

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

Strengthening Community Care in the Year Ahead

We begin this new fiscal year grounded in our community's needs and focused on delivering responsive, meaningful care.

Over the past year, we have seen continued growth in demand for culturally responsive, community-based services across mental health and addictions, seniors' care, settlement and social supports, and health promotion. This growing complexity underscores the importance not only of sustaining our services but also of strengthening our delivery to meet evolving community needs.

One program that continues to demonstrate this impact is our Langar on Wheels (LOW) initiative. By delivering hot, nutritious, and culturally appropriate meals, LOW supports seniors who might otherwise face isolation and food insecurity. More than a meal, it provides a vital point of connection—offering wellness checks, social interaction, and a sense of dignity and care. As demand continues to grow, LOW underscores the critical role of community-driven solutions in supporting aging populations.

April has also been a month of important milestones for PCHS. We recently completed a comprehensive Board recruitment process, including interviews with several strong candidates. I am pleased to share that we have welcomed two new Board members whose experience and commitment will further strengthen our governance and strategic direction. In addition, we have introduced voting members to support committee work and future leadership development—an important step toward building a sustainable and inclusive governance model.



We were also proud to recognize Canadian Public Health Week, highlighting the importance of prevention, health promotion, and equitable access to care. Our teams continue to advance this work through community-led initiatives that directly address identified needs.

This month, we also celebrated Sikh Heritage Month—an opportunity to honour the Sikh community's rich history, values, and contributions. These moments align closely with our commitment to culturally responsive care and inclusive service delivery.

As we begin this new fiscal year, our focus remains clear: strengthening what works, addressing service gaps, and advancing partnerships throughout the health system. We will continue to advocate for equitable access, invest in integrated care models, and ensure that community voices remain at the centre of everything we do.

This work is made possible by the dedication of our staff and volunteers, the leadership of our Board, and the ongoing support of our partners and community members.

Together, we will continue to lead with courage and conviction as we advance meaningful, community-driven change.

Sikh Heritage Month Event



ARAO
Committee

On April 23rd, our PCHS office came together to celebrate Sikh Heritage Month with an engaging and meaningful staff event. The gathering offered a valuable opportunity for team members to learn, connect, and appreciate the rich history and values of Sikhism in a welcoming and inclusive environment.

The event began with staff enjoying light refreshments and mingling, creating space for informal conversations and team bonding. This relaxed start helped strengthen workplace relationships and foster a sense of community.

It was followed by an informative video introducing the core beliefs, traditions, and contributions of Sikhism, setting the tone for a thoughtful and educational experience while encouraging awareness and reflection among staff.



To make the celebration more interactive, a fun round of “Jeopardy” was organized, featuring questions related to Sikh history, culture, and traditions. The activity sparked enthusiasm, friendly competition, and plenty of laughter, while reinforcing key learnings in an enjoyable way.

Overall, the event was a wonderful blend of learning and engagement. It highlighted the importance of recognizing and celebrating diverse cultures within our workplace, while promoting inclusivity and mutual respect. PCHS remains committed to creating opportunities that bring staff together and celebrate the diverse communities we serve.

ensure that everyone feels seen, heard, and valued every day.



Autism Awareness Month



Moving beyond Awareness to Acceptance

By: Fariha Abdul Muqueet, Preventive Specialist- SHPP



April is recognized as Autism Awareness Month, a time dedicated to increasing understanding of autism while also encouraging a deeper shift toward acceptance, inclusion, and respect for neurodiversity.

While awareness helps us learn about autism, acceptance goes further. It focuses on creating environments where autistic individuals are valued, supported, and included in all aspects of community life.

Autism Spectrum Disorder (ASD) is a neurodevelopmental difference that affects how individuals communicate, interact, and experience the world. Many in the autism community prefer to view autism through a neurodiversity lens, recognizing it as a natural variation in human development rather than a deficit.

Autistic individuals may experience the world in unique ways, including differences in communication styles, sensory processing, and social interaction. Each person is different, and autism presents a spectrum of diverse strengths and support needs.

