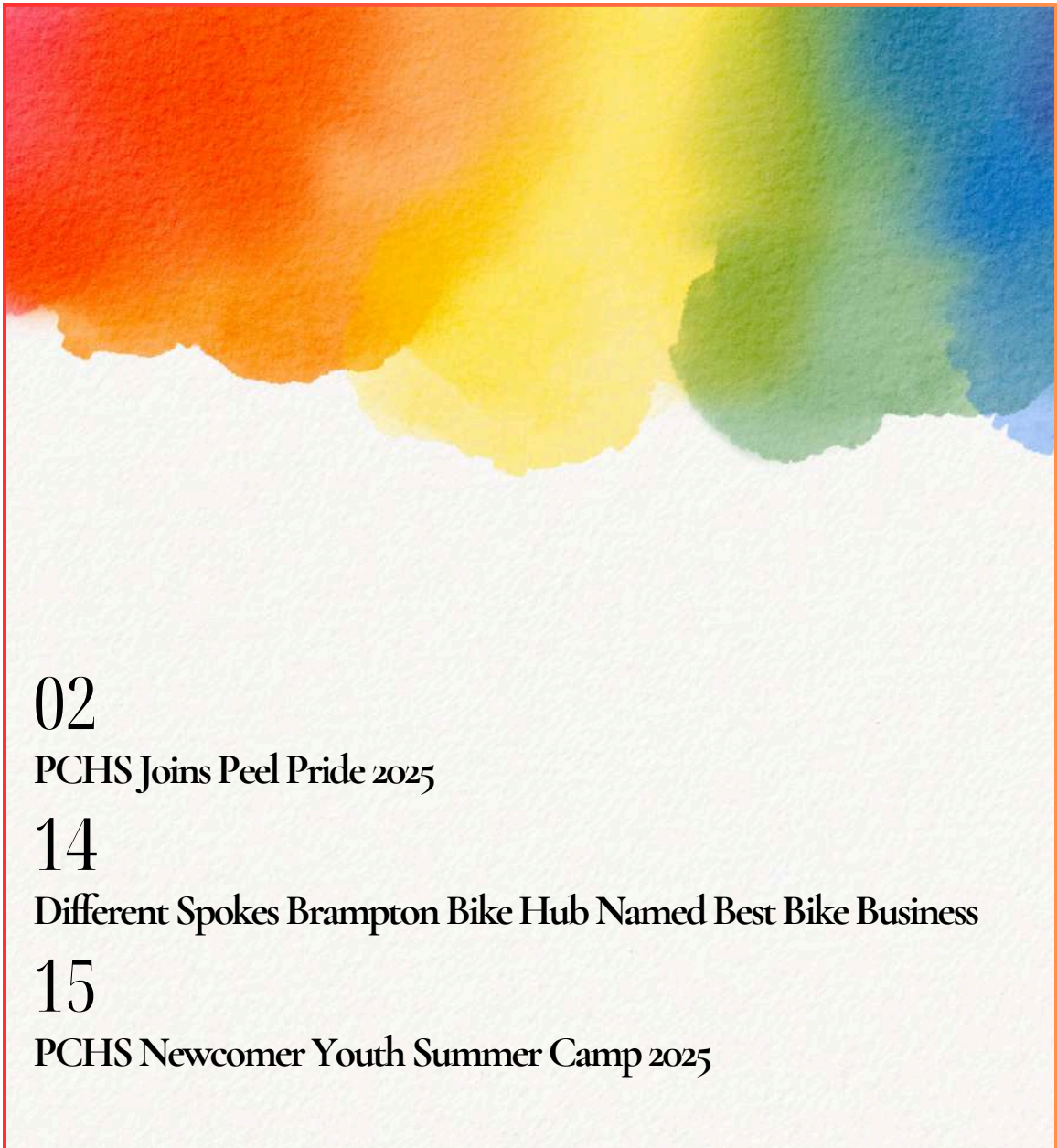


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# LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



## Reflecting, Realigning, and Renewing Our Commitment

I am pleased to share an overview of July 2025, a month marked by reflection, realignment, and a renewed commitment to the core values that guide our work at Punjabi Community Health Services.

