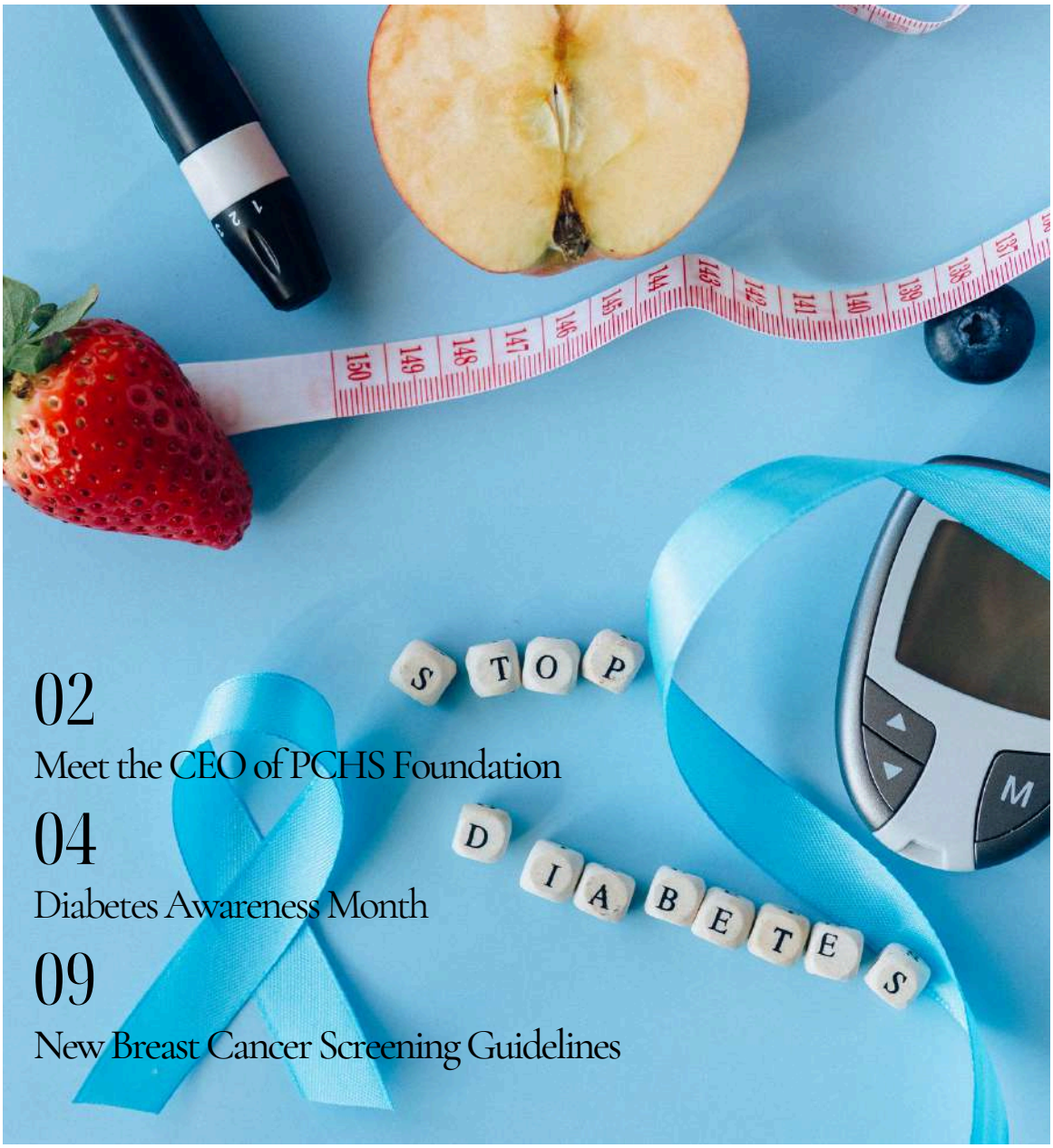
PCHS

HEALTH MAGAZINE



VOLUME 04 ISSUE 11 NOVEMBER 2024

CONTENT HIGHLIGHTS

PCHS Health Magazine: Volume No. 04 Issue No. 11 | EMAIL SUBSCRIPTION: info@pchs4u.com ADVERTISING ENQUIRIES & LETTERS TO THE EDITOR: info@pchs4u.com | DESIGNED AND PUBLISHED AT: 50 Sunny Meadow Blvd, Brampton ON L6R 0Y7.

LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

November's Milestones: Bridging Gaps, Expanding Horizons, and Building Unity

November has been a month of profound growth, collaboration, and celebration for PCHS, marked by transformative initiatives that have furthered our mission to support and uplift our community.

On November 13, PCHS proudly hosted the "Bridging the Gap: Navigating Addictions, Mental Health Services, and Challenges for Newcomers Forum" at the Riverstone Community Centre in Brampton. This pivotal event united professionals from community organizations, Peel Regional Police, community members and newcomers to address the unique intersections of mental health, addiction services, and settlement experiences. Together, we identified key challenges and devised innovative strategies to build more inclusive and supportive systems, reflecting our shared commitment to community well-being.

We are thrilled to announce that our new location at 60 West Drive, Brampton, is now fully operational. On November 18, our staff had the opportunity to explore this state-of-the-art facility during an open house. This new space is a significant milestone for PCHS, enhancing our capacity to deliver holistic and culturally responsive services to the community.

Another notable accomplishment this month was PCHS's participation in the Global Summit on a Collective Vision for Obesity in Copenhagen, Denmark, on October 28–29. Organized by Novo Nordisk, a global leader in healthcare solutions for diabetes and obesity, the summit brought together stakeholders from 20 countries to address the global obesity crisis. Ansjyot Kapoor, Senior Manager of Health Promotion and Prevention, and I had the honour of representing PCHS at this event. The summit offered valuable insights and an international perspective on today's most pressing health issues. The knowledge gained will inform our strategic planning and program development, ensuring that our approach to obesity is aligned with global best practices and responsive to the specific needs of our communities. Participating in this summit reinforced PCHS's commitment to addressing obesity through innovative, equitable, and community-based solutions.

We are concluding this month with our 11th Annual Friends of PCHS event on November 30 at the Terry Miller Recreation Centre in Brampton. 113 individuals have registered for this event, including our Board of Directors, clients, staff, volunteers and other community stakeholders. Stay tuned for a detailed event recap in the December Health Magazine.

As we reflect on these accomplishments, I extend my heartfelt gratitude to our dedicated staff, supportive partners, and resilient community members. Together, we are breaking barriers, fostering inclusivity, and creating pathways to better opportunities for all.

Wishing you all continued health and empowerment as we journey together into December and beyond!

Meet the CEO of PCHS Foundation

HERSH SEHDEV

New CEO of PCHS Foundation

The PCHS Foundation Board is pleased to announce the appointment of Hersh Sehdev as the new CEO of the Foundation. Hersh is a dynamic community grounded leader with over 30 years of experience in senior leadership roles within Ontario and beyond.

Starting from the trenches of front-line health care, Sehdev's journey to becoming CEO of Kingston Community Health Centers and then the Chair of South- East LHIN was always guided by her principles on health equity. She generated support to raise support for self-funding, a hub for Kingston's marginalized community.

Prior to moving to Kingston, Sehdev was the Program Director for Toronto's South Riverdale Community Health Centre for 11 years and an Associate of Allocations, Planning and Government Relations with United Way of Greater Toronto. Her experiences also include establishing Riverdale Immigrant Women Centre when there was little support for newcomers. She was noticed by the Ontario Ministry of Citizenship and Culture and was commissioned to develop the provincial publication Multiculturalism and Health Care.

Sehdev notes that whether it was supporting the homeless, individuals living with mental health or addiction challenges, newcomers/refugees or individuals and families living on low income, she is always guided by her deep sense of compassion and works towards reducing systemic barriers.

Returning to GTA, she views this opportunity to lead the PCHS Foundation as a way of coming home and assisting the foundation in serving her community.

Bridging Minds: Navigating Mental Health, Addiction Services & Challenges for Newcomers

By Albin Mathew, Sahara Addictions Program Supervisor

On November 13, 2024, Punjabi Community Health Services (PCHS) hosted an inspiring forum at the Riverstone Community Center, focusing on mental health, addiction, and settlement challenges faced by newcomers to Canada. The event brought together community leaders, professionals, and individuals with lived experiences, fostering a collaborative space to share strategies, resources, and personal insights for navigating these important issues.

The day began with a meaningful land acknowledgment and opening remarks by Amandeep Kaur, CEO of PCHS, emphasizing the importance of community support and culturally sensitive approaches. Peel Regional Police presented on community safety and addiction, while Harpreet Dhaliwal (Settlement Counsellor, PCHS) shared strategies for achieving settlement success in Canada. Participants engaged in interactive activities led by the Settlement and Mental Health teams, which encouraged open dialogue and reflection.

