PCHS

HEALTH MAGAZINE



04
Breast Cancer Awareness Month

07
Global Diversity Awareness Month

16
Mental Health & Addictions Forum

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CONTENT
HIGHLIGHTS

03
Letter from the CEO

04
Breast Cancer Awareness Month

07
Global Diversity Awareness Month

12
World Stroke Day

15
Representing PCHS at EPION 2026

16
Mental Health & Addictions Forum

18
PCHS Management Retreat

21
Different Spokes Activities

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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



As we welcome November, I want to reflect on a meaningful and engaging October at Punjabi Community Health Services (PCHS). Throughout the month, our teams continued to demonstrate their commitment to promoting health, strengthening community connections, and empowering individuals and families through education, awareness, and compassionate support.

October was Breast Cancer Awareness Month, an important reminder of the value of early detection, regular screening, education, and community support. Our Sahara Health Promotion & Prevention Program (SHPP) team, in partnership with Roots Community Services, hosted a Breast Cancer Awareness event to foster conversations about breast health, raise awareness, and empower individuals to take proactive steps toward their well-being. I sincerely appreciate our team and community partners for advancing health education and reducing barriers to accessing information and support.

Another highlight was our Mental Health and Addictions Community Forum 2026, Finding Our Way Forward: Mental Health, Addictions & Community Well-Being, hosted by PCHS Sahara Mental Health and Addiction Programs at Natraj Banquet Hall in Mississauga. This free community forum brought together community members, caregivers, advocates, and professionals for informative presentations, interactive discussions, networking, and opportunities to learn about available community resources. The forum reinforced the importance of open dialogue, stigma reduction, and collective action to build a healthier, more inclusive, and supportive community.

We also held our Quarterly Staff Meeting at Century Gardens Recreation Centre in Brampton, giving staff across our programs and departments a valuable opportunity to connect, collaborate, share updates, and reflect on our collective achievements and priorities. I sincerely thank every member of the PCHS team for their continued commitment to service excellence.

Looking Ahead to November and December:

As we enter the final months of 2026, we look forward to two meaningful PCHS initiatives: Friends of PCHS and Project Khushi.

Friends of PCHS offers an opportunity to celebrate relationships, recognize our supporters' contributions, report back to the community, and strengthen community engagement. Project Khushi, our annual holiday giving initiative, embodies compassion and generosity by bringing joy and essential support to individuals and families during the holiday season.

I encourage our community members, partners, volunteers, and supporters to stay connected and participate in these upcoming initiatives. Together, we can continue to make a meaningful difference in the lives of those we serve.

As always, I extend my heartfelt gratitude to our staff, Board of Directors, volunteers, funders, community partners, and supporters for their unwavering dedication to PCHS's mission.

Together, we continue to build healthier individuals, stronger families, and more connected communities.

BREAST CANCER AWARENESS MONTH

By: Mehar Roop Kaur, Preventive Care Specialist



Every October, the world turns a familiar shade of pink. We pin ribbons to our chests and come together as communities to recognize **Breast Cancer Awareness Month**. Over time, the pink ribbon has become a symbol of hope and solidarity, honoring those who have lost their lives to breast cancer while celebrating the strength of those living with and beyond a diagnosis.

Breast cancer is the most commonly diagnosed cancer among women in Canada, with an estimated 1 in 8 women developing the disease during their lifetime (Canadian Cancer Society, 2026). In Ontario, 83% of cases are diagnosed in women aged 50 or older (Public Health Agency of Canada, 2023).

Despite the importance of early detection, screening disparities persist among underserved communities (Crawford et al., 2016). Wilkinson et al. (2025) found that South Asian women were more likely to be diagnosed with breast cancer at a later stage, potentially contributing to poorer health outcomes. Factors such as limited screening awareness, concerns about modesty, language barriers, and cultural expectations around family responsibilities may influence screening participation (Anderson de Cuevas et al., 2018). Addressing these barriers is essential to improving access to timely screening.

Understanding Your Risk

Although breast cancer can affect anyone, certain factors can increase an individual's likelihood of developing the disease. Risk factors fall under two categories: non-modifiable factors, which cannot be changed, such as age, genetics, and family history, and modifiable factors, including alcohol consumption, physical inactivity, and obesity (National Breast Cancer Foundation, 2025). Having risk factors does not necessarily mean that you will develop breast cancer.

To better understand your risk, please contact one of our Preventative Care Specialists or visit https://www.mycanceriq.ca/Cancers/Breast.



Recognizing the Signs

Breast cancer may develop without noticeable symptoms. Changes to watch for include:

- A firm or hard lump that feels very different from the rest of the breast
- A lump in the armpit
- Changes in the shape or size of the breast
- Changes to the nipple, including sudden inversion
- Unusual nipple discharge, particularly if bloody.