On July 12, our Addiction Team hosted the linguistically and culturally responsive Circle of Care workshop, providing a transformative space for individuals at various stages of recovery, including those living with addiction and their caregivers. Participants courageously shared personal stories, discussed caregiving challenges, and explored the non-linear nature of healing, which is marked by ups and downs and possibly some loops, and the true healing starts internally.

That same day, PCHS proudly participated in Peel Pride 2025 at the Burnhamthorpe Library in Mississauga. Under the inspiring theme “Pride in Every Voice,” this event celebrated the diversity of our community. Members of our Anti-Racism, Anti-Oppression (ARAO) Committee actively engaged attendees and shared valuable resources, reinforcing our steadfast commitment to fostering inclusion and belonging within the 2SLGBTQ+ community.

On July 17, our Executive and Management Teams gathered at the Malton office for a training session on Effective Supervision through Legal Aspects. This comprehensive session reinforced our collective responsibility as leaders to uphold professional standards while nurturing a culture grounded in compassion and respect. Our legal counsel, Sophia Dunkley, provided training on critical topics such as confidentiality, workplace safety, employment obligations, and performance management. Through analyzing real-life scenarios, we shared effective strategies to enhance staff morale, build trust, and ensure accountability without compromising empathy.

At PCHS, supervision is far more than oversight; it is fundamental to providing meaningful support. Our goal is to empower staff with clarity, tools, and encouragement. Recognizing that documentation, although challenging at times, is crucial for maintaining integrity and consistency in service delivery, we emphasize its importance not only for compliance but as a reflection of our care and professionalism.

Professionalism at PCHS is not merely expected; it is integral to our identity and mission. By maintaining composure under pressure, practicing diligent documentation, and demonstrating fairness and respect, we continue to build a healthier, more accountable, and resilient organization.

Thank you to each Board member, staff member, supervisor, volunteer, and leader for consistently bringing your professionalism, compassion, and dedication to your roles every day. Your actions shape our culture, and our culture shapes the lasting, positive impact we have on our community.



# PCHS Joins the Celebration of Diversity and Unity at Peel Pride 2025

By: Brahmjot Dhillon, Diversity Equity & Inclusion Coordinator

On a bright Saturday afternoon, July 12th, 2025, the Burnhamthorpe Library in Mississauga was filled with color, excitement, and community spirit as people came together for this year's Peel Pride celebration. The theme for 2025, "Pride in Every Voice," focused on celebrating different identities and encouraging people to speak up and support each other.

The library and surrounding area were full of music, laughter, and fun activities. The event featured educational booths and hands-on workshops. Families enjoyed activities, such as face painting, games, and craft stations, making it a successful and inclusive event for people of all ages.





Brahmjot and Gursharan, Members of the Anti-Racism, Anti-Oppression (ARAO) Committee proudly represented Punjabi Community Health Services (PCHS) at this event. They interacted with other organizations and visitors to spread awareness and provide resourceful information about the services offered by PCHS.



Through this representation, community members learned about mental health support, addiction services, family programs, and more. PCHS's presence showed its strong commitment to welcoming everyone, including the 2SLGBTQ+ community, and to creating spaces where people feel inclusive, safe, respected, and supported.

Peel Pride 2025 was organized by MOYO Health & Community Services, with support from many local groups, volunteers, and community leaders. The event was not only a celebration, but it was also a chance to learn, connect, and support each other as a strong community.

As Peel continues to grow, events like Peel Pride help bring people together and remind us of the importance of kindness, fairness, and community support.

For PCHS, taking part in Peel Pride 2025 was a powerful way to show our continued promise to stand with the LGBTQ+ community, listen to their needs, and work toward a future where everyone feels a sense of belonging.



# The Importance of Routine: Create Order in Your Everyday Life

**By Navkiran Gill, Addiction Case Manager**

In our busy and sometimes unpredictable world, establishing a routine can be a powerful way to bring stability, reduce stress, and regain a sense of control. For many people, having daily structure offers more than just staying organized, it becomes a foundation for mental clarity and emotional stability.