A powerful session on youth and addiction challenges in immigrant families, led by Akansha and Sowmya (Addiction Case Managers, PCHS), highlighted culturally informed interventions and support systems. The forum also featured moving testimonials from clients of PCHS's Addiction Program, offering firsthand insights into the journey toward recovery.

In the afternoon, mindfulness and stress management sessions conducted by Deepinder, Sidak, and Manmeet (Mental Health Case Managers, PCHS) provided attendees with practical techniques to improve mental well-being. The event concluded with closing remarks by Vaishnavi, who summarized key takeaways and thanked participants, speakers, and organizers for their contributions.

This forum underscored the importance of addressing the intertwined challenges of addiction, mental health, and settlement for newcomers. By creating a safe and supportive space, PCHS empowered attendees with strategies, resources, and hope to overcome barriers and thrive in their new environment. This event highlighted the critical need for culturally sensitive support systems and strengthened the commitment to building healthier, more resilient communities.

Diabetes Awareness Month: Join PCHS this November

By Arpan Gill, SHPP Nursing Placement Student

November is Diabetes Awareness Month, with November 14 marking World Diabetes Day. A day to bring attention to the nearly 12 million Canadians affected by diabetes or prediabetes (Diabetes Canada, 2024). This year, Diabetes Canada has launched the Let's Make Time campaign, encouraging Canadians to support those impacted by this often "invisible" condition by learning more and sharing their knowledge within their communities (Diabetes Canada, 2024).

At Punjabi Community Health Services (PCHS), we recognize that diabetes not only affects individuals' physical health but also impacts families and communities at large. Many people live with diabetes without even knowing it, and this lack of awareness can lead to complications that are often preventable. Understanding and managing diabetes requires access to proper resources, support, and education. This is especially vital in culturally diverse communities, where language and cultural barriers may limit access to health information.

Throughout November, PCHS is committed to promoting diabetes awareness in our community and providing resources tailored to meet the unique needs of our members. We provide essential information on diabetes prevention, management, and treatment, addressing cultural factors, dietary preferences, and other relevant aspects to help community members make healthy choices that align with their lifestyles.

By providing culturally relevant resources, we hope to bridge the gap in access to diabetes care and empower individuals to take control of their health. We are also encouraging open conversations about diabetes within families and workplaces, as community support plays a vital role in managing this condition. By educating ourselves, we can help empower individuals, promote healthier choices, and create a more supportive community for those affected by diabetes.

Together, we can work toward a future where diabetes is better understood, managed, and ultimately prevented. Join PCHS in our mission to spread awareness, offer support, and make meaningful strides toward a healthier community.

Diabetes Bites

PCHS launched the Diabetes Bites Series this Diabetes Awareness Month, featuring healthy recipes to support diabetes-friendly living!

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Diabetes Bites

Almond Milk Cha

Ingredients

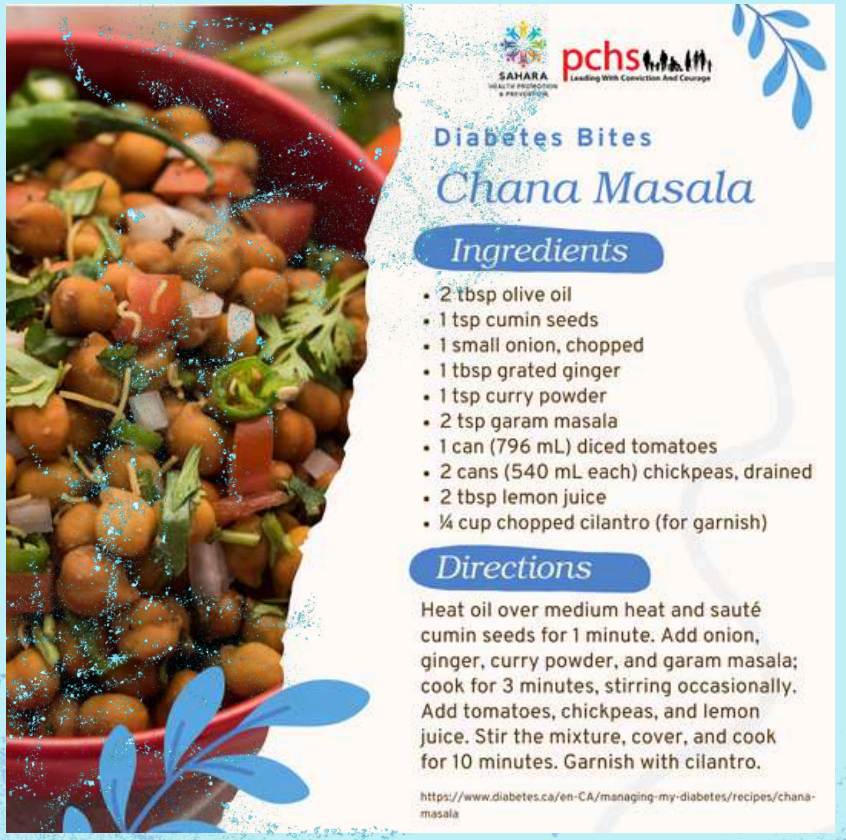
- 1 tsp fennel seeds
- 4 cardamom pods
- 1 ¼ cup water
- 1 Tbsp loose leaf black tea
- 1-2 tsp monk fruit sweetener or stevia (adjust to taste)
- ½ cup unsweetened almond milk