If you notice any unusual changes, speak with your primary care provider or nurse practitioner.

The Ontario Breast Screening Program (OBSP)

Screening is a crucial part of preventative care. It refers to the proactive process of checking for signs of disease or a health condition in individuals who do not have symptoms, allowing for earlier detection and timely intervention (Canadian Cancer Society, 2024). Mammograms are specialized X-rays that can detect breast abnormalities that may be too small to feel or cause noticeable symptoms. Through the OBSP, women, Two-Spirit, trans and nonbinary people aged 40 to 74 who are at average risk are eligible for screening every two years if they:

- have no new breast cancer symptoms or personal history of breast cancer
- have not undergone a mastectomy
- have not had a screening mammogram within the last 11 months
- if transfeminine, have used feminizing hormones for at least 5 consecutive years.

Eligible individuals can book a mammogram directly through an OBSP screening location without a referral. Those over 74 should speak with their primary care provider about whether screening is right for them.

Awareness Starts with You

This Breast Cancer Awareness Month, take a moment to learn about your risk, recognize the signs, and stay informed about screening. Encourage your loved ones to do the same, because greater awareness can make a difference in early detection and help more individuals lead healthy, fulfilling lives.

To learn more, visit cancercareontario.ca/breast or contact us at supportline@pchs4u.com for additional information and support.



On **Saturday, October 24th**, the Sahara Health Promotion and Prevention (SHPP) team partnered with **Roots Community Services** to host a Breast Cancer Awareness event in recognition of Breast Cancer Awareness Month.

The session focused on increasing community awareness of breast cancer, including common risk factors, signs and symptoms, how to perform a breast self-examination, how to get screened in Ontario, and connecting with supports after a diagnosis. The event encouraged informed conversations about breast health and reinforced the importance of community support.
One incredibly impactful part of the event was hearing directly from community members who had either survived breast cancer or cared for loved ones with the condition. Their stories offered valuable insight into the emotional and physical challenges of navigating breast cancer, while emphasizing the importance of having a strong support system. By bringing education and lived experiences together, the event demonstrated how community partnerships can help make breast health information more accessible and encourage individuals to take active steps towards good health and wellbeing.

A special thank you to Wellspring, Wellfort Community Services, Black Health & Social Services Hub Peel, and Haus of Kahley Beauty for supporting the event!

Global Diversity: Celebrating Differences and Building Stronger Communities

By: Naida Wahib, Team Lead (SSS & Malton Drop-In Program)



Global diversity reflects the many cultures, languages, traditions, beliefs, and lived experiences that shape our world. It brings people from different backgrounds together, creating opportunities to learn, share perspectives, and build meaningful relationships. Embracing diversity helps create healthier, more inclusive communities where everyone feels respected, valued, and supported.

Understanding Cultural Differences

Cultural diversity is reflected in the ways people communicate, celebrate, dress, prepare food, and maintain traditions. Festivals, music, art, and family customs offer opportunities to appreciate the richness of different cultures. Language is equally important because it connects people to their identities, heritage, and communities. Access to interpretation and translated information can help individuals overcome communication barriers and participate more fully in society.

Recognizing Lived Experiences

Every person has a unique story shaped by family, education, migration, employment, health, and personal circumstances. These experiences influence people's strengths, challenges, and needs. Listening without judgment and avoiding assumptions help us understand others more deeply and respond with empathy and respect.

Why Global Diversity Matters

Diversity introduces new ideas, broadens perspectives, and encourages creativity and collaboration. When people from different backgrounds work together, they can learn from one another, challenge stereotypes, and develop a stronger understanding of shared challenges. Recognizing differences also helps reduce discrimination and promotes fairness and equal opportunities.

Inclusion and Community Well-Being

Inclusion ensures that everyone has the opportunity to participate and contribute. Respectful communication, accessible services, cultural awareness, and meaningful community partnerships help people feel a sense of belonging. Inclusive communities can strengthen social connections, reduce isolation, and support emotional and physical well-being. When individuals feel heard and valued, they are more likely to participate actively and contribute positively to their communities.

Building a More Inclusive Future

We can promote global diversity through everyday actions: learning about different cultures, respecting individual choices, challenging discrimination, and treating everyone with dignity and fairness. Organizations can support these efforts by providing culturally responsive services, accessible information, and opportunities for community engagement. Global diversity is a strength that enriches our lives and communities. By celebrating cultural differences, respecting languages and traditions, and recognizing individual experiences, we can foster understanding, inclusion, and well-being. Together, we can build a society where everyone has the opportunity to belong, contribute, and thrive.