Key Facts to Know

- Autism is highly diverse: It presents differently in every individual, with a wide range of strengths, challenges, and support needs.
- Early signs may appear in childhood: These can include differences in communication, behaviour, or social interaction, and early support can be beneficial.
- Communication varies: Some individuals use spoken language, while others may use alternative communication methods such as visuals or assistive devices.
- Sensory experiences differ: People on the spectrum may be either highly sensitive or less responsive to sensory input like sound, light, or touch.
- Developmental pathways vary: Growth and skill development may not follow typical timelines and can differ significantly between individuals.
- Co-occurring conditions are common: Autism may exist alongside other conditions such as anxiety, ADHD, or learning differences.

Moving from Awareness to Acceptance

True inclusion goes beyond understanding autism; it means creating spaces that are accessible, respectful, and supportive. It involves valuing different ways of thinking, communicating, and experiencing the world.

As we observe Autism Awareness Month this April, let us move beyond awareness alone and embrace genuine acceptance and inclusion, where autistic individuals are supported to thrive as their authentic selves.

In a truly inclusive world, acceptance should not be limited to a single day or month. Every day should reflect Autism Acceptance, recognizing the unique strengths and perspectives autistic individuals bring to our communities. This ongoing acceptance helps reduce stigma, encourages open dialogue, and builds a more inclusive society where differences are respected and valued.

Understanding Autoimmune Health: What You Need to Know This April

By: Yasha Malhotra , Sahara Mental Health
Program – Case Manager

Making the Invisible Visible

March marked Autoimmune Disease Awareness Month—a time to increase understanding of autoimmune diseases and the invisible challenges faced by those living with them. That awareness does not end with the month, and the conversation continues into April.

Autoimmune diseases occur when the immune system mistakenly attacks healthy cells, tissues, or organs, causing inflammation and damage. These conditions are typically chronic and lifelong, with symptoms that fluctuate. In Canada, nearly 1 in 5 people live with an autoimmune disease, underscoring their significant impact on individuals, families, and communities (Autoimmune Association, 2024).

There are more than 80 known autoimmune diseases, including lupus, rheumatoid arthritis, multiple sclerosis, Crohn’s disease, and type 1 diabetes. Although these conditions affect the body in different ways, many share common symptoms such as chronic pain, fatigue, and cognitive difficulties. Because these symptoms are often invisible, individuals may experience misunderstanding, stigma, or disbelief from others.

One of the most difficult aspects of autoimmune disease is invisibility. Symptoms such as pain, brain fog, fatigue, flare-ups, and emotional distress may not be outwardly apparent, even when they are severe.

This can lead others to minimize the illness or question its legitimacy, leaving individuals feeling misunderstood or invalidated (Autoimmune Association, 2024). Many people feel pressure to push through symptoms at work, school, or home, which can worsen physical health and contribute to emotional strain.

Fatigue is one of the most common and disabling symptoms of autoimmune disease. Unlike everyday tiredness, autoimmune-related fatigue is persistent and not relieved by rest, affecting concentration, memory, and daily functioning (National Institute of Arthritis and Musculoskeletal and Skin Diseases [NIAMS], 2023). Living with chronic illness also affects mental health, with higher rates of anxiety and depression linked to ongoing pain, uncertainty, and changes in independence (Marrie et al., 2021).

Raising awareness and showing compassion can make a meaningful difference. Listening, believing lived experiences, and supporting flexibility in workplaces, schools, and healthcare settings help create more inclusive communities. This Autoimmune Disease Awareness Month, let us choose understanding and advocacy, because being seen and believed matters.



APRIL IS

National Immunization Awareness Week

By: Savita Saini, SHPP Preventive Care Specialist

National Immunization Awareness (April 26 – May 2) is a great time to pause and reflect on how vaccines help keep us, our families, and our communities safe. Vaccination is one of the simplest and most effective ways to protect against serious diseases that once caused widespread illness and death.