Clinical psychologist and a retired professor of psychology at University of Toronto, Dr. Jordan Peterson, often highlights the importance of routine in his interviews and lectures. One of my favorite pieces of advice from Dr. Peterson is to “clean your room,” a way of telling you to take personal responsibility and create order in your surroundings. In his book *12 Rules for Life*, he writes, “Set your house in perfect order before you criticize the world” (Peterson, 2018). This concept encourages individuals to first manage their personal space and habits as a starting point for greater change.

The benefits of routine go beyond physical organization. According to the Ontario Psychological Association, “routine is reassurance, freeing us from the mental overload of simply deciding what to do” (OPA, 2023). Having a sense of predictability in your day offers comfort and can greatly reduce stress. When we know what to expect from our day, we are less likely to feel overwhelmed, which in turn can improve emotional resilience and focus.

By focusing on the smaller manageable tasks and staying on top of simple daily routines can make the bigger responsibilities much easier to handle. This means building habits like waking up at the same time, planning meals, going to bed at a certain time, can lead to long-term positive change when done consistently.

Ultimately, having a routine isn't about following an overly strict schedule, it's about establishing a steady rhythm that supports your mental, emotional, and even physical well-being. Consistency in small areas of life can create a strong foundation for handling larger challenges. By building simple daily habits and keeping your environment organized, you create a sense of order that promotes stability, reduces stress, and opens the door to personal growth.



# Uterine Fibroid Awareness Day

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



July 21<sup>st</sup> has been designated Uterine Fibroid Awareness Day, an observance aiming to shed light on a condition that will affect up to 80% of women by the age of 50 (Your Period, n.d.). With women's health already underrepresented in research and public conversation, uterine fibroids are often overlooked despite how common they are. This can leave many individuals struggling to live healthy and fulfilling lives, forced to suffer in silence due to symptoms that disrupt daily life.

## **What are uterine fibroids?**

Uterine fibroids are noncancerous (benign) tumours that grow from the muscle tissue in the uterus (Your Period, n.d.). They are also referred to as leiomyomas and myomas. While some people have no symptoms, others may experience heavy, prolonged menstrual bleeding and/or irregular bleeding, pelvic pain or a feeling of pressure in the pelvis, pain in the back or legs, pain during sexual intercourse, frequent urination, constipation or bloating, and/or iron-deficiency anemia (Living 100 Fibroids, n.d.). The extent of symptoms can depend on their number, location, and size, with fibroids ranging from the size of a pea to as large as a grapefruit.



Several risk factors may increase the likelihood of developing uterine fibroids, including a family history of uterine fibroids, early menstruation, age (most commonly diagnosed in individuals in their 30s and 40s), high blood pressure, vitamin D deficiency, and lifestyle factors such as obesity and diet (Eunice Kennedy Shriver National Institute of Child Health and Human Development [NICHD], 2018). Furthermore, research shows that Black and Asian women of all subgroups are disproportionately affected, often developing fibroids at a younger age and with more severe symptoms (Mitro et al., 2025). Cultural stigma around menstruation and reproductive health may also hinder diagnosis and care in these communities.

### **What can you do?**

If you are experiencing symptoms such as heavy bleeding, pelvic pain, or frequent urination, speak to a healthcare provider. Fibroids can often be diagnosed through pelvic exams, imaging such as ultrasounds, and blood tests to rule out other disorders (Your Period, n.d.). Most uterine fibroids don't require treatment, but for those that experience severe symptoms, options range from symptom management with medications to non-invasive procedures or surgery (Your Period, n.d.).

Let's take July 21<sup>st</sup> as an opportunity to challenge silence around menstrual and reproductive health, especially within communities where stigma and lack of awareness can prevent individuals from thriving. By encouraging conversation, we can help ensure that women at risk receive the care, information, and support they need.



# World Brain Day 2025: Brain Health for All Ages

By: Fariha Abdul Muqueet,  
Preventative Care Specialist, SHPP



Every July 22, World Brain Day calls global attention to the importance of brain health at every stage of life. Led by the World Federation of Neurology (WFN), this initiative highlights the growing burden of neurological disorders and the urgent need for preventive strategies, especially in the face of aging populations and rising health inequities.