Directions

Crush the fennel seeds and cardamom pods together until the pods open and release their aroma. Pour water into a pot and heat over medium. Add the crushed spices and simmer gently for about 2 minutes. Add the loose leaf black tea to the pot and allow it to simmer for an additional 30 seconds. Add monk fruit sweetener or stevia to taste. Pour in the almond milk and bring the mixture to a gentle boil for another 30 seconds. Using a mesh strainer, pour the cha directly into teacups.

https://www.foodnetwork.ca/recipe/punjabi-cha-not-chai/

Almond Masala Chai



SAHARA HEALTH PROMOTION & PREVENTION

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Diabetes Bites

Chana Masala

Ingredients

- 2 tbsp olive oil
- 1 tsp cumin seeds
- 1 small onion, chopped
- 1 tbsp grated ginger
- 1 tsp curry powder
- 2 tsp garam masala
- 1 can (796 mL) diced tomatoes
- 2 cans (540 mL each) chickpeas, drained
- 2 tbsp lemon juice
- ¼ cup chopped cilantro (for garnish)

Directions

Heat oil over medium heat and sauté cumin seeds for 1 minute. Add onion, ginger, curry powder, and garam masala; cook for 3 minutes, stirring occasionally. Add tomatoes, chickpeas, and lemon juice. Stir the mixture, cover, and cook for 10 minutes. Garnish with cilantro.

https://www.diabetes.ca/en-CA/managing-my-diabetes/recipes/chana-masala

Chana Masala

Diabetes Bites

Moong Dal Chilla

Apple Halwa

4th Annual World Diabetes Day Flag-Raising Ceremony

PCHS participated in the 4th Annual World Diabetes Day Flag-Raising Ceremony at Brampton City Hall, joining efforts to raise awareness about diabetes and its impact. The event emphasized the need for prevention and support, with Dynacare offering free diabetes testing for attendees. This initiative aligns with the recent launch of the National Framework for Diabetes, which seeks to enhance access to diabetes prevention and treatment services for Canadians.

Diabetes and Diet: Empowering Health Through Nutrition

By Navdeep Kaur, Community Health Ambassador

This month the Sahara Health Promotion & Prevention (SHPP) team introduced an exciting new initiative on the PCHS Instagram page. The series showcases healthy, everyday recipes with a creative twist! We highlight familiar and flavorful dishes, modified to be healthier and diabetes friendly. Research shows that adopting a balanced diet can lower A1C levels by 1-2%, significantly improving blood sugar management (Diabetes Canada, 2024).

The right diet helps regulate blood sugar, prevents complications, and improves overall well-being. Here's why healthy eating matters:

1 Blood Sugar Control

Consuming the right foods in the right portions helps manage blood glucose levels. Foods with a low glycemic index (GI), such as whole grains, vegetables, and lean proteins, have a slower impact on blood sugar, helping prevent spikes and crashes (Diabetes Canada, 2024).

2 Preventing Complications:

Diabetes can lead to complications like heart disease, kidney damage, nerve problems, and poor circulation. A healthy diet that includes heart-healthy fats (like omega-3s from fish or chia seeds) and adequate fiber (from fruits, vegetables, and whole grains) can help reduce the risk of these complications (Diabetes Canada, 2024).

3 Weight Management:

Maintaining a healthy weight is crucial in managing blood sugar levels. Excess weight, especially abdominal fat, can contribute to insulin resistance. Eating nutrient-dense foods while avoiding sugary snacks and refined carbs helps keep weight in check (Diabetes Canada, 2024).