Vaccines work by teaching your immune system how to recognize and fight infections. They use a harmless part of a virus or bacteria to prepare your body without making you sick. So, if you are ever exposed to the real disease, your body is ready to respond quickly and prevent severe illness.

Over the years, vaccines have made a huge difference in global health. Diseases like smallpox have been eliminated, and others such as polio and measles are now far less common thanks to routine immunization. However, these diseases can return if people stop getting vaccinated, which is why staying up to date is so important.

Vaccination does not just protect you—it also protects those around you. When most people in a community are vaccinated, it creates something called “herd immunity.” This makes it harder for diseases to spread and helps protect vulnerable individuals, such as babies, older adults, and people with weakened immune systems.

This week is a reminder that vaccines are not just a personal choice—they are a shared responsibility. By staying informed and up to date with your immunizations, you are helping build a healthier and safer community for everyone.

UNDERSTANDING THE RISKS OF VAPING

“Are alternatives to addiction healthier alternatives”

By: Sowmya Shinde, Addictions Case Manager

Vaping has become a common trend, especially among youth and young adults. It is often promoted as a safer alternative to smoking, which leads many people to believe that it is harmless. However, growing research shows that vaping can have serious health risks that should not be ignored.

Vaping involves inhaling an aerosol produced by heating a liquid that usually contains nicotine, flavouring, and also some other chemicals. While it may include some harmful substances than a traditional cigarette, it is not risk-free. According to the Health Canada (2026), the nicotine in vaping products can lead to physical dependence and also addiction, even among individuals who have never smoked before.

In terms of nicotine, it is highly addictive substance which affects both the human body and brain. In one inhale, it instantly enters the bloodstream and then reach the brain, reinforcing cravings and it is difficult to quit. It can also cause short-term rise in heart rate and blood pressure. For the young generation, the risks are even higher.



Since the brain continues to develop into early adulthood, due to the nicotine exposure it can negatively cause damage on memory, concentration, and emotional regulation (Health Canada, 2026).

Another myth about vaping is that vaping products only harmless water vapour. But in reality, the aerosol is consists of harmful substances, which includes toxic chemicals and nickel along with that lead which is heavy metals. Some chemicals of these are formed during the process of heating and this can-do lung irritation and other health concerns. Vaping consumers often report some symptoms like coughing, throat irritation, nausea, and headaches (Health Canada, 2026).

Mental health behaviour is also closely linked to vaping. Individuals using vaping as an unhealthy coping strategy to cope with stress, anxiety, or social pressure. Even though it can give short term relief from that feeling, but, it does not address underlying issues which can lead it to increased dependence over the time.



A significant public health concern is youth vaping. The appealing flavours, easy access, and also peer influence contributes to its popularity in young populations. Through research we got to know that young vape users are more likely to try smoking in future and develop long-term nicotine dependence (Office of the Chief Medical Officer of Health, 2024).

It is essential to recognize that while vaping may be a less harmful option for adults who are trying to quit smoking, it is not harmless—especially for those who do not already use tobacco products. Awareness and education are essential in helping individuals make informed decisions about their health.

As vaping continues to rise in the popularity, understanding its risks is very important. Looking beyond the trend and focusing on the long-term impact it can help to protect both physical health and overall well-being.

Empowering Communities Through Prevention

The SHPP Perspective on Public Health Promotion

By: Tanya Vyas, SHPP Community Health Ambassador



Public health prevention and promotion are at the core of building healthier, more resilient communities. It is an idea that strongly reflects in the work and vision of SHPP (Sahara Health Promotion Prevention). From an SHPP perspective, health is not just about treating illness, but about creating environments where individuals can thrive physically, mentally, and socially before health issues even arise.

Prevention focuses on reducing the risk of disease through proactive measures such as vaccinations, screenings, and early interventions. Promotion, on the other hand, empowers individuals and communities with knowledge, resources, and supportive environments to make healthier choices. Together, they shift the focus from reactive care to proactive well-being.

