

PCHS

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PCHS In The Community

LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



Together in September: Honouring the Past, Building a Stronger Future

September has been a month of reflection, celebration, and learning at Punjabi Community Health Services (PCHS). From hosting our Mental Health and Addictions Forum to celebrating our 30th Annual General Meeting (AGM), engaging staff in a Truth and Reconciliation event, and serving as a panellist at Toronto Metropolitan University (TMU) School of Medicine, each milestone reaffirmed the importance of community, collaboration, and growth.

On September 11, we hosted the “Mental Health and Addictions Forum: Strengthening Community Connections and Building Resilience” at the Riverstone Community Centre in Brampton. Presentations by our Mental Health and Addictions teams, Community Support Workers, and Trillium Health Partners, along with a keynote by Dr. Chhavi Kaushik, highlighted the importance of dialogue and collaboration in addressing complex community needs.

Just days later, on September 17, we proudly hosted our 30th Annual General Meeting. This significant milestone allowed us to reflect on our successes, acknowledge our challenges, and look toward the future with renewed purpose. During the AGM, we launched the 2024–2025 Impact Report, which highlights the scope of our work, from supporting seniors and families to advancing anti-racism and anti-oppression initiatives. These accomplishments are made possible through the collaborative efforts of PCHS teams at various levels. Thanks to the dedication of our staff, volunteers, and community partners. I sincerely thank our Board of Directors for their leadership, and our funders and community members for their ongoing trust and support.

On September 25, our team came together for a Truth and Reconciliation event, fostering a meaningful space for learning, dialogue, and reflection. Activities like team-based dumb charades—symbolizing the devastating loss of language and identity in residential schools—enhanced understanding and empathy. Using interactive tools such as Mentimeter, staff reflected on their role in promoting reconciliation, reaffirming PCHS’s ongoing commitment to awareness, empathy, and action in support of Indigenous communities.

Closing the month, I was honoured to serve as a panellist at the TMU School of Medicine on September 29, sharing insights on the vital role of community organizations in shaping patient and community well-being. It was inspiring to see future physicians engaging in this important dialogue.

As we move forward, we remain dedicated to improving services, developing new partnerships, and ensuring that PCHS continues to be a place where everyone feels supported and empowered. Together, we are building a healthier, stronger, and more resilient community.





National Truth and Reconciliation Day: A Step Toward Healing and Understanding

By: Brahmjot Dhillon, Diversity Equity & Inclusion Coordinator



Every year, on September 30th, Canadians observe **National Truth and Reconciliation Day**. This day is dedicated to remembering the horrific legacy of the Indian Residential School system and honoring the survivors, their families, and communities who continue to endure the impacts of this system. It's also a moment for all Canadians to reflect on the ongoing work needed to heal and build a more inclusive and understanding future.

National Truth and Reconciliation Day is more than just a national observance; it's a pivotal step toward acknowledging the painful history of Indigenous Peoples in Canada. For many, it serves as a solemn reminder of the systemic injustices that have shaped the lives of Indigenous communities for generations. It is a call to action for individuals, communities, and institutions to contribute to reconciliation and healing.



The Role of Healthcare in Reconciliation

Health professionals and organizations, such as PCHS, play an important role in reconciliation efforts. Indigenous peoples in Canada have experienced significant health disparities due to the historical trauma inflicted by colonization and residential schools. These disparities are evident in areas such as mental health, addiction, access to healthcare, and chronic disease prevalence.

To move toward healing, healthcare providers need to understand the historical context of these issues. Recognizing the intergenerational trauma that Indigenous peoples have faced is critical for offering compassionate, culturally competent care. As healthcare professionals, we must actively engage in reconciliation by:

1. **Educating Ourselves:** Understanding the history and effects of residential schools and colonization helps us to better serve Indigenous patients and their families. This can be done through training, attending workshops, and listening to Indigenous voices.
2. **Building Trust:** Many Indigenous peoples have had negative experiences with the healthcare system, which has created mistrust. Healthcare providers need to rebuild that trust by fostering respectful relationships and offering care that is rooted in cultural safety.
3. **Supporting Mental Health:** Addressing the mental health impacts of trauma is crucial. Offering counseling services, trauma-informed care, and support for Indigenous patients to reconnect with their cultural roots can assist in healing.
4. **Promoting Traditional Knowledge and Practices:** Reconciliation includes recognizing and respecting Indigenous healing practices. Healthcare providers should incorporate these practices when appropriate and work in collaboration with Indigenous healers and community leaders.