This year's theme **"Brain Health for All Ages"** underscores that brain health is a lifelong journey, starting before birth and continuing into old age. The campaign promotes practical strategies such as healthy eating, regular exercise, sleep hygiene, mental stimulation, stress management, and access to routine check-ups.



## Understanding Prevention: A WHO Framework

Prevention, as defined by the World Health Organization (WHO), includes both **disease prevention** and **health promotion**.

- **Primary prevention:** Aims to stop diseases before they start. This includes addressing social and economic health determinants, promoting healthy behaviors, offering community interventions, and providing immunizations and health education across the lifespan.
- **Secondary prevention:** Focuses on early detection and intervention. This involves screening programs for neurological and developmental disorders, early-stage treatments, and preventing complications from existing conditions.

## Five Key Messages: Brain Health and Prevention

- **Prevention:** Early action reduces the long-term impact of neurological conditions.
- **Awareness:** Knowledge empowers communities to take control of their brain health.
- **Access:** Prevention should be equitable—available to all, everywhere.
- **Collaboration:** A united front among professionals, researchers, and governments is essential.
- **Education & Advocacy:** Brain health is a human right that begins with informed communities.

**Take Action:** Join the global movement. Share resources, attend events, and advocate using #WorldBrainDay.



# The Real Meaning of Self-Care: Why It Matters More Than Ever

By: Simran Ghumman- Long Term Case Manager



In a world that praises hustle culture and endless productivity, "self-care" has become a catchphrase, shared across social media and wellness spaces. However, it's often misunderstood, reduced to surface-level activities like bubble baths or cheat days, when in reality it encompasses things like getting enough sleep, exercising, eating well, and taking time to mentally reset.

## What Is Self-Care, Really?

Self-care refers to any intentional action that helps maintain or improve your overall health. It can be physical, emotional, social, spiritual, or practical. It's about checking in with yourself and asking, 'What do I need right now?' Sometimes the answer is rest. Other times, it's setting a boundary, saying no, going to therapy, or cooking a real meal instead of skipping dinner.

It's not always pretty. It doesn't always feel good in the moment. And it's not always easy. But it is essential.

## Types of Self-Care That Matter

- **Physical self-care:** Getting enough sleep, eating nourishing foods, moving your body regularly, and going to the doctor.
- **Emotional self-care:** Allowing yourself to feel and process emotions without judgment. Journaling, therapy, creative expression these all count.
- **Social self-care:** Spending time with people who uplift you, setting limits with those who drain you.
- **Spiritual self-care:** Connecting with something greater than yourself, whether that's through religion, nature, meditation, or reflection.
- **Practical self-care:** Taking care of the daily tasks that reduce future stress, like budgeting, planning your week, or cleaning your space.

One of the biggest misconceptions is that self-care needs to be time-consuming or expensive. In reality, small, consistent acts have the biggest impact. Five minutes of deep breathing before a meeting. A quick stretch between tasks. Drinking enough water throughout the day. Saying no without guilt.

If you're new to this, start by checking in with yourself once a day. Ask: What do I need right now physically, emotionally, socially? Then choose one small action that honours that need.

Self-care isn't selfish. It's foundational. It allows you to show up more fully in your life and in your relationships. It helps you stay grounded during chaos and builds the resilience needed to navigate life's inevitable ups and downs.

So, yes, take the bath. Enjoy the skincare. But don't forget to also rest when you're tired, speak up when you're overwhelmed, and remind yourself often: You're allowed to take care of yourself.



# International Self-Care Day

**By: Savita Saini,  
Preventative Care Specialist**



Every year on July 24, the world observes International Self-Care Day, a global reminder that self-care is not a luxury, but a necessity for lasting health and well-being. The date—7/24—was chosen to emphasize that self-care should be practiced 24 hours a day, 7 days a week. Introduced in 2011 by the International Self-Care Foundation, this day highlights the importance of individuals taking an active role in managing their health. From brushing teeth and eating nutritious foods to managing stress and engaging in physical activity, self-care includes everyday actions that help prevent illness, support recovery, and reduce strain on health systems.