SHPP plays a vital role by engaging communities through education, outreach, and culturally responsive initiatives. By meeting people where they are, SHPP helps bridge gaps in health literacy and access, ensuring that prevention strategies are both inclusive and effective. Programs that encourage healthy lifestyle, mental well-being, and social connectedness contribute to long-term outcomes and reduce the burden on healthcare systems.

During Canadian Public Health Week, it is especially important to recognize that prevention and promotion are not just responsibilities of health professionals but of society as a whole. Investing in these areas leads to healthier populations, reduced healthcare costs, and stronger communities. SHPP's approach highlights that sustainable health change begins with awareness, empowerment, and collective action. This makes prevention and promotion essential pillars of public health.

WORLD HEALTH DAY 2026

By: Navdeep Kaur, SHPP Case Manager

Every year on 7 April the world marks World Health Day, a global health awareness initiative led by the World Health Organization to highlight urgent health challenges and inspire action for better well-being. This observance commemorates the founding of WHO in 1948 and serves as a platform to educate the public, strengthen health systems, and promote preventive care across populations.

For World Health Day 2026 the theme “Together for health. Stand with science” spotlights the crucial role of evidence and scientific collaboration in protecting health and guiding decisions that support healthier lives. The campaign encourages individuals, health professionals, and policymakers to trust science-based guidance, from lifestyle changes to early disease detection and management.

A major focus of global public health is tackling noncommunicable diseases also known as chronic diseases such as heart disease, stroke, cancer, diabetes, and chronic respiratory conditions. These long-lasting diseases are the leading cause of death worldwide, accounting for around 74 percent of all deaths globally, and contribute significantly to disability and healthcare burdens. Tragically, millions of premature deaths occur in low and middle-income countries, reflecting deep disparities in access to preventive services and early treatment.



Many chronic diseases share common modifiable risk factors including unhealthy diets, physical inactivity, tobacco use, harmful alcohol consumption, and air pollution, all of which can be addressed through education, healthy lifestyle choices, and supportive policies. This World Health Day the message is clear: prevention works. Simple daily habits such as balanced nutrition, regular physical activity, avoiding tobacco, and staying up to date with health screenings can significantly lower the risk of chronic conditions and improve quality of life.

Beyond personal responsibility, preventive care also requires community awareness and access to health services. Early screening and detection of conditions like high blood pressure, elevated blood glucose, and early cancer markers enable timely interventions that can save lives. Public health campaigns and education play a vital role in building health-literate communities that make informed decisions and advocate for environments that support well-being.

The Rise of Mental Health Issues Among International Students

By Harmeet Basra, C.A.R.E. Program Case Manager

Mental health concerns among international students have increased sharply in recent years, driven by a combination of academic pressure, cultural adjustment challenges, financial strain, and limited access to culturally responsive care within their community. Research consistently shows that international students experience higher levels of anxiety, depression, loneliness, and psychological distress compared to domestic students. A 2023 survey by the Canadian Bureau for International Education found that 65% of international students reported significant academic-related stress, reflecting the intense pressure many face in adapting to new educational systems and expectations (Canadian Immigrant, 2025).

International students also encounter unique stressors related to immigration uncertainty, language barriers, and cultural isolation. Studies highlight that these students often struggle with homesickness, discrimination, and the absence of familiar support networks, all of which contribute to elevated mental health risks (Ansari Lari et al., 2025). Loneliness is particularly prevalent; large-scale data from the American College Health Association shows that international students have higher odds of experiencing loneliness and academic distress than domestic students (Chaliawala & Smith, 2025).



Stigma remains one of the most significant barriers to seeking help especially in the South Asian community. Many international students come from cultures where discussing mental health is taboo, leading to fear of judgment or consequences for disclosing distress. This stigma, combined with unfamiliarity with local healthcare systems, results in underutilization of mental health services even when support is available (Canadian Immigrant, 2025).

Financial pressures further intensify mental health challenges. High tuition fees, rising living costs, and limited work opportunities create chronic stress, with some students turning to substance use as a coping mechanism (Canadian Immigrant, 2025). These pressures can escalate to crisis levels, with reports of housing insecurity and increased asylum claims among international students in Canada.