Understanding Relapse: When Life's Challenges Impact Recovery

By: Sandeep Sekhon, Addictions Case Manager

Recovery is a journey, not a straight line. Overcoming alcohol addiction requires commitment, resilience, and support. However, challenges such as unemployment, financial stress, and family conflict can increase the risk of relapse—a return to alcohol use after a period of recovery.

A Story of Recovery and Resilience

Consider a 32-year-old man who successfully maintained sobriety for six months. After unexpectedly losing his job, financial pressures, family disagreements, and repeated job rejections left him feeling isolated and hopeless.

As stress increased, he began experiencing alcohol cravings. Following a family argument, he returned to drinking and experienced overwhelming guilt and disappointment.

But does one setback erase six months of progress? Absolutely not. Recovery is about learning, growing, and finding ways to move forward.

What Can Trigger a Relapse?

Relapse can be influenced by several factors, including:

Financial stress: Unemployment and financial insecurity.

Family conflict: Strained relationships and emotional distress.

Social isolation: Lack of meaningful connections and support.

Emotional challenges: Stress, anxiety, frustration, or hopelessness.

Recognizing these triggers can help individuals seek support and strengthen their recovery strategies.

Building a Stronger Path to Recovery

Small, meaningful steps can support long-term recovery:

- Manage stress through mindfulness and healthy coping strategies.
- Maintain a routine with regular activities and achievable goals.
- Stay connected with supportive family, friends, and peers.
- Seek professional support through counseling and relapse prevention planning.
- Practice self-compassion instead of focusing on guilt or shame.

How PCHS Can Help

At Punjabi Community Health Services (PCHS), we understand that addiction is often connected to broader life challenges. Through culturally responsive addiction counseling, peer support, case management, and group programs, we help individuals build coping skills, manage stressors, and strengthen their support networks.

Recovery Is About Progress, Not Perfection

A relapse does not mean failure. With compassion, appropriate support, and healthy coping strategies, individuals can continue working toward recovery.

If you or someone you know is struggling with alcohol use, reach out to PCHS for support. Remember, every step forward matters, and no one needs to navigate recovery alone.



National Breastfeeding Week



By: Arshvir Sidhu, SHPP Nursing Placement Student

Every year during the first week of October, National Breastfeeding Week (NBW) is celebrated across Canada. It is held during the 40th week of the year to symbolize the length of full-term pregnancy and highlight the days of a newborn's life (Breastfeeding Committee for Canada). NBW raises awareness of the benefits of breastfeeding and celebrates the different roles involved in supporting it. This year, the Breastfeeding Committee for Canada's theme is Breastfeeding for a sustainable start in Life: Strengthen what works. (Breastfeeding Committee for Canada). They're focused on sharing how breastfeeding helps with nutrition, food security and poverty reduction.

Benefits of Breastfeeding

Breastfeeding offers many benefits including providing essential nutrients for your baby, helps protect them from infections and diseases, and supports the mother's physical health (Government of Canada, 2026). Breastfeeding is the best start for your baby's nutrition because it is easy on their digestive system and provides the right amount and quality of nutrients. (Canadian Pediatric Society, 2020). Nutrition is very important during the early stages of your child's life, as it helps build your child's immune system and protects mothers from various health issues such as breast cancer, ovarian cancer and weak bones in the future (Government of Canada, 2026). Compared to formula feeding, breastfeeding is easy to access and always available for your infant. Breastfeeding saves money and is always available whenever your baby is ready to eat. (Government of Canada, 2026).

Community Breastfeeding and Infant Feeding Resources

Breastfeeding can be challenging, especially in the beginning. At PCHS, we encourage families to access supportive resources offered by Peel Region.

Peel Public Health offers inclusive infant feeding support through telephone consultations, home visits, and clinic appointments. The Breastfeeding Companions program also connects new parents with experienced breastfeeding supporters.

To access these services, visit the Peel Region website or call 905-799-7700 to speak with a public health nurse.

For additional information, contact peelhealth@peel.region.ca or call 905-799-7700, Monday to Friday, 8:30 a.m. to 4:30 p.m.

World Stroke Day 2026: Every Minute Counts!



By: Bramhleen Kaur – SHPP Nursing Placement Student

Did you know that a stroke happens approximately every five minutes in Canada?
With more than 108,000 strokes occurring annually, knowing the warning signs could make a life-saving difference.
This World Stroke Day, the global theme **"Every M1nute Counts"** reminds us that when it comes to stroke, every second matters. Recognizing the symptoms and acting quickly can improve a person's chances of survival and recovery.

What Happens During a Stroke?

A stroke occurs when blood flow to part of the brain is blocked or when a blood vessel in the brain bursts. Without enough oxygen, brain cells can become damaged within minutes.
Strokes can affect anyone, regardless of age, and may impact movement, speech, memory, and everyday activities.