Honouring National Truth and Reconciliation Day at PCHS

In recognition of National Truth and Reconciliation Day, the Anti-Racism, Anti-Oppression (ARAO) Committee at PCHS organized a special event aimed at fostering reflection, awareness, and dialogue. The Health Equity Coordinator (HEC) opened the session with a brief but impactful presentation, emphasizing the significance of the day and encouraging critical thought about Canada's history with Indigenous peoples.

Following the presentation, staff engaged in meaningful discussions, including a powerful conversation around the effectiveness of land acknowledgements. Participants thoughtfully questioned whether such acknowledgements alone are sufficient to honour the truth and advance reconciliation.

To deepen understanding, the HEC facilitated a series of interactive activities. These included a Mentimeter rapid quiz and a game of charades, during which staff were divided into two teams. Each team was assigned terms such as **"residential schools"** and **"peace walk,"** which they had to express through silent gestures, conveying the words to teammates one by one without speaking. This activity was not only engaging but also symbolic: it highlighted the fundamental role of language in communication and community. In doing so, it served as a powerful reminder of the cultural erasure faced by Indigenous children who were forced to attend residential schools, where they were stripped of their language, identity, and heritage.

Through these reflections and activities, the event reinforced the importance of education, dialogue, and meaningful action in the ongoing journey toward truth and reconciliation.



Strengthening Community Connection Through Mental Health & Addictions Awareness

By: Deepinder Singh – Program Supervisor – Sahara Mental Health

On September 11th, PCHS proudly hosted the Mental Health and Addictions Forum: Strengthening Community Connection and Building Resilience at Riverstone Community Centre. The event brought together community members, service providers, and leaders for a day of learning, dialogue, and connection.

Highlights included presentations from the Mental Health and Addictions teams, Community Support Workers, and our valued partner, Trillium Health Partners, with a keynote delivered by Dr. Chhavi Kaushik. Participants also engaged in interactive activities, accessed resources, and enjoyed networking opportunities over lunch.

The forum was a great success thanks to the dedication of the PCHS Mental Health and Addictions teams and the support of our community partners. Together, we created an engaging space to raise awareness, share resources, and strengthen connections in support of mental health and addictions.



Raising Awareness for Ovarian Cancer

By: Fariha Abdul Muqueet, Prevention Specialist- SHPP



September is Ovarian Cancer Awareness Month, a time to shine a light on a disease often referred to as the “silent killer.” Ovarian cancer refers to a group of cancers that begin at or near the ovaries, the reproductive glands that produce eggs and the hormones estrogen and progesterone.

One of the biggest challenges with ovarian cancer is that it is notoriously difficult to detect. Unlike breast or cervical cancer, there is no reliable screening test. That is why awareness of symptoms and risk factors is important.

Recognizing the Symptoms

Common signs include bloating, abdominal or pelvic pain, feeling full quickly, and urinary changes. Less common symptoms can include nausea, fatigue, unexplained weight loss, bowel or menstrual changes, back pain, and bleeding after menopause or sex. These symptoms do not always mean cancer, but it’s vital to speak to your doctor if they are new, persistent (lasting more than three weeks), or frequent.



Risk Factors

Anyone with ovaries can be affected, but certain factors increase risk:

- Family history of ovarian or breast cancer
- BRCA1 or BRCA2 genetic mutations
- Increasing age (especially after menopause)
- Endometriosis or hormone therapy after menopause

Taking Action

- **Know your family history:** Genetic counseling and testing can provide valuable insight.
- **Talk to your doctor:** Share concerns and discuss personalized screening options.
- **Promote awareness:** Encourage friends and family to learn about symptoms and risks.