Despite these challenges, research emphasizes that resilience can be strengthened through social support, culturally tailored university programs, and mental health literacy initiatives. Interventions that promote belonging, cultural competence, and accessible care are essential to addressing the growing mental health crisis among international students (Ansari Lari et al., 2025).

Grief Counselling Support

By: Jaslene Singh, Grief Counsellor

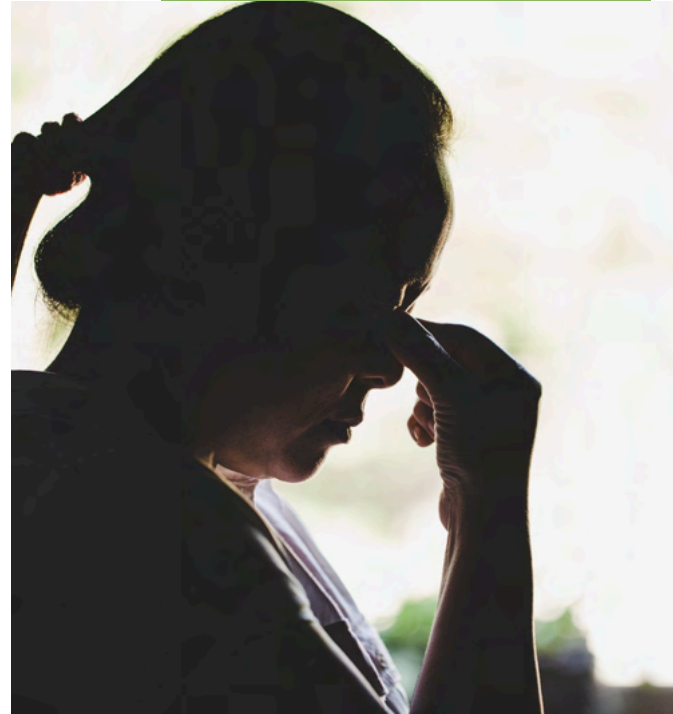
Grief is a deeply personal and natural reaction to experiencing a loss. Grief can feel isolating, as though the world has moved on while you're still trying to make sense of what's been lost (Ioriosi, Iglewicz, and Zisook, 2020). This experience comes with many ups and downs; you may notice feelings of sadness in certain moments while experiencing joy in others (Ioriosi, Iglewicz, and Zisook, 2020; Li et al., 2023). One sentiment which will always be true with grief is that it is unique to an individual's experience (Li et al., 2023). Everyone experiences grief in their own way which means support and coping can look different for each person.

There is no one way, timeline or fix to deal with grief, instead we can work to grow our capacity to manage it. In this challenging journey, there is no need to walk it alone as support is available. In supportive counselling, that experience is met with patience, empathy, and understanding. This means it is not something to be rushed through, but something to be gently held. Supportive counselling sessions create space to speak openly to process emotions at your own pace, and to begin finding meaning in the middle of pain.

The Grief Counselling Program provides confidential, empathic, and culturally informed care for those who have experienced the loss of someone in their lives. This service emphasizes that reaching out is not a sign of weakness, but an act of courage.

With the right support, grief does not disappear, but it can become more manageable.

Over time, supportive counselling and community care can help transform overwhelming distress into something that coexists with healing, connection, and hope.





VAISAKHI CELEBRATION APRIL 2026

By: Arshdeep Kaur, Geriatrics Placement Student



Vaisakhi is one of the most joyful and vibrant festivals, especially for those who cherish culture, tradition, and togetherness. It is celebrated with great enthusiasm within our seniors' group, as well as among people of all ages. Marking the harvest season, the festival brings happiness, positivity, and a deep sense of gratitude for nature's blessings. More than just a celebration, Vaisakhi is a time for coming together to honor life, culture, and unity.

At Punjabi Community Health Services (PCHS), we take great pride in celebrating Vaisakhi each year. Our seniors' group gathers with excitement and energy, transforming the space into a lively and colorful setting filled with joy. We decorate beautifully, dress in traditional Punjabi attire, and share in the spirit of the occasion. It's a meaningful opportunity to set aside daily worries and fully embrace the moment with friends and community members.