Amid growing concerns about chronic disease, mental health challenges, and overburdened healthcare services, self-care has become more vital than ever. Studies show that consistent self-care routines can help reduce anxiety, improve energy and focus, boost mood, and enhance resilience. It is not just about pampering oneself but developing habits that promote physical, emotional, and mental balance. Self-care also matters for those who care for others—especially caregivers and healthcare workers—who often overlook their own needs in the process of helping others.

The International Self-Care Foundation outlines several key domains of self-care: physical (such as sleep, nutrition, exercise), mental and emotional (like mindfulness, boundaries, and stress management), and social and spiritual (such as nurturing relationships and connecting with purpose). Other important areas include financial, environmental, and professional self-care. These pillars provide a comprehensive framework to support overall wellness.

On International Self-Care Day, individuals and communities are encouraged to take a moment to reflect: Are you eating well? Moving your body? Prioritizing rest? Even small steps—like a short walk, a screen-free break, or five minutes of journaling—can make a meaningful impact. People can also mark the day by sharing self-care tips, joining wellness events, or simply setting intentions for healthier routines. Across the globe, organizations use the occasion to promote workshops, webinars, and awareness campaigns aimed at encouraging self-care practices.

Ultimately, International Self-Care Day sends a powerful message: taking care of yourself isn't selfish—it's essential. By investing in our own well-being, we build resilience, improve quality of life, and set the foundation for healthier communities.

# Hepatitis Awareness Month

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



Hepatitis is a major global health concern, affecting over 354 million people worldwide, especially with chronic forms like hepatitis B and C. These infections are often silent but can lead to serious outcomes such as liver cirrhosis, liver failure, and liver cancer. July 28 is marked as World Hepatitis Day to raise awareness and promote access to prevention, testing, and treatment (World Health Organization, 2024).

## **What is Hepatitis?**

Hepatitis refers to inflammation of the liver, often caused by viruses, but it can also result from alcohol use, certain medications, or autoimmune conditions. There are five main types of hepatitis viruses: A, B, C, D, and E.

- **Hepatitis A and E** usually spread through contaminated food or water.
- **Hepatitis B, C, and D** spread through blood, unprotected sex, and from mother to child during birth.
- While hepatitis A and E are usually short-term illnesses, hepatitis B and C can become chronic and damage the liver over time (**World Health Organization, 2024**).

## Symptoms

Many people with hepatitis do not experience symptoms in the early stages. When symptoms do occur, they may include:

- Fatigue and weakness
- Nausea, vomiting, or loss of appetite
- Abdominal pain
- Yellowing of the skin or eyes (jaundice)
- Dark urine and pale stools (**World Health Organization, 2024**)

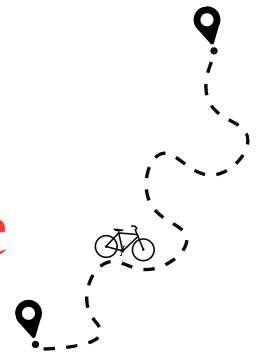
## Treatment

- **Hepatitis A and E** typically resolve on their own with rest, fluids, and medical support.
- **Hepatitis B** can be managed with antiviral medications.
- **Hepatitis C** is curable with antiviral treatment.
- **Vaccines** are available for hepatitis A and B, which also prevent hepatitis D (**World Health Organization, 2024**).

Hepatitis is preventable and treatable. By raising awareness, encouraging testing, and promoting vaccination, we can reduce the burden of this disease and protect our communities



# Different Spokes Brampton & Caledon Bike Hub Named Best Bike Business by Ontario By Bike



**By: Sonia Maset, Program Coordinator,  
Community Cycling Program**

We are absolutely thrilled to share that Different Spokes Brampton Bike Hub, a program of Punjabi Community Health Services (PCHS), has been awarded Best Bike Business for 2025 by Ontario By Bike for Tourism Region 6 (York, Durham & Headwaters)!

This honour recognizes our commitment to creating a welcoming, supportive, and empowering space for cyclists of all backgrounds and abilities. From offering DIY repairs and bike rentals, a free kids hike swap, to delivering multilingual programming and pop-up repair services across the city, Different Spokes continues to foster a culture of sustainability, equity, and community empowerment on two wheels.