Can You Spot a Stroke? Remember BE FAST!

Knowing these six warning signs could save someone's life:

- B – Balance: Sudden dizziness or loss of balance
- E – Eyes: Sudden blurred vision or vision loss
- F – Face: Is one side of the face drooping?
- A – Arms: Is there sudden weakness in one or both arms?
- S – Speech: Is speech slurred or difficult to understand?
- T – Time: Call 911 immediately!

Other signs can include sudden confusion, weakness on one side of the body, or a severe headache.
Important: Even if symptoms disappear, call 911. This could be a transient ischemic attack (TIA), also known as a mini-stroke, which may signal a future stroke.

Test Your Knowledge!

True or False: If someone's stroke symptoms disappear after a few minutes, they no longer need emergency medical attention.
Answer: FALSE!
Even temporary symptoms can indicate a medical emergency. Never wait to see whether someone gets better. Call 911 immediately.

Are You Taking Steps to Prevent a Stroke?

While some risk factors, such as age and family history, cannot be changed, healthy lifestyle choices can help reduce your risk.

Your Stroke Prevention Checklist:

□ I make time for regular physical activity.

□ I include fruits, vegetables, and balanced meals in my diet.

□ I monitor my blood pressure and cholesterol.

□ I avoid smoking and tobacco products.

□ I manage health conditions such as diabetes.

□ I attend regular checkups with my healthcare provider.

How many boxes can you check? Choose one healthy habit to focus on this month!



A Message from PCHS: Be Stroke Aware!

This World Stroke Day, we encourage everyone to take a few minutes to learn the warning signs, understand their risk factors, and share this knowledge with family and friends.

Here's your challenge: Share the BE FAST warning signs with at least three people today. A simple conversation could help save a life!

Remember, when it comes to stroke, Every M1nute Counts!

Sources: World Stroke Organization (2026); Heart & Stroke Foundation of Canada; Public Health Agency of Canada.

CELEBRATING THANKSGIVING WITH OUR SENIORS AT PCHS



By: Asha Ashwal, Caregiver Support Worker

PCHS celebrated **Thanksgiving** with joy, gratitude, and togetherness through a variety of engaging activities organized across our seniors' community groups. The celebrations provided a wonderful opportunity for seniors to come together, socialize, share experiences, and embrace the festive spirit of the season.

Filled with smiles, laughter, and meaningful interactions, the gatherings encouraged participants to reflect on the importance of gratitude, friendship, and community. Seniors enthusiastically participated in group activities, creating a warm and welcoming atmosphere where everyone felt included, connected, and appreciated.

Beyond celebrating the holiday, these gatherings played an important role in promoting seniors' social and emotional well-being. By providing opportunities to build new friendships, strengthen existing relationships, and engage with others, PCHS continues to help reduce social isolation and foster a strong sense of belonging among older adults.

At PCHS, we remain committed to promoting healthy aging through meaningful programs and activities that encourage active participation, inclusion, and community connection. This Thanksgiving celebration was a reminder of the joy that comes from spending time together and the positive impact that social connections have on seniors' overall quality of life.







REPRESENTING PCHS AT EPION 2026: COMMUNITY ROOTS, FAMILY STRENGTH

By: Deepinder Singh, Manager - Mental Health Program



Attending **EPION 2026** was a meaningful opportunity for our team to represent Punjabi Community Health Services (PCHS) within a wider community of professionals committed to improving early psychosis care. The event created space to share practice-based learning, hear different perspectives, and reflect on how services can become more responsive to the clients and families they support. Together, Taranjot Bath and I presented "Community Roots, Family Strength: Culturally Responsive Engagement of South Asian Families in Early Psychosis Care."

Our presentation focused on a simple but important message: engagement begins long before a family enters an Early Psychosis Intervention program. Families may already be trying to understand changes, deciding whom to trust, managing stigma, considering language needs, and worrying about privacy or the future. We spoke about the importance of listening before making assumptions, asking how each family understands what is happening, and negotiating family involvement in a way that respects the client's voice, consent, and choices.

We also introduced ROOTS, a practical conversation guide developed for the presentation: Recognize the story, Open the conversation, Offer a bridge to care, build Trust, and Sustain engagement over time. Through a composite case study, reflection and discussion, participants considered how assumptions, language, trust, and family roles can shape engagement. It was rewarding to exchange ideas with others in the early psychosis field and hear how these themes connected with their own practice.

I was proud to represent PCHS and our community on this platform. The experience reinforced that culturally responsive care is not an add-on; it is part of making quality care understandable, accessible, and sustainable for every client and family.