One of the most enjoyable parts of Vaisakhi is the cultural performances. Women in the group celebrate by performing Gidha, which is a traditional Punjabi dance full of grace, expressions, and storytelling. They dress in bright and colorful suits with beautiful dupattas, jewelry, and traditional accessories. While dancing, they sing boliyan (folk verses), clap rhythmically, and express happiness through their movements. Their energy and enthusiasm make the whole celebration lively and entertaining.

On the other hand, senior men enjoy performing Bhangra, which is a powerful and energetic Punjabi folk dance. Even at an older age, their spirit and excitement are truly inspiring. They dance to the beats of the dhol with great enthusiasm, showing strength, happiness, and pride in their culture. Their performances bring smiles to everyone's faces and encourage others to join in as well. Watching Bhangra together creates a perfect cultural atmosphere that beautifully represents Punjabi traditions.

Vaisakhi is not only about dancing and music but also about enjoying delicious traditional food. Food plays a very important role in the celebration. In our group at PCHS, we prepare and share cultural dishes that are specially associated with Baisakhi. Everyone enjoys eating together, which makes our bond stronger. Traditional foods like makki di roti, sarson da saag, chole, rice, and sweet dishes like kheer, Gulab Jamoonare commonly enjoyed. These dishes remind us of our roots and bring back warm memories of our younger days and village life.

Sharing food together creates a feeling of warmth and belonging. It is not just about eating, but about sitting together, talking, laughing, and enjoying each other's company. Everyone contributes in some way, which makes the celebration more meaningful and cooperative.

Another important aspect of Vaisakhi is the spirit of togetherness. People from different backgrounds and age groups come together and celebrate as one big family. It teaches us the importance of unity, respect, and love. In our seniors group at Punjabi Community Health Services, this festival becomes even more special because it gives us a chance to stay active, socialize, and feel connected with others.

Vaisakhi also reminds us to be thankful for everything we have. It is a time to appreciate nature, farmers, and the hard work that goes into growing food. It teaches us to stay positive, hopeful, and grateful in life. For seniors especially, such celebrations bring emotional happiness and mental relaxation.

Overall, Vaisakhi is a festival full of joy, in all our groups, culture, tradition, and togetherness. Everyone enjoys it a lot, whether they are young or old. Women express their happiness through Gidha, men through Bhangra, and everyone enjoys delicious cultural food together. At Punjabi Community Health Services (PCHS), this celebration becomes a beautiful memory that brings smiles, laughter, and unity. It is truly a festival that touches the heart and strengthens our connection with our culture and each other.



Hop Into Spring: A Blooming Success for Youth at the Malton Youth Hub

By Michelle Yousofi – Youth Worker

The Community Connections: Children and Youth Program at Punjabi Community Health Services (PCHS) recently hosted its vibrant “Hop into Spring” event at the Malton Youth Hub, and it was truly a wonderful celebration of creativity, teamwork, and seasonal joy. The event brought together children and youth for an afternoon filled with hands-on activities, laughter, and meaningful connections.



Participants enthusiastically took part in building and designing their very own birdhouses, showcasing their creativity and problem-solving skills. They also enjoyed planting flowers to take home, giving them a special keepsake to remind them of the fun day and the arrival of spring. The room was filled with excitement as youth proudly shared their creations with peers and staff.

The event created a warm and welcoming environment where youth were able to socialize, express themselves, and build confidence while engaging in positive activities. Snacks and drinks added to the festive atmosphere, keeping everyone energized and smiling throughout the program.