4 Reducing Inflammation:

Many people with diabetes experience chronic inflammation, which can affect blood vessels and organs. A diet rich in anti-inflammatory foods, such as leafy greens, nuts, fatty fish, and berries, can help reduce inflammation and improve overall health (Diabetes Canada, 2024).

5 Sustained Energy:

Healthy eating provides balanced energy levels throughout the day. Choosing complex carbs (such as whole grains and vegetables) over simple sugars helps prevent energy crashes and keeps blood sugar levels stable (Diabetes Canada, 2024).

6 Improved Heart Health:

Diabetes increases the risk of heart disease, so heart-healthy eating is essential. Foods like leafy greens, berries, nuts, seeds, and fatty fish (like salmon) are excellent choices for improving heart health while managing diabetes (Diabetes Canada, 2024).

7 Supporting Kidney Function:

A diet low in sodium, with adequate hydration, helps protect the kidneys from the strain diabetes can cause. Avoiding processed foods and excess salt is key to supporting kidney function (Diabetes Canada, 2024).

8 Boosting Immune Health:

Diabetes can compromise the immune system. A healthy diet rich in vitamins (like vitamin C, D, and zinc) from fruits, vegetables, and lean proteins helps strengthen the immune system and protect the body from infections (Diabetes Canada, 2024).

National Addictions Awareness Week 2024: Forging Connections for Change

By Albin Mathew, Sahara Addictions Program Supervisor

From November 24 to November 30, 2024, National Addictions Awareness Week (NAAW) highlights the impacts of addiction and the importance of prevention, treatment, and recovery. It is a time to raise awareness, challenge stigma, and foster support for individuals and families affected by substance use.

This year's theme, Forging Connections, underscores the role of relationships and collaboration in addressing substance use, fostering support, and creating pathways to recovery.

Addiction: A Shared Challenge

Addiction is a complex issue that affects individuals across all backgrounds, creating emotional, physical, and financial hardships for families and communities. From the opioid crisis to alcohol dependency and substance misuse, the widespread impact of addiction underscores the need for coordinated efforts to tackle these challenges together.

The Power of Forging Connections

This year's theme emphasizes building strong connections to support those affected by addiction. Collaboration and reduced stigma can create safe spaces that encourage seeking help.

- **For Individuals & Families:** Open and nonjudgmental communication empowers those struggling with addiction to share and seek support.
- **For Communities:** Local organizations and support networks foster compassion and provide vital resources.
- **For Professionals:** Health and social service providers deliver evidence-based care and ongoing recovery support.

How PCHS Supports National Addictions Awareness Week

Punjabi Community Health Services (PCHS) advances the goals of NAAW through culturally responsive programs addressing addiction and mental health challenges, particularly in South Asian and immigrant communities.

Aligned with "Forging Connections," PCHS Initiatives Include:

1. Culturally Competent Services
2. Mental Health & Addiction Counseling
3. Community Outreach & Education
4. Peer Networks & Support Groups
5. Family Support Programs
6. Partnerships with Community Organizations
7. Addiction Awareness Workshops

This National Addictions Awareness Week, let's work together to forge meaningful connections and inspire change. By uniting as individuals and communities, we can make a difference in the lives of those affected by addiction and build a future where support and recovery are accessible to all.

‘Accessing the inner resources’ – A Trauma informed approach to Addiction recovery

By Sowmya Shinde, Addictions Case Manager

It is widely agreed upon that recovery from any kind of addiction is a long haul which involves immense will power and self-determination. However, addictive behaviors and substance abuse problems is a complex phenomenon of the human experience as it often compromises deep seated childhood Trauma. Hence it is vital to understand Addiction disorder through the lens of Trauma experiences and the resources available for healing.

Addiction emerges as an unhealthy coping mechanism to stress response. When there is acute or chronic stress, the nervous system is dysregulated and as result we often tend to take support of substances like alcohol or drugs to restore balance.

Similarly, Studies show that early childhood trauma is linked to addictive behaviors in adulthood. Adverse Childhood Experiences (ACEs) include abuse, neglect, loss of a parent, witnessing violence, or living with a family member with mental illness. The researchers found that as the number of ACEs increased, the risk of alcohol and other drug use in adulthood (Felitti et al., 1998).

Trauma occurs when an event is perceived as a threat to safety, overwhelming the nervous system and leading to detachment, loss of control, and disconnection from oneself and the world. Prolonged exposure to traumatic events gradually weakens coping mechanisms, making individuals more vulnerable to relying on substances to support psychological functioning and manage behaviors.