FINDING OUR WAY FORWARD:

Mental Health, Addictions & Community Well-Being

PCHS Mental Health & Addictions Forum 2026

October 26, 2026 marked a meaningful day of connection, learning, and community as Finding Our Way Forward: Mental Health, Addictions & Community Well-Being, the PCHS Mental Health & Addictions Forum 2026, brought together community members, service providers, and partners for an inspiring and impactful event.

The forum featured an incredible lineup of speakers who shared valuable insights, personal experiences, and practical strategies related to mental health, addictions, and community wellness. Their presentations sparked important conversations and encouraged attendees to continue the work of building stronger, healthier, and more supportive communities.





The day also included engaging wellness activities, such as energetic Zumba sessions, exciting raffle prizes, and numerous community partner booths offering resources, information, and opportunities to connect. Attendees had the chance to learn about local supports while building relationships with organizations dedicated to improving community well-being.

A special thank you goes to **Oxford College** for providing massage chairs, offering attendees a chance to relax, recharge, and experience the importance of self-care firsthand.





Most importantly, the forum created a space for meaningful dialogue, collaboration, and hope. The overwhelming participation and enthusiasm demonstrated the community's commitment to addressing mental health and addictions with compassion, understanding, and action. PCHS extends its sincere gratitude to all speakers, volunteers, sponsors, community partners, and attendees who helped make this event a tremendous success. Together, we are finding our way forward toward a healthier and more connected future.

Strengthening Connections at the PCHS Management Retreat





On October 23, 2026, the **PCHS Management Team** came together for a day of team building, collaboration, and meaningful connections. The retreat featured engaging activities, including an escape room challenge, a team lunch, and pottery painting, providing opportunities to connect beyond our daily responsibilities.

Through teamwork, creativity, and shared experiences, the retreat emphasized the importance of effective communication, trust, and collaboration in building strong teams. It was a valuable opportunity to strengthen relationships, celebrate our collective efforts, and reinforce our commitment to working together toward PCHS's shared goals.

The day reminded us that strong teams are built not only through the work we do, but also through the connections we create along the way.

Spooktacular October: Creativity, Connection & Halloween Fun at the Malton Youth Hub

By: Kanvardeep Hayer, Youth Worker



October at the Malton Youth Hub was dedicated to celebrating Halloween through a variety of fun, creative, and engaging activities designed to bring youth together and encourage self-expression. From pumpkin carving and face painting to glow-in-the-dark art, youth had the opportunity to explore their creativity, experiment with different artistic techniques, and participate in festive Halloween-themed experiences. The activities also included a candy jar guessing game, where youth had the chance to guess the number of candies in the jar for an opportunity to win the prize, as well as creating treat buckets for youth to enjoy. These activities encouraged imagination, hands-on learning, and social interaction while providing a welcoming and inclusive space for youth to connect with peers, build friendships, and express their individuality. The Halloween celebrations fostered a sense of community and belonging, allowing youth to embrace the spirit of the season








HAPPY
HALLOWEEN

Different Spokes: Promoting Healthy, Active, and Connected Communities

PCHS Community Cycling Program | October 2026

The Different Spokes Community Cycling Program, an initiative of Punjabi Community Health Services (PCHS), continues to promote healthy lifestyles, active transportation, environmental sustainability, and community engagement across Brampton and Caledon. Through bicycle repair services, educational activities, and community cycling events, the program encourages residents of all ages to embrace cycling

.



1. Community Bike Repair Pop-Ups – Caledon Library

Different Spokes successfully completed all four free bicycle repair pop-up sessions at Caledon Southfields Library. These sessions provided basic bicycle repairs, maintenance guidance, and cycling safety information, helping residents access safe and affordable transportation.



2. Seniors Repair Café – Brampton Library

On October 24, Different Spokes conducted the Seniors Bike Repair Café at Brampton Library, providing bicycle maintenance assistance and promoting active aging, independence, and community connections among older adults.



3. Halloween Boo Bash – Bicycle Giveaway

Different Spokes participated in the Halloween Boo Bash on October 24 in Downtown Brampton. As part of the Candy Crawl celebrations, the program organized a free bicycle raffle for children and adults, promoting cycling accessibility and family engagement.

4. Diwali Glow Ride – October 25

In collaboration with the City of Brampton, Different Spokes successfully organized the Diwali Glow Ride on October 25. This festive community ride brought together cyclists and families to celebrate Diwali, promote physical activity, and strengthen cultural connections. Following the ride, participants gathered at the Different Spokes Bike Hub for refreshments and a community celebration.



5. Bramalea Secondary School – October 28

Different Spokes conducted a community cycling pop-up at Bramalea Secondary School on October 28, focusing on bicycle safety, basic maintenance awareness, and encouraging active transportation among students.



6. Community Rides in Brampton

Different Spokes continued collaborating with the City of Brampton to organize inclusive community cycling rides. These rides helped residents improve physical fitness, build cycling confidence, and strengthen social connections.