Community Support

At PCHS, we understand the importance of culturally sensitive health promotion. By raising awareness, especially among South Asian women who may face barriers to care, we can help more women seek timely medical attention.

This Ovarian Cancer Awareness Month, let us wear teal, spark conversations, and ensure no woman faces ovarian cancer alone.



Prostate Cancer Awareness Month

By: Savita Saini, Preventative Care Specialist- SHPP



Each September, countries around the world recognize Prostate Cancer Awareness Month, a time dedicated to raising awareness about one of the most common cancers affecting men. Prostate cancer is often described as a “silent disease,” because in its early stages it can progress with few or no symptoms. This makes it particularly dangerous, as many men do not seek medical attention until the disease is more advanced.

In Canada, prostate cancer has a particularly significant impact. It is the most diagnosed cancer among Canadian men (excluding skin cancers) and is the third leading cause of cancer-related death. According to the Canadian Cancer Society, about one in eight men in Canada will be diagnosed during their lifetime, and one in 30 will die from the disease. While these numbers are sobering, survival rates tell a story of hope: when detected early, prostate cancer is highly treatable, with five-year survival rates as high as 95 to 100 percent. In contrast, later-stage diagnoses see survival rates drop dramatically, underscoring the importance of regular screening.



To draw attention to this issue, Canadian landmarks from coast to coast participate in the **“Light Up in Blue”** campaign, an initiative led by Prostate Cancer Foundation Canada. In 2024, more than 200 landmarks—including the CN Tower in Toronto, Calgary Tower, and the Manitoba Legislative Building—were illuminated in blue, sparking conversations about men’s health and encouraging men to get checked.

Another major force in Canadian awareness efforts has been Movember Canada, the global movement known for its moustache campaign every November. Beyond raising awareness, Movember has invested heavily in research, helping position the country as a leader in prostate cancer research and innovation.

This September, Canadians are encouraged to take action by speaking to their doctors about personal risk factors, particularly men over 50 or those over 40 with a family history or of African/Caribbean ancestry, who may be at higher risk. Supporting awareness campaigns, attending community events, and reminding loved ones about the importance of early detection are small steps that can make a big difference.

Prostate Cancer Awareness Month is about more than statistics—it’s about saving lives, supporting families, and building healthier communities. By raising awareness and promoting early detection, Canadians can help change the future of prostate cancer.



World First Aid Day

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



World First Aid Day, observed in Canada on September 13, 2025, highlights the vital role of first aid in saving lives and building resilient communities in the face of emergencies and climate-driven disasters (World First Aid Day, 2025).

What Is World First Aid Day?

World First Aid Day is an annual global event recognized on the second Saturday of September, focusing on raising awareness and encouraging widespread training in first aid techniques. The 2025 theme “First Aid and Climate Change” underscores the increasing need for emergency preparedness with the rise in extreme weather events such as wildfires and floods, which have directly affected Canadian communities in recent years (Pace Hospital, 2025).



Why First Aid Skills Matter in Canada?

First aid can make the difference between life and death in the critical minutes before professional medical help arrives, improving outcomes for cardiac arrest, choking, severe bleeding, burns, and more. Education and regular training empower Canadians to confidently respond in emergencies—whether at home, at work, or out in public spaces (Health & Me, 2025).

Canadian Red Cross & Community Initiatives

The Canadian Red Cross continuously offers courses like Standard First Aid and CPR/AED Level C across major Canadian cities, imparting essential life-saving skills along with national certification. In recognition of World First Aid Day, organizations such as St. John Ambulance and Canada CPR conduct outreach campaigns and public events that invite residents to learn, practice, and share first aid techniques (ProSafe Training, 2025).

Getting Involved

On World First Aid Day 2025, Canadians are encouraged to sign up for a first aid or CPR course, download free learning resources, and join virtual or local awareness events. Even a little knowledge can save a life in moments of crisis (Canadian Red Cross, 2025).