Recent approaches to addiction recovery emphasize the link between trauma and addiction, focusing on empowering individuals through self-awareness. Recognizing that each person’s experiences are unique, understanding and connecting with them is crucial for healing.

The primary goal of trauma healing is identifying internal and external resources. Creating a safe, nurturing space for self-discovery requires empathy and active listening. Additionally, encouraging mindfulness, self-affirmations, and body awareness helps clients access inner resources for healing.

Several modalities like Somatic experiencing, Movement therapies like Yoga, Tai chi and Internal family system, Polyvagal theory in the therapeutic domain integrates the principles of mind-body connection to Trauma healing and addiction recovery.

One pathway to overcoming addiction lies within, engaging our psychological faculties and support systems. This underscores that addiction recovery is a challenging journey of self-determination and inner work.

Activism Against Gender Based Violence

By Kanwalpreet Kaur, Building Capacity Program Coordinator

Violence against women is prevalent across all countries and cultures, putting millions of women and girls at risk. This danger escalates in regions facing humanitarian crises, where conflicts and displacement leave women in precarious situations with little to no safety. Tragically, many women and girls fall victim to this violence.

Femicide (defined as an intentional killing with a gender-related motivation; it is different from homicide, where the motivation may not be gender-related) is driven by discrimination against women and girls, unequal power relations, gender stereotypes or harmful social norms. It is the most extreme and brutal manifestation of violence against women and girls which occurs on a continuum of multiple and related forms of violence, at home, in workplaces, schools or public spaces, including intimate partner violence, sexual harassment and other forms of sexual violence, harmful practices and trafficking (UN Women).

Some key facts to note in this regard are that

(1) 1 in 3 women experience violence in their lifetimes

(2) every 10 minutes, partners and family members killed a woman or a girl intentionally in 2023

(3) 60% of homicides were committed by partners or family members (UN Women).

16 Days of Activism against Gender-Based Violence is a key international moment to call for an end to violence against women and girls (VAWG). It runs from 25th November (the International Day for the Elimination of Violence Against Women) until 10th December, Human Rights Day. During emergencies, all forms of gender-based violence can spike, including sexual and intimate partner violence. 1 in 5 refugee or displaced women and girls living in complex emergencies is estimated to have experienced sexual violence. Trafficking, abduction, and harmful practices such as female genital mutilation and child marriage also often increase during times of crisis (WHO).

This violence is preventable from the outset and can be combatted with awareness and with the help of health care workers and front-line workers. Most of all, the world must come together to end these atrocities on women as every human being, despite of their gender, deserves to live a life of safety, freedom, and peace.

Lung Cancer Awareness Month

By Amanpreet Shergill, SHPP Nursing Placement Student

November is Lung Cancer Awareness Month, a time to recognize the impact of lung cancer and the interventions that can help reduce the prevalence. In Canada, lung cancer is one of then leading causes of cancer-related deaths, with approximately 30,000 Canadians diagnosed each year (Health Canada, 2023). Essentially, smoking is a main risk factor that increases the chances of developing lung cancer. Hence, the Government of Canada has many resources available to assist those who face a difficult time quitting smoking. For instance, they have a Tools for a Smoke-Free-Life campaign that encourages adults who smoke to receive education on various resources and support systems that can better help them (Health Canada, 2023). While smoking remains the main risk factor, there are other contributing factors. For example, exposure to air pollution or substances like asbestos or radon gas can contribute to increasing the likelihood of developing lung cancer (Canadian Cancer Society, 2023; Lung Cancer Canada, 2024).

By understanding the associated risks, it allows individuals to take the necessary preventative measures to protect themselves. Hence, in addition to personal prevention efforts, advocacy and support for research are crucial in the fight against lung cancer. Organizations like the Canadian Cancer Society and Lung Cancer Canada are dedicated to funding research,

increasing early detection, and advocating for better access to screenings (Canadian Cancer Society, 2023; Lung Cancer Canada, 2024). By supporting these initiatives, it can help push progress towards understanding the causes of lung cancer, improving treatment options, and ultimately saving many lives.

Overall, lung cancer is a complex and devastating disease, but increasing awareness and taking proactive steps, such as smoking cessation, environmental measures, or supporting research, can help reduce its impact. This November let's raise our voices in support of those affected by lung cancer and commit to making prevention, early detection, and ongoing research a priority in the years ahead.