Through these initiatives, Different Spokes demonstrated its ongoing commitment to creating healthier, more active, and connected communities, making cycling accessible and enjoyable for everyone.

Different Spokes – Connecting Communities, One Pedal at a Time!



PCHS in the Community





MH Team at Sheridan College Community Fair Outreach



PRP 3rd Annual Community Engagement Event



Wellspring Chinguacousy Event Outreach



PCHS Staff at Seva Spark Gala

PCHS in the Community





SHPP Staff at Wellfort Mini Health Fair





Sr. Manager at OCSA Community Connect 2026

WELCOME

NEW STAFF



Mehar Roop Kaur
Preventive Care Specialist



Shweta Gandhi
Settlement Counsellor



Priya Supaul
Case Manager, Mental Health



Mansimran Kaur
Case Manager, Addictions

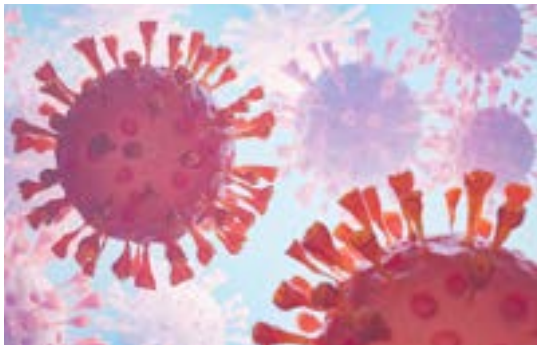
CLIENT
TESTIMONIALS

"I am truly grateful that I found you during these difficult times in my life. We are new here and still waiting for our refugee claim to be approved, which has made things quite challenging for us.
As a mother blessed with a wonderful special son, it has been difficult to manage his daily essentials such as pull-ups, special diet food, and vitamins.
When I first met you during the winter drive last year, you kindly listened to my situation and supported us with a Walmart gift card, which helped me provide for my son's needs"

-Sahara Health Promotion & Prevention Client

Fight the Flu This Season!

The flu is back and making its way through our communities — but with a few smart habits, you can protect yourself and the people around you. Influenza spreads easily through coughs, sneezes, and contaminated surfaces, but don't worry… we've got Prevention & Control–approved tips to keep you flu-free this winter!



Tips to Stay Safe

1. Clean, Clean, Clean!

Wash your hands with soap and water for at least 20 seconds (especially after using the washroom or before handling food).

Disinfect surfaces with a chlorine bleach solution—this bug is tough!

Handle contaminated laundry with care—hot water + detergent is your best bet!

2. Watch What You Eat!

Avoid raw/undercooked shellfish & always wash fruits and veggies.

If you've been sick, stay out of the kitchen for at least 48 hours after symptoms go away.

3. Stay Home if You're Sick!

If you're experiencing symptoms, don't share the bug! Rest, hydrate, and recover at home.

Get Your Flu Shot!

Your best protection against the flu is the annual vaccine.

Reduces your chances of getting seriously sick

Protects older adults, children, and people with chronic conditions

Safe, quick, and available at most clinics & pharmacies





RSV & The Common Cold
What You Need to Know!

As the colder months roll in, so do respiratory viruses like RSV (Respiratory Syncytial Virus) and the common cold! While they might seem similar, RSV can be more serious—especially for infants, seniors, and those with weakened immune systems.



What's the Difference?

RSV (Respiratory Syncytial Virus)

- Affects the lungs and airways, causing wheezing, severe cough, and breathing difficulties (especially in babies and older adults).
- Can lead to bronchiolitis or pneumonia in severe cases.
- Highly contagious and spreads through coughs, sneezes, and contaminated surfaces.

The Common Cold:

- Caused by many different viruses, like rhinoviruses.
- Typically results in runny nose, sneezing, mild cough, and sore throat—less severe than RSV.
- Still spreads easily through touch, air droplets, and contaminated objects.

How to Stay Safe

1. Wash Your Hands Often!

Scrub with soap and water for at least 20 seconds to wash away germs.

Use hand sanitizer when soap isn't available.

2. Keep Your Distance!

Avoid close contact with sick individuals, especially if you're caring for infants or older adults.

Cover coughs & sneezes with your elbow or a tissue (not your hands!)

3. Disinfect, Disinfect, Disinfect!

Wipe down frequently touched surfaces like doorknobs, phones, and keyboards.

4. Stay Home if You're Sick!

Rest and recover to prevent spreading the virus.

How to Manage Symptoms

Stay hydrated – drink plenty of fluids to keep mucus thin and prevent dehydration.

Use a humidifier to help ease congestion.

Try warm fluids like tea or broth to soothe a sore throat.