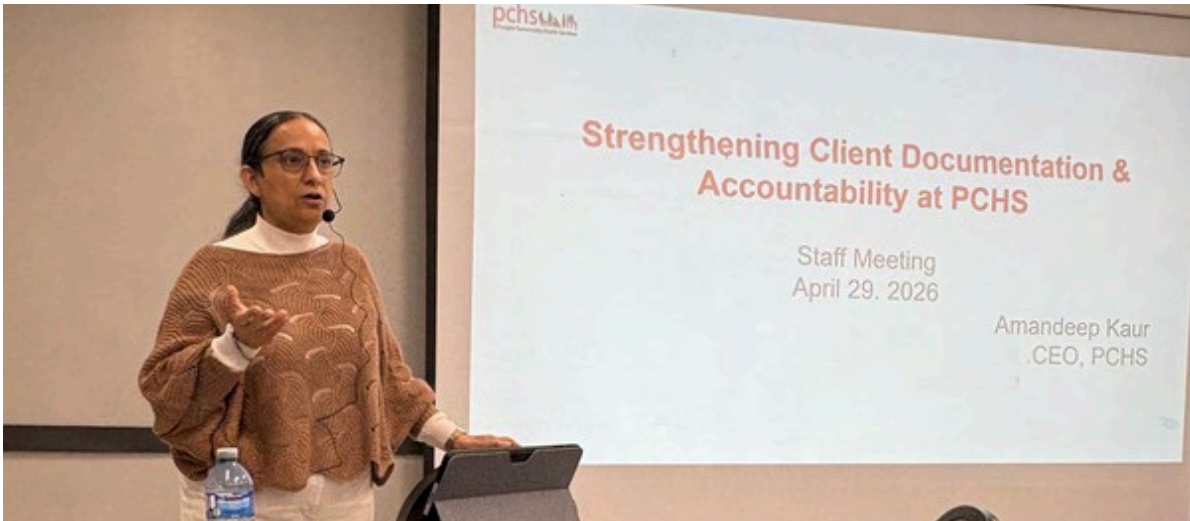
Overall, “Hop into Spring” was a very fun and successful event that left participants feeling happy, engaged, and connected to their community. It was a beautiful way to celebrate the season while encouraging creativity, friendship, and personal growth among youth.

PCHS in the Community



SHPP Team at Triveni Mandir outreach, sharing valuable health information

PCHS Quarterly Staff Meeting



The PCHS quarterly staff meeting held on April 29th brought together team members from across the organization. The session provided an opportunity to review recent achievements, share program updates, and discuss goals for the upcoming months.

Staff engaged in meaningful conversations, strengthening collaboration and reaffirming their commitment to serving the community effectively.



24TH PCHS IWD GALA



Client Testimonials

I would like to sincerely thank your team for all the support you have provided me during a very difficult time. You have helped me with groceries and food when I was struggling financially and had no stable income. This support made a huge difference in my daily life and gave me relief during a stressful situation.


I truly appreciate your kindness, understanding, and willingness to help. Your support has helped me get through this challenging period, and I am very grateful for everything you have done for me.

Thank you again for your continued support.
-SHPP Program

We found Ms. Ramanpreet Kaur & Savita Saini's presentation on obesity to be excellent and engaging. She connected very well with the senior audience and addressed our concerns with patience and clarity. The session increased our awareness about healthy living and motivated many of us to take positive steps toward better health. - **SHPP Program**

Thank you to PCHS for the support and care you have provided me. Navdeep Kaur has been especially helpful, always assisting me patiently and guiding me whenever I needed help. I truly appreciate her kindness and the support from the team. - **SHPP Program**

I sincerely appreciate PHCS for their support to me and my family. When I reached out for help, they responded with kindness and understanding, and their assistance made a big difference in our lives. Thank you for your care and dedication. We are truly grateful. - **SHPP Program**



Launching the Recruitment Phase of the Peel Families Diabetes Prevention Program (PFDPP)

The Peel Family Diabetes Prevention Program (PFDPP) is a one-year, research-based initiative led by Institute of Better Health (IBH) at Trillium Health Partners in collaboration with community partners including WellFort CHC and Punjabi Community Health Services.

The program is now in its recruitment phase, seeking South Asian and Black African/Caribbean family dyads living in the Peel Region who may be at risk of developing Type 2 Diabetes. The study aims to better understand how culturally responsive, community-based health and wellness coaching can support diabetes prevention within diverse families.