New Breast Cancer Screening Guidelines and What it Means for Women Aged 40-49

By Fariha Abdul Muqueet, Preventative Care Specialist

This October, Ontario Health updated its breast cancer screening guidelines, lowering the age for mammography screening to include women aged 40-49. This change marks an important shift in early detection and cancer prevention, offering women in this age group the opportunity to take a proactive approach to their health and make informed decisions about screening.

Why is screening important?

Regular screening can help detect breast cancer at an early stage, before symptoms appear. Early detection is crucial as it increases the success of treatment and reduces the need for invasive procedures.

Understanding Your Personal Risk

Breast cancer risk rises with age and is influenced by factors like personal and family history, lifestyle, hormonal changes, and childbirth history. Ontario Health's breast cancer risk assessment tool uses these factors to offer personalized insights into an individual's risk.

Making an Informed Decision

Women aged 40-49 are encouraged to discuss whether getting mammogram based on their results with their healthcare provider or preventative care specialist based on their personal risk. Ontario Health emphasizes that this is an informed decision-making process, ensuring that women feel empowered and educated in their choices.

Booking a mammogram

Currently, women aged 40-49 don't receive a screening letter from Ontario Health or require a requisition from their healthcare provider. They can self-refer to an Ontario Breast Screening Program (OBSP) location to schedule their mammogram or use the wait time and location tool for added convenience.

For assistance with booking appointments or navigating the process, women can contact preventative care specialist or 811-Health Navigator.

Getting a Mammogram while pregnant or breastfeeding

Mammography is generally safe during pregnancy and breastfeeding, but it is optional. If a woman feels uncomfortable with screening during this time, she may choose to postpone it until 3 months of delivery.

Potential Harms of Screening

While mammograms can detect cancer early, there are some potential risks involved:

- **False Positives:** Sometimes mammograms may suggest an abnormality that isn't cancer, leading to unnecessary stress, additional testing, and procedures.
- **False Negatives:** A mammogram may miss cancer, delaying diagnosis and treatment.
- **Overdiagnosis:** In some cases, mammography may detect a cancer that would not have progressed or caused harm, leading to unnecessary treatment.

It is essential for women to weigh the potential benefits and harms when deciding whether to undergo screening.

If you are in the 40-49 age group, consider discussing mammography screening with your healthcare provider to determine what's best for you. For more information or to schedule a mammogram, connect with our Preventative Care Specialists at 437-243-3735 or supportline@pchs4u.com.

PCHS at the 'A Collective Vision for Obesity' Summit in Copenhagen

Punjabi Community Health Services (PCHS) had the honor of attending the “A Collective Vision for Obesity” Summit in Copenhagen, Denmark.

Organized by Novo Nordisk, the summit focused on innovative approaches to obesity, emphasizing family well-being, workforce participation, and the need for structural change.

Through global discussions and insights, PCHS is excited to bring back valuable perspectives to drive meaningful impact and promote a healthier future within the community.

Gurpurab Celebration at Seniors Wellness Group

By Harwinder Kaur, Geriatrics Placement Student

Guru Nanak Dev Ji Gurpurab is the celebration of the birth of Guru Nanak, the founder of Sikhism, who was born in 1469. This important day honors his teachings of equality, the oneness of God, and living a life of humility, service, and devotion. Sikhs around the world observe the Gurpurab with prayers, singing of hymns (kirtan), processions (Nagar kirtan), and free community meals (langar) to embody Guru Nanak's message of love, unity, and selfless service. The day serves as a reminder of his timeless values of peace, justice, and compassion for all.

On November 15, 2024, PCHS clients came together to celebrate Gurpurab. Members brought sweets and snacks, sharing them in the spirit of inner happiness and community. They also took time to discuss the significance of the day, sharing their thoughts on Guru Nanak's teachings and the history behind his journey.

Guru Nanak Dev Ji Gurpurab holds immense significance in the Sikh community as it marks the birth of the first Sikh Guru, who laid the foundation of Sikhism with his teachings of unity, equality, and devotion to one God. The celebration of this day serves as a reminder of Guru Nanak's timeless values, encouraging Sikhs to live with compassion, humility, and selfless service. The Gurpurab fosters a sense of community, as Sikhs come together to pray, reflect, and share in communal activities such as langar (free meals) and kirtan (devotional singing). It is a day of spiritual renewal, inspiring individuals. to embody Guru Nanak's message of peace, love, and harmony in their daily lives.