For RSV: Monitor for difficulty breathing and seek medical care if symptoms worsen.

Let's stay healthy and keep those germs away!

Where Can You Get the Flu Shot?



Where Can You Get the Flu Shot?

Peel Public Health Clinic
Address: 10 Peel Centre Drive, Suite A & B, Brampton, ON L6T 4G4 Rehabilitative Care Alliance
Phone: 905-799-7700 or toll-free 1-888-919-7800 Peel Region
This is a regional public health office — you can call to check if they have flu vaccine clinic times.

Peel Public Health Meadowvale (Mississauga) Clinic
Address: 7120 Hurontario St, Mississauga, ON L5W 1N4 Ligne Santé Centre-Ouest
Phone: Same as above, via Peel Public Health. Ligne Santé Centre-Ouest

Pharmacies
Peel Region's website notes "participating pharmacies" can administer the flu vaccine.
Because the list of pharmacies changes, call your local pharmacy (e.g. Rexall, Shoppers, etc.) to confirm they have the flu shot in stock

Eligibility for the Flu Shot

Everyone 6 months and older in Peel is eligible.
No Ontario health card needed: You can get the publicly funded flu vaccine even without OHIP. Peel Region



Our 2025-2026 Impact Report is Here!

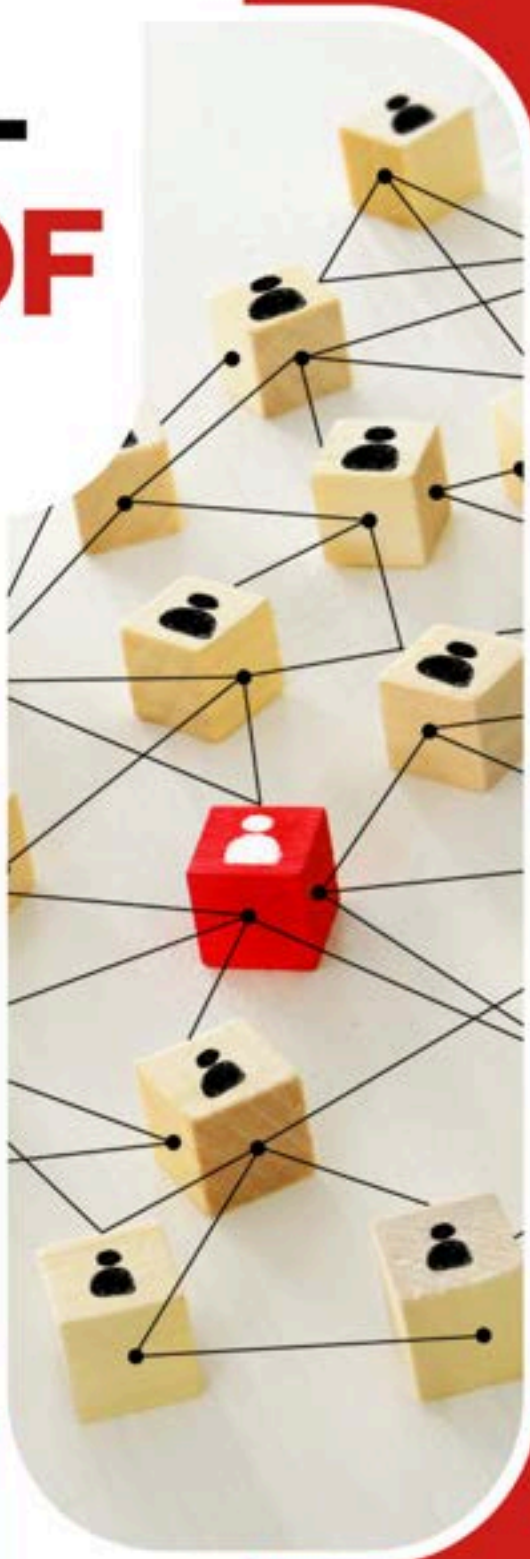
Please click on the following image to view the report.



pchs
Punjabi Community Health Services

13th ANNUAL FRIENDS OF PCHS

Join us for an inspiring afternoon of collaboration and learning as we celebrate the power of friendship, partnership, and community impact.



Date
Saturday, November 28, 2026

Time
12:00 pm to 3:00 pm

Location
Natraj Banquet Hall
7275 Torbram Road
Mississauga, ON L4T 1G8

SCAN OR
CLICK HERE
TO REGISTER

www.pchs4u.com (905) 677-0889 info@pchs4u.com YouTube

SAHARA
HEALTH PROMOTION & PREVENTION

pchs
Punjabi Community Health Services

Project Khushi Donations

ProjectKhushiReturnstoPCHSforYearFive !