The award celebrates the businesses across Ontario that go above and beyond in serving cyclists and promoting cycling tourism in their communities. Among hundreds of certified bicycle-friendly businesses province-wide, Different Spokes was selected as the top bike-related business in our region. This recognition reflects not only the dedication of our team but also the incredible spirit of our volunteers, members, and partners who make the Bike Hub program a truly vibrant community space.

As a winner, we'll be featured in Ontario By Bike's monthly newsletter (March–October 2025) and receive province-wide promotion across newsletters and social media platforms alongside a decal and certificate we'll proudly display at our space in Downtown Brampton.

We're grateful for this recognition and excited to keep pedalling forward. Come by and learn to tune up your bike and help us continue building a healthier, more connected Brampton, one bike at a time!

Take a gander at Ontario By Bike's Webpage to see the other contest winners:  
<http://ontariobybike.ca/2025awardwinners>



# PCHS Newcomer Youth Summer Camp 2025



**By: Disha Mehta, Youth Worker**

This July, the newcomer youth team wrapped up an unforgettable 5-day Summer Camp filled with learning, laughter, and connection. Each day offered youth a chance to explore something new—whether it was culture, nature, teamwork, or just the joy of summer.

The week kicked off with a Culture Carnival, where youth celebrated the traditions of India, Afghanistan, and Italy. Through games, music, and stories, they learned about cultural diversity and the importance of embracing different backgrounds.

Next came Summer Splash Day, where fun met friendly competition. Youth answered trivia about Canada and the world through a live Kahoot game—each correct answer earning the chance to soak the other team with water balloons or water guns. It was a playful way to build knowledge, teamwork, and a few great memories.



On day three, the group visited the Royal Ontario Museum (ROM). Surrounded by ancient artifacts and interactive exhibits, youth explored history, science, and art, sparking curiosity about the world around them.



Day four brought out creative minds with Jeopardy and Pen-Making. Youth sharpened their quick-thinking skills during a lively Jeopardy game and then crafted their own pens—combining teamwork with a hands-on activity they could take home.



The final day focused on the environment during Eco Day with TRCA. Youth learned about the food chain, played “Instincts for Survival,” and collected water and soil samples to view under microscopes. It was an exciting way to connect with nature and better understand the ecosystems around them.

Throughout the camp, youth built new friendships, discovered new passions, and developed skills they’ll carry forward—all while having fun together.

The success of this summer camp reflects the youth team’s ongoing commitment to creating spaces where learning and joy go hand-in-hand.

Consent was provided by all youth for all days. There were 20 participants for most event days.



# Ontario Health Visits PCHS' Langar on Wheels (LOW) Program

On July 22<sup>nd</sup>, 2025, Punjabi Community Health Services (PCHS) was pleased to host a site visit by representatives from Ontario Health, our funder, to showcase the impact of our Langer on Wheels (LOW) program.

During the visit, Ontario Health staff had the opportunity to observe the preparation, packaging, and delivery process of culturally appropriate, nutritious meals that support seniors and vulnerable individuals in our community. Our team shared how the program is grounded in the Sikh principle of seva (selfless service) and how it contributes to addressing food insecurity, social isolation, and chronic health concerns.

The Langer on Wheels program currently serves over 15,800 meals annually, with rising demand across the region. Despite increasing food and operational costs, our team continues to deliver this essential service through the dedication of staff, volunteers, and community support.

We are grateful to Ontario Health for their ongoing partnership and for taking the time to connect with our frontline team, learn about program outcomes, and witness the direct impact of their investment.



# Canada Day Celebrations & Day Trip to Niagara Falls With our Seniors

**By: Kamaljit Johal, Caregiver Support Worker, Geriatrics Department**

Canada Day is an occasion to honour the country's unity, diversity, and rich history. This day has particular significance for Punjabi Community Health Services (PCHS), as we respect Canada's multicultural fabric and remember the sacrifices made by generations before us as well as the opportunities that Canada offers to individuals from all walks of life.

Canada Day was celebrated in all the group programs of the Geriatrics Department. The Canadian flag was decorated in groups, the national anthem was sung, and entertaining cultural acts like playing bingo, Giddha, and Bhangra were performed to strengthen the bonds between generations as elders share their own migration experiences to Canada.