World Alzheimer's Day

Raising Awareness, Breaking Stigma



By: Jagdeep Kainth, Psychogeriatric Resource Consultant



Each year on September 21st, the world observes **World Alzheimer's Day**, a key moment within Alzheimer's Awareness Month. This global initiative shines a light on the realities of Alzheimer's disease and dementia, challenges misconceptions, and offers vital support to families and caregivers.

Alzheimer's is a progressive brain disorder that affects memory, reasoning, learning, and problem-solving. Over time, it can hinder day-to-day activities, emotional regulation, and independence. Its impact extends far beyond the individual—families and friends often bear the emotional and practical weight of the disease.

To foster greater understanding and solidarity, the month of September is dedicated to raising awareness. Across the globe, Alzheimer's organizations host events, workshops, and campaigns to educate communities on the early signs of Alzheimer's, the importance of early diagnosis, and strategies for care and support.

World Alzheimer's Day was first marked on September 21, 1994, in Edinburgh, coinciding with the 10th anniversary of Alzheimer's Disease International (ADI). ADI, founded in 1984, has since become a leading voice in urging governments and the World Health Organization to treat dementia as a global health priority.

WORLD ALZHEIMER'S DAY



This year's theme, **"Ask about Dementia" and "Ask about Alzheimer's"**, underscores the power of questions. By encouraging curiosity and open dialogue, the campaign hopes to break down barriers, reduce fear, and counter misinformation. The goals are clear:

- **Encourage dialogue:** Promote meaningful conversations about dementia.
- **Increase awareness:** Help individuals and families understand symptoms, impact, and available resources.
- **Normalize questions:** Make it acceptable to seek knowledge without hesitation.
- **Support early diagnosis:** Highlight how timely medical attention can improve quality of life.
- **Reduce stigma:** Foster compassionate communities where those affected feel supported.

Today, an estimated 24 million people are living with the disease, with projections suggesting that number could soar to 135 million by 2050. While most patients are over 65, about 5% of cases are early-onset, striking individuals in their 40s or 50s.

Though there is currently no cure, treatments and early interventions can ease symptoms, helping patients maintain a better quality of life. Campaigns such as Alzheimer's Month are vital in equipping families with knowledge, breaking stigma, and pushing for more research and resources.

Ultimately, World Alzheimer's Day is not just about raising awareness of a disease, but about strengthening compassion, sparking conversations, and ensuring no one faces Alzheimer's alone.

If you or a loved one needs support with Alzheimer's, contact Punjabi Community Health Services (PCHS) at 905-677-0889 or email info@pchs4u.com for assistance.

Understanding and Management of Sleep Disorders



By: Ravneet Kaur, RPN (Concurrent Disorders), Mental Health



Sleep is a vital biological process where mental and physical activities slow down. It typically recurs for several hours each night, with closed eyes, relaxed muscles, and a restful posture. Adults generally need 8 to 9 hours of sleep to function optimally.

Sleep occurs in stages:

- **REM (Rapid Eye Movement):** This is when most dreaming happens. Brain activity during REM resembles wakefulness.
- **Non-REM Sleep:**
 - Stage 1: Lightest sleep, occurring just after falling asleep.
 - Stage 2: Deeper than stage 1, with slower brain activity.
 - Stage 3: Deep sleep, crucial for physical repair and immune support.

Importance of Sleep:

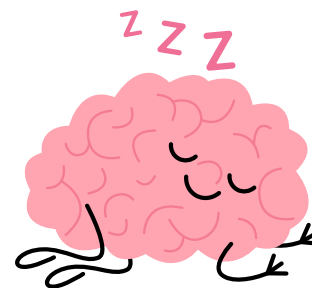
- Restores brain function and reduces fatigue
- Clears waste from the brain
- Repairs hormones and proteins
- Reduces stress

Consequences of Sleep Deprivation:

- Fatigue, irritability, and poor focus
- Impaired decision-making
- Worsening of medical conditions
- Links to depression

