportive communities that value individual contributions.

Gursharan Kaur reflects, connecting with human books has been a transformative journey, enriching my life in profound ways. Delving into their stories has opened my eyes to the depth of human experience, showcasing the remarkable resilience and unwavering determination to thrive despite

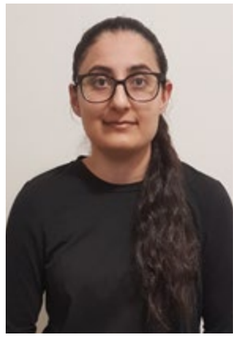
adversity. Witnessing their courage in sharing deeply personal narratives with strangers has inspired me to cultivate a similar fearlessness in my own life.

Each encounter with a human book is an opportunity to immerse myself in a narrative that transcends mere words on a page. It's a chance to walk alongside individuals who have weathered storms, faced unimaginable challenges, and emerged stronger on the other side. Their stories serve as poignant reminders of the human capacity for endurance, empathy, and growth.
Ultimately, connecting with human books is more than just an exchange of words; it's a celebration of our shared humanity. It's about fostering genuine connections, breaking down barriers, and building bridges of understanding. In a world often marked by division and discord, these encounters serve as beacons of hope, reminding us of our capacity to connect, to empathize, and to grow together.

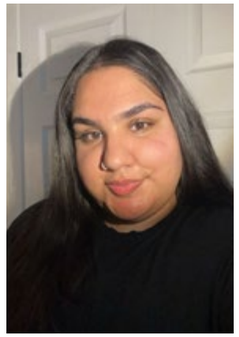
Welcome New Staff!



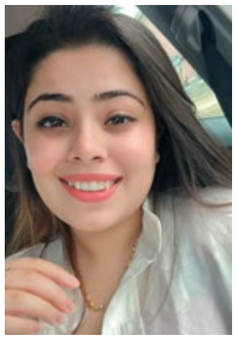
Gagandeep Kahlon
Receptionist



Jasneet Bains
Family Worker- OAP



Manmeet Mann
Case Manager, MH, RRSL



Prabhdeep Kaur
Case Manager, MH

Rachel Tacsuan
Community Agency Subsidy Program Coordinator (CASP Coordinator)

Client 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."
-PCHS Client (Geriatrics Program)

22ND ANNUAL INTERNATIONAL WOMEN'S DAY GALA

THANK YOU TO OUR SPONSORS!

Platinum Sponsors

EMERALD MEDICAL PRACTICE

RAMANJIT SIDHU
REGISTERED INSURANCE BROKER

Gold Sponsors

Human Endeavour
humanendeavour.org

Silver Sponsors

AJAX | BRAMPTON CREMATORIUM & VISITATION CENTRE

Mutta Consultants Inc.

Social Planning Council of Peel

Dots by Dots

CHANGE IS POSSIBLE COUNSELLING SERVICES

Bronze Sponsors

Smiles4U FAMILY DENTISTRY

Hardeep Mann CPA PROFESSIONAL CORPORATION

HDCPA

KAL CHOKSI

Community Supporters

MUDASSARA ANWAR
AMANJIT KAHLON
ANSJYOT KAPOOR
JASWINDER BASSAN
JASDEEP SIHOTA
RETOUCH DÉCOR

Flashback to Fiscal Year 2023-2024 AGM Report Coming Soon...









pchs
Leading With Conviction And Courage

50 Sunny Meadow Blvd,
BramptonOntario L6R 0Y7

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

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

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

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

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

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

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

SCAN TO DONATE

@PCHS4U

PHONE: (905) 677-0889 EMAIL: INFO@PCHS4U.COM WWW.PCHS4U.COM