Wishing everyone a Happy Canada Day! 🍁





On July 9, 2025, the PCHS Geriatrics team organized a day trip to Niagara Falls for their clients. A total of 144 seniors, accompanied by 10 staff members and 2 volunteers, participated in the outing. The seniors traveled comfortably on three buses, where they were provided with light refreshments during the journey.

The seniors began their day with a visit to the St. Catharines Museum and Welland Canals Centre, where they watched ships navigate the world-renowned engineering marvel—the Welland Canal. In addition to viewing the canal in action, the group explored the museum’s engaging exhibition galleries, where local history is vividly brought to life. The outdoor Discovery Park offered a chance to enjoy the scenic surroundings and further immerse in the region’s heritage.

Following this enriching stop, the seniors boarded the bus once again to continue their journey to one of nature’s greatest wonders—Niagara Falls. From the Canadian side, they experienced the awe-inspiring power of the falls, while also enjoying picturesque views of the American side. Staying true to their vibrant cultural roots, the seniors danced joyfully to boliyaan and performed gidda, a traditional folk dance of Punjab. Their spirited celebration radiated positivity, with their energy and enthusiasm leaving an inspiring impression on all who witnessed it.

The picnic served as a beautiful example of inclusivity in diversity, with seniors from various communities coming together. Those who brought their own meals participated in a potluck, enjoying their lunches while seated together, exchanging laughter and stories. They also had time to stroll through the local market and take in the sights of the area. The day concluded with a safe return home for seniors, staff, and volunteers, with heartfelt thanks expressed by the clients for a day full of joy and connection.





# Circle of Care Workshop:

## Stories, Support, and Inner Strength

**By: Kawaljeet Bains, Addiction Case Manager**

This month's Circle of Care Workshop was a beautiful reminder of the healing power of the community. We welcomed individuals at different stages of their recovery journey, some living with addiction, others supporting loved ones through it. Despite their different roles, everyone showed up with open hearts and a willingness to listen.

As stories were shared, there was a quiet strength in the room. Struggles were met with understanding, and kind words flowed naturally. We spoke about the many challenges faced especially the emotional toll of caregiving and the exhaustion that can come with it. Caregiver burnout is real, and many felt seen simply by naming it.

We also explored the Stages of Change, highlighting that recovery isn't a straight path. There are pauses, setbacks, and growth, all parts of the process.

After lunch, we created vision boards reflecting what recovery looks like to each person. One participant titled his board "Recovery Within." When asked why, he said, "Everyone's journey is different, but it starts from within." That quiet wisdom stayed with many of us it was a gentle reminder that healing begins inside.

By the end of the day, the room felt lighter. What started as a group of strangers became a circle of care offering support, hope, and connection. This workshop wasn't just a session; it was a space for reflection, encouragement, and understanding.

# *PCHS In The Community*



*SHPP Outreach Table Set Up*



*PCHS Power Walker's Club*



*SHPP Team at Peel Living Building Outreach*



*SHPP Team at BBQ Outreach*



*PCHS Newcomer Youth Summer Camp*



*PCHS at Peel Pride 2025*

# WELCOME

## NEW STAFF



**Jaspreet kaur Singh**  
Community Development  
Facilitator, Settlement  
Program-FTC



**Seart Gill**  
Case Manager RRSL,  
Mental Health- FTC



**Sumeldeep Kaur**  
Case manager,  
MH - FTC



**Prakriti Dobhal**  
Peer Support Worker,  
RRSL-Mental Health -  
FTC



**Tanveer Kaur**  
Intake Worker,  
Settlement - FT

**SAVE THE DATE**




*Glam by Gilly*



# **3<sup>RD</sup> ANNUAL CHARITY CAR WASH**



In Support Of **pchs**   
Punjabi Community Health Services

**SUNDAY, AUGUST 10, 2025**

**12:00 PM – 3:00 PM**

**THE EMBASSY GRAND CONVENTION CENTRE**

# Power Walkers Club

Join us for a refreshing lunchtime walk that combines **networking with physical activity**. It's a great way to connect, recharge, and return to work feeling energized and refocused.