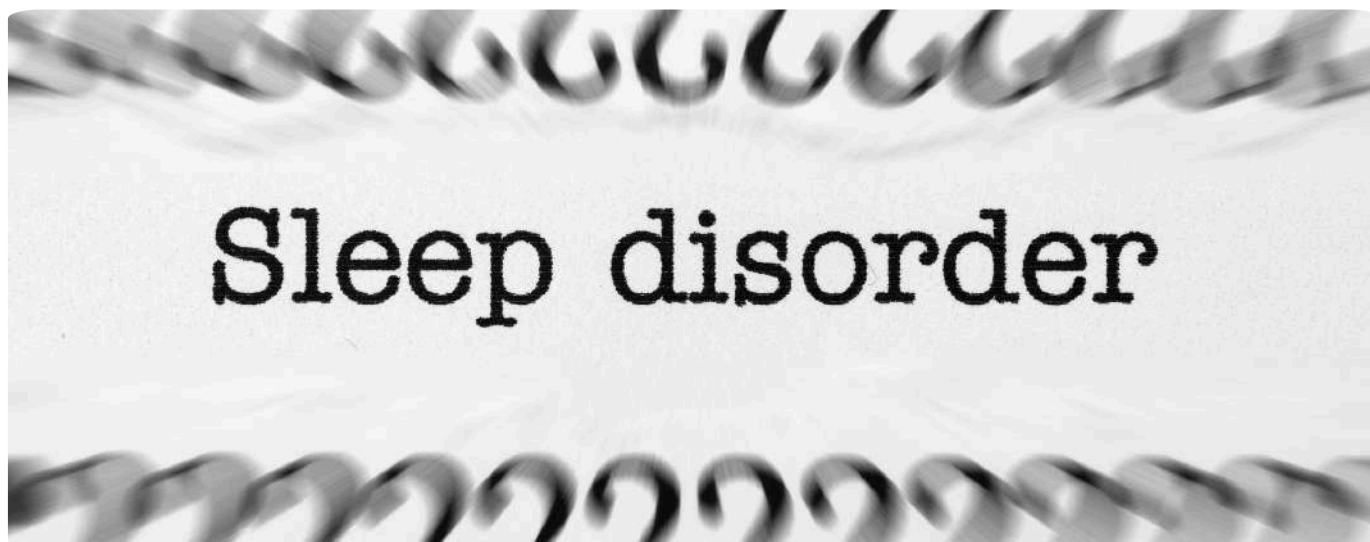
Common Sleep Disorders and Their Management:

- **Insomnia:** Difficulty falling or staying asleep, occurring at least three times a week for three months. Management includes:
 - Establishing consistent sleep routines
 - Cognitive Behavioral Therapy (CBT)
 - Relaxation techniques like meditation
 - Improving sleep hygiene
 - Addressing underlying health issues
- **Sleep Apnea:** Breathing repeatedly stops and starts during sleep. Loud snoring and persistent tiredness are common signs. Management includes:
 - Lifestyle changes (e.g., weight loss, quitting smoking)
 - Treating nasal allergies
 - Using a CPAP machine, which delivers pressurized air to keep airways open
- **Restless Leg Syndrome (RLS):** Causes tingling or crawling sensations in the legs, worsening during rest. It's linked to conditions like Parkinson's disease and iron deficiency. Management includes:
 - Healthy sleep habits
 - Dietary adjustments and exercise
 - Medical devices or medications



Sleep Hygiene Tips:

- Maintain a regular sleep schedule
- Create a comfortable sleep environment
- Limit screen time and caffeine before bed
- Avoid heavy meals late at night
- Manage stress and engage in calming activities like reading or stretching



Changing the Conversation Around Suicide: A Global Call to Action

By: Navdeep Kaur Case Manager - SHPP



Every year, suicide claims the lives of more than 720,000 people worldwide. Behind each of these lives lost is a person whose story ended too soon, and a ripple of grief that touches families, friends, workplaces, and entire communities. The emotional, social, and economic impact is profound and long-lasting.

This is why World Suicide Prevention Day (WSPD), held each year on September 10, plays such an important role. Created in 2003 by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization (WHO), the day brings global attention to suicide prevention and encourages individuals, communities, and governments to take meaningful action.