PCHS In The Community

SHPP Preventative Care Specialists at Mammogram Clinic

SHPP Preventative Care Specialist at Mammogram Clinic

SHPP Community Health Ambassadors at Annual Health Wellness & Accessibility Fair (Cassie Campbell Community Centre)

SHPP Community Health Ambassadors at Annual Health Wellness & Accessibility Fair (Cassie Campbell Community Centre)

New Beginnings: PCHS Staff at Our New Office Location

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

Empowered Essence

Welcome to Empowered Essence! Our group empowers young women (12-25) through self-discovery, growth, and community. Join us for meaningful discussions, workshops and express your authentic self-confidently.

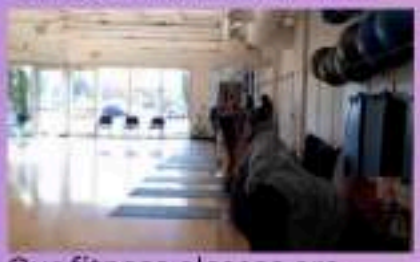
Monthly Newsletter

This exciting initiative, a collaboration between PCHS's New Wave Program and MNS, kicked off on October 3rd, with an inspiring first session. Participants were given canvas bags to paint and decorate, transforming them into unique personal accessories.

After they filled their bags with self-care goodies. From soothing face masks to lip balms, reflective journals, calming candles, and much more self-care products.

Fit & Fierce

We had an amazing time at our recent fitness session! Our personal trainer led an energizing class in the MCC weight room. Youth also found their inner balance and flexibility in a rejuvenating yoga class. Participants of all fitness levels boosted their strength and confidence!



Our fitness classes are once a month. Join us for our next fitness class: **November 21, 2024!**

Halloween Havoc

Our Halloween Murder Mystery event was filled with fun! Clues were hidden throughout the hub, and our young detectives were on the case. Participants showed incredible engagement & teamwork as they pieced together the evidence. Decoding messages to uncovering hidden objects, every participant channeled their inner Sherlock Holmes to solve this mystery.

-Tashona Tyndale

Volunteer hours provided with consistent attendance!

Every Thursday from 3:30pm - 5:00pm

Malton Youth Hub Jonathan Davis Centre

3545 Morning Star Drive
Mississauga, ON L4T 1Y3

PCHS Room 202 Upstairs

tashona@pchs4u.com | (437) 655 - 2258

UPCOMING EVENTS

www.pchs4u.com

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NEW WAVE

MALTON

ywho

JDC

Empowered Essence

Don't miss out on the excitement! Every Thursday from 3:30 PM to 5:00 PM, at the Malton Youth Hub Jonathan Davis Centre in PCHS room 202.

Upcoming Events

November 14 - Fashion Club
Collaboration with Malton Black Development Association

November 21 - Fitness Class
Malton Community Centre
Weight room and Zumba class

November 28 - Molding Clay Monsters
Phase 1: Lighthouse for Grieving Children
Guest Facilitator: Delaney Holeness

December 5 - Painting Clay Monsters
Phase 2: Lighthouse for Grieving Children

December 12 - Ocean Motion
Phase 3: Lighthouse for Grieving Children
Guest Facilitator: Delaney Holeness

Volunteer hours provided with consistent attendance!

Nurture Your Glow

Gratitude Moment: Take a pause and reflect on three things you're grateful for today. They can be as simple as a warm cup of tea or a kind smile from a stranger. Write them down or simply acknowledge them mentally. This practice can boost mood and increase overall well-being.
#GratitudeGlow #SelfCareEssence

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Project Khushi

...by PCHS

Project Khushi returns to PCHS for Year Three!

December 11, 2024
5:30PM-7:30PM
at Gore Meadows Community Centre
(10150 The Gore Road)

&

December 12, 2024
5:00PM - 7:30PM
at Malton Community Centre
(3540 Morning Star Drive)

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

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

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

CLICK ME!

Click this QR code to register

OR Call

437-243-3735

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

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Project Khushi Donations

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

We enthusiastically welcome all new items, and we appreciate your generosity.

Brampton Donation Location

Before
November 8, 2024
50 Sunny Meadow Boulevard, Unit-324

After
November 12, 2024
60 West Drive, Unit 202

&

Malton Donation Location
2980 Drew Road
Mississauga, Ontario
Unit 241

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

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

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

Our 2023-2024 Impact Report is Here!

Please click on the following image to view the report.

WELCOME

NEW STAFF

Simran Dhillon
Youth Worker (Punjabi Speaking), Newcomer Settlement Program

Client Testimonial

"I had no family or friends in Canada and really needed someone to talk to. My case manager listened to me, understood my situation, and gave me the motivation I needed. Their support was a big help during a hard time."

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