 **12:30 to 1:00 pm**

 June 18 & 25  
July 9 & 23  
August 13 & 27

## Meeting Point

**Honorable William Davis Centre**  
60 West Drive - Front Parking Lot



If you join for 5 weeks, you will get a **free t-shirt!**



\*Weather Permitting



Wear comfortable shoes

## TO LEARN MORE:



[supportline@pchs4u.com](mailto:supportline@pchs4u.com)



437-243-3735

**Disclaimer:** By participating in the Power Walkers Club, you acknowledge that you are doing so voluntarily and at your own risk. Punjabi Community Health Services (PCHS) is not liable for any injuries, health issues, or other complications that may arise during or after participation. It is your responsibility to ensure that you are in suitable physical condition to engage in this activity. If you have any existing health concerns or medical conditions, please consult with your healthcare provider before joining.

Please note: The Power Walkers Club is exclusively for staff at 60 West Drive Building.

# ABOUT CANADA HEALTH CARE SYSTEM



**AUGUST  
28th, 2025**  
06:00 PM – 07:30 PM



**Via ZOOM**

## ELIGIBILITY CRITERIA



- Permanent Residents
- Convention Refugees
- Canadian Citizens (within 3 months of receiving status)
- Live-in-Caregivers

## TOPIC POINTS

- ✓ Understanding OHIP eligibility and requirements
- ✓ Coverage across and outside Canada
- ✓ Registering children

## FREE INFORMATION SESSION

[Scan or click  
here to register](#)



## REGISTRATION CONTACT

**SHARON UY**  
(437) 213-3973  
SHARON.UY@PCHS4U.COM

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



# CANADA EDUCATION SAVINGS PROGRAM



**SEPTEMBER  
25th, 2025**

**06:00 PM – 07:30 PM**



**Via ZOOM**

## ELIGIBILITY CRITERIA

- Permanent Residents
- Convention Refugees
- Canadian Citizens (within 3 months of receiving status)
- Live-in-Caregivers

## TOPIC POINTS

- ✓ Understanding how RESP works
- ✓ Related benefits and eligibility (CLB, CESG)
- ✓ How to apply

## FREE INFORMATION SESSION

[Scan or click  
here to register](#)



## REGISTRATION CONTACT

**SHARON UY**  
**(437) 213-3973**  
**SHARON.UY@PCHS4U.COM**

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Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



# Client Testimonial

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*"We have had the pleasure of your support for over a year. Throughout the year, your consistent support, understanding and kindness has successfully lead to no hospital stays for my mum. My dad's circumstances changed due to his stroke and you transitioned us to our changing family life. You have worked over and above to provide us with guidance and advice in geriatrics and well-being to support my parents and myself with your expert advice. You have ensured that my mum attends her medical appointments which are an integral part of her well-being to age at home. You keep me updated on the Doctor's advice and next steps. As well, you have taken the initiative to ensure that the Doctor's follow-up appointments are on a timely basis. This is essential for both her physical and mental health.*

*Their kindness and thoughtfulness is greatly appreciated. My parents have not had any falls, due to the overnight support workers' deep knowledge of geriatric care and improving quality of life. Within the 5M'a of Geriatric care - mind, medication, mobility, multi-complexity and matters most - the overnight support workers along with yourself ensure that my parents are well cared for and that my parents well-being is managed in an consistent manner overnight, my parents feel secure and have peace of mind. The support is seamless month to month from each of the OSW's and my mum is very safe. All of them demonstrate excellence in their caring responsibilities.*

*Thank you for your continued assistance and kindness. Keep up the great work.*

*We are very fortunate to have the IST Case Manager and the overnight PSWS support my parents in their home.*

*Client: Geriatric Program*



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

## Platinum Sponsor



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CREMATORIUM  
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Compassion | Care | Convenience

Emerald Medical  
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## Gold Sponsor



## Bronze Sponsor



Hardeep Mann CPA  
PROFESSIONAL CORPORATION



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Kulwinder Grewal

Brij Khanna

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Tarandeep Bhui

7 Star Kitchen Cabinets Ltd.

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In memory of RCMP Constable Harvey Dhani



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

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

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


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

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

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

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



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