This Year's Theme: Changing the Narrative on Suicide

The theme for **2024 to 2026** is "Changing the Narrative on Suicide." This year, the message is especially clear. It encourages all of us to rethink how we speak about suicide and mental health. The goal is to move away from silence and stigma, and toward understanding, openness, and compassion.



Changing the narrative means challenging harmful myths and reducing the shame often associated with mental health struggles. It invites us to listen without judgment, to talk more openly, and to support those who may be suffering in silence. When people feel safe to speak up, they are more likely to seek the help they need.

Looking Beyond Conversation

Creating real change also means addressing the broader systems that impact mental health. Suicide prevention must be treated as a public health priority. This includes developing policies based on solid evidence, improving access to mental health care, training healthcare providers, and making sure support is available for those who need it most.

It is about creating environments where mental health is valued, help is easy to find, and no one feels alone in their struggles.

A Shared Responsibility

Suicide can be prevented. But it requires a collective effort—by communities, professionals, governments, and each of us as individuals. Through greater awareness, stronger support systems, and more compassionate conversations, we can change the way suicide is understood and addressed.

By changing the conversation, we can help save lives.



The Importance of Family Support in Recovery

**By: Akanksha Sharma –
Addictions Case Manager**



Addiction is not simply a lack of willpower but a complex medical condition. The World Health Organization (WHO) defines it as a chronic, relapsing disorder marked by compulsive substance use despite harmful consequences and lasting changes in the brain. This understanding helps us see addiction as a health issue rather than a moral failing, one that requires treatment, compassion, and community support.



Recovery is rarely a straight path—it is a process that unfolds in stages and often includes setbacks. While professional care is vital, family involvement plays an equally critical role. Research shows that individuals with strong family support are 70% more likely to enter treatment and sustain progress. Families are not just witnesses to the struggle; they are catalysts for change, offering encouragement, stability, and motivation when it matters most.

The impact of family support extends beyond the individual. Addiction strains relationships and erodes trust, but recovery can rebuild these bonds and foster resilience. By engaging in the journey together, families create an environment of healing that strengthens both individuals and communities.

At PCHS, we believe recovery is not only about personal transformation but also about collective hope—reminding us that no one has to walk this path alone.



Data Dialogue in Peel



On Friday, September 26th, 2025 CEO of PCHS, Amandeep Kaur, and the Manager of Newcomer Settlement Program, Faisal Cheema, attended an impactful event hosted by Peel Newcomer Strategy Group (PNSG), called **“Data Dialogue in Peel”**. This event aimed to bring together members of the strategic advisory Central Planning Table (CPT) and give settlement agency’s the opportunity to collectively validate community priorities, provide feedback, insights, and other valuable contributions to the emerging action plan of the Local Immigration Partnership of 2025-2028.



This event began by acknowledging Indigenous Land, and bringing awareness to Indigenous culture, history, and the Calls to Action as we approach National Day of Truth and Reconciliation (also known as Orange Shirt Day). This opening presented an important reminder to continue highlighting Indigenous experiences and voices in service delivery.

Following the Indigenous cultural acknowledgement, members received an overview of the strategic community priorities, focusing on data needs and discussing the need for increased collaboration among organizations for data collection. Additionally, a presentation from the Institute for Clinical Evaluative Sciences was given on “Data Stewardship Considerations”. The importance of data stewardship lies in ensuring that all service providers are aware of the key responsibilities and practices necessary for managing data securely and efficiently. Considerations should include who owns data, shares it, and how it can be appropriately utilized amongst agencies.

Data Dialogue in Peel concluded with an informative panel on data priorities and opportunities for newcomers and immigrants. This panel consisted of representatives from the Region of Peel, Trillium Health Partners Institute for Better Health, Metamorphosis, and Peel District School Board. Moving ahead, PNSG plans to establish a cross-sectoral training committee to strengthen settlement services and continue aligning efforts with evolving community needs.





SHPP Team Hosts *Paint the Night* Workshop



On the evening of September 25, the SHPP team hosted another successful **Paint the Night Away workshop**. The event brought together a creative group of community members who joined to relax, connect, and express their creativity.