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





Brampton Donation Location

60 West Drive, Brampton, ON- Unit 202

&

Malton Donation Location

2980 Drew Road
Mississauga, Ontario - Unit 241

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

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

Please Note: Last date to donate is November 23rd, 2026.

www.pchs4u.com
437-243-3735
supportline@pchs4u.com

pchs Punjabi Community Health Services X Bramalea Secondary School

SAHARA HEALTH PROMOTION & PREVENTION

Project Khushi

Thursday, December 03, 2026

5:00 PM - 7:30 PM

Bramalea Secondary School

510 Balmoral Dr, Brampton ON L6T 1W4)



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



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

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

Click this QR code to register

OR Call

437-243-3735

DROP-IN GRIEF SUPPORT GROUP

FindHealingTogether

JoinOurSafe&CompassionateSpace



WHAT TO EXPECT:

- RECEIVE PSYCHOEDUCATION AND GRIEF SUPPORT IN A COLLABORATIVE GROUP SETTING
- OPPORTUNITIES TO SHARE YOUR STORY WITH OTHERS AND CREATE CONNECTION
- BUILD SAFETY, COMFORT, AND COPING SKILLS AS YOU NAVIGATE THE GRIEF JOURNEY

Date: Weekly Meetings Starting October 29th
Time: Thursdays 7:00-8:30 PM.
Location: 60 West Drive, Brampton, ON. Unit 101

To Register

Please connectwiththeFacilitators at:

Stephanie Levac at 365-341-1980 or slevac@bethellhospice.org
JasleneSinghat416-579-4142orjaslene.singh@pchs4u.com

Light refreshments will be provided

pchs
Punjabi Community Health Services

CARE PROGRAM

Connection, Acceptance,Resource,Empowerment (CARE) programoffers mental healthsupportandservicereferrals toPeel residents.



DROP-IN INFO SESSIONS

Friday, Nov 6th, 3:00-5:00pm

7700 Hurontario St, Brampton, L6Y4M3

Open to all Peel residents who:

- Have low or no income or are receiving OW or ODSP
- Curious about mental health

Session Topics

- OW & ODSP information
- Presentation on Coping with Anxiety

Join us for support, resources and light refreshments!

Registration not required! For more info, please contact:

416-399-1469

harmeet.basra@pchs4u.com

SAHARA PARENTING GROUP

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Punjabi Community Health Services

This hybrid support group runs every Wednesday from 5:00 pm to 7:00 pm. Designed to raise awareness and provide education on building positive and healthy relationships, this group offers a welcoming space for parents and caregivers to learn and share together. Each session focuses on strengthening family connections through guided discussions and practical tools.



LEARN MORE ABOUT:

- Strengthening parent-child relationships
- Bullying awareness
- Understanding cultural differences
- Developing healthy communication skills
- Support with education and career planning

** Free for all participants*

WEEKLY HYBRID GROUP

LOCATION: 60 WEST DRIVE, UNIT 101, BRAMPTON & ONLINE (Teams' link provided upon registration)

DATE & TIME: EVERY WEDNESDAY 5:00 PM - 7:00 PM

FOR INFORMATION AND REGISTRATION:

karman.gill@pchs4u.com
or 365-866-3320

TYPE 2 DIABETES

PREVENTION PROGRAM



We are looking for Family Caregivers

Join us for a 6-month coaching program to help prevent Type 2 Diabetes among Black, African, Caribbean, and South Asian families in Peel Region.





WHO CAN PARTICIPATE

- 18+ year old family caregiver
- Resides in Peel (Mississauga, Brampton, Caledon) andhaskidsathome
- Identifies as Black, African, Caribbean, or South Asian
- Able to participate for 6 months
- Can speak, read, and understand English

WHAT PARTICIPANTS RECEIVE

Compensation available for participation (Gift cards or E-transfers)

Free health and wellness coaching for your family

GET IN TOUCH

Phone +1 437-231-6951

Email hamna.khan@thp.ca

Or scan this QR :

Trillium Health Partners | Institute for Better Health | Family and Child Health Initiative

WellFort | pchs Punjabi Community Health Services

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PROFESSIONAL CORPORATION

Community Supporters

Jaswinder Bassan

INVYZN
STAY CONNECTED



PCHS Locations

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

Brampton Office Location
60 West Drive, Unit 202 and 101,
Brampton, ON L6T 3T6

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

Malton Youth Hub
3545 Morning Star Drive, Jonathan Davis Centre, Mississauga, ON L4T 1Y3

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

Southfields Community Center
225 Dougall Ave.
Caledon, ON L7C 3M7

pchs
Punjabi Community Health Services

905-677-0889

info@pchs4u.com

www.pchs4u.com

SCAN TO DONATE
OR
CLICK HERE