Participants (one caregiver aged 18+ and one youth aged 14–25) will engage in a 12-month program that includes health and wellness coaching, group support sessions, motivational messaging, and educational resources focused on healthy eating, physical activity, mental well-being, and lifestyle change. Families in the research study will also contribute to evidence-building on effective, community-driven prevention strategies and receive an honorarium for their participation in research activities.

This initiative represents a collaborative effort to strengthen culturally grounded approaches to chronic disease prevention and promote long-term health and well-being within communities across the Peel Region.

For more details, please refer to the flyer on the next page

COMMUNITY TYPE 2 DIABETES PREVENTION RESEARCH-BASED PROGRAM

We are looking for Family Participants!

The Family and Child Health Initiative (FCHI) at the Institute for Better Health, Trillium Health Partners (Mississauga), alongside several Peel-based community organizations such as **WellFort and PCHS** are conducting a one-year research-based program to help prevent Type 2 Diabetes among Black, African, Caribbean, and South Asian families living in the region of Peel.

This research-informed program looks at how health and wellness coaching can help families reduce their risk of Type 2 Diabetes. We are looking for **70 Black, African, and Caribbean families and 70 South Asian families** who live in Peel Region to take part.

Who Can Participate?

- A family group with one family caregiver aged 18+ and one youth aged 14–25 living together
- Self-identify as either Black, African, or Caribbean, or South Asian
- Can participate in the research-informed program for 12 months
- Can speak, read, and understand English well

Participants will receive an honorarium for each hour of research data collection visits.

Interested in Participating as a Family Pair?

Contact us at:

+1 437-231-6951

hamna.khan@thp.ca

Or click on this link:

<https://ibhresearch.thp.ca/surveys/?s=WHYHNTNPXAAWMNNN>

Or scan this QR :



Please feel free to share this participation opportunity with clients, colleagues, and friends who may be eligible and interested.

National Youth Week Celebration

 FRIDAY, MAY 01 4PM-7PM <i>Self Care Day</i> 	SATURDAY MAY 02 12 PM TO 4PM <i>Carnival Day</i> 	SUNDAY MAY 03 12 PM TO 2 PM <i>Virtual Employment Workshop</i>
MONDAY MAY 04 4 PM-7 PM <i>LEGO&Puzzle Day</i> 	TUESDAY MAY 05 11AM-12PM <i>Painting a Canvas!</i> 	WEDNESDAY MAY 06 4PM - 6PM <i>Tie Dye Day</i> 
THURSDAY MAY 07 5PM - 7PM <i>Talent Show</i> 		<p>Snacks, Lunch, Drinks will be provided</p> <p>Presto Cards & Bus Tickets available for eligible clients</p>

Location:
Malton Youth Hub
 3545 Morning Star Drive
 Mississauga, ON L4T 2V3
 ROOM: 202

ELIGIBILITY:
 PERMENANT RESIDENT
 CONVENTION REFUGEE
 AGES 8-20

For More Information/Registration
 Contact a Youth Worker
 Simran Dhillon
 Simran.Dhillon@pchs4u.com
 437-324-0119
 Michelle Yousofi
 Michelle.Yousofi@pchs4u.com
 416-859-4264

ROOTS OF JOY WORKSHOP



Presentation



Mental Health Talk



Seedling



Refreshments




Community
Connection

Participants will have the opportunity to pot and plant their own plants while taking part in meaningful conversations around mental health and overall wellness. This hands-on activity encourages relaxation, connection, and open dialogue in a supportive environment.


 Tuesday, May 15 2026

 5:00PM - 7:00PM

 Room 101, 60 West Drive,
Brampton, ON L6T 3T6

Scan this QR code to register or:



 437-243-3735

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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

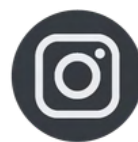
3545 Morning Star Drive, Jonathan
Davis Centre, Mississauga, ON L4T
1Y3

Different Spokes:

8 Nelson Street West
Brampton, ON L6X 1B7

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