Participants painted their hearts out, each canvas reflecting unique stories and emotions. The evening was filled with laughter, conversation, and vibrant colors, creating a warm and welcoming atmosphere for everyone.

We're grateful to all the community members who joined us and made the night so special.

Annual Charity Golf Tournament

On Sunday, September 7th, The Hybrid Group hosted their Annual Charity Golf Tournament, with proceeds generously donated to the PCHS Langar on Wheels Program. The Hybrid Group, led by young Punjabi professionals, strives to harness the influence and capabilities of emerging entrepreneurs by fostering collaboration, building strong networks, and supporting local grassroots initiatives. We are deeply grateful to the community, participants, and sponsors whose contributions made this event a resounding success!



Domino Cereal Box Event by Bloomen



A heartfelt thank you to Bloomen for hosting Toronto's first-ever **Domino Cereal Box Event** on Sunday, September 14th at the Nuvo Event Space in support of PCHS and Seva Food Bank. The event was filled with incredible energy, entertainment, sponsors, and food vendors, making it a truly unforgettable evening with a fantastic turnout!

The cereal boxes collected will be distributed to our clients, creating a meaningful impact in their lives. We are deeply grateful for this innovative initiative and the community's generosity in standing alongside us.



Welcoming Samina Talat, the new CEO of Peel Senior Link, to our PCHS office!



PCHS had the pleasure of welcoming Samina Talat, the new CEO of Peel Senior Link, to our office! ✨

During her visit, we had meaningful conversations about our ongoing partnership and explored new ways to strengthen collaboration in serving seniors in our community.

We look forward to continuing this important work together to ensure seniors receive the care, support, and dignity they deserve.

CEO Amandeep Kaur Honored with Lifetime Achievement Award

On Saturday, September 27, 2025, our CEO, Amandeep Kaur, was honored with a **Lifetime Achievement Award for Community Service** at the **Imagination Ball 2025**, hosted by the Ripple Effect Wellness Organization in support of Trillium Health Partners. This prestigious recognition celebrates her dedication and impact in advancing community health and wellness. PCHS staff were proud to be present, showing their support and celebrating this remarkable milestone with our CEO.



PCHS In The Community



*Mental Health Outreach at
Fletcher's Meadow*



*PCHS Staff at Be Well UTM
Outreach and Resource Fair*



*PCHS Staff at Ruhaani Soulful Evening Event
by PCHS Foundation*



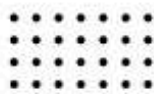
PCHS 2024-2025 Impact Report is now Available



pchs
Punjabi Community Health Services



2024-2025 **IMPACT REPORT**



WWW.PCHS4U.COM



PCHS X MNS presents:

Empowered Essence



This group for young women (ages 12-25) focuses on self-discovery, personal growth, and mutual support. Members will engage in discussions that help them recognize their value and build confidence in expressing their true selves.

Starting: October 2, 2025

Every Thursday from 3:00PM - 5:00PM

Volunteer hours and refreshments provided to each youth registered!

Malton Youth Hub Jonathan Davis Centre

3545 Morning Star Drive
Mississauga, ON L4T 1Y3
PCHS Room 202 Upstairs

Scan or use the link below to register:
<https://forms.office.com/r/KC1eLqQKwJ>

Contact for more information:

tashona@pchs4u.com | (437) 655 - 2258
smuneswar@mnsinfo.org | (437) 236 - 9008



CLIENT TESTIMONIAL



My experience with PCHS has been incredibly supportive. The staff Miss. Madalsa and Miss. Sharon helped me find employment and get our children enrolled in school. They also provided valuable mental health support, which made the adjustment much easier. Thanks to their assistance, we've been able to settle more quickly and confidently in our new community. We are truly grateful for their help and ongoing guidance. THANK YOU AND I'M GRATEFUL TO Miss. Madalsa Mittal you have been a Great help to me in finding jobs.

Client: Settlement Program

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In memory of RCMP Constable Harvey Dhani



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

Dewside Drive:

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


Different Spokes:

8 Nelson Street West
Brampton ON, L6X 1B7

Southfields Community Center:

225 Dougall Ave.
Caledon, ON L7C 3M7



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