

When you should seek counselling?

- If you are struggling with violence and substance abuse.
- If you are struggling with self-harm or suicidal thoughts.
- Parents and youth who want to strengthen their relationships.
- Parents and youth who want to learn better communication and life skills.
- Improve on self-awareness, decision making and problem solving.



Program and Locations

Case Management

9:00 am to 5:00 pm (Monday – Friday)

Sahara Parenting Group and Sahara Youth Group:

Youth Group: Wednesday 3:30pm to 5:00pm

Parenting Group: Wednesday 5:00pm to 6:30pm **in-person only.**

For more information please contact the Program Staff.

How to make a referral?

Self-Referrals, Family Members, Health Care Providers or anyone can make a referral with client's consent.

For More Information:

Please Call: (905) 677-0889

Email: info@pchs4u.com Fax: 1-855-326-7756

The services are provided at NO COST to the participants.



PCHS Head Office:

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

PCHS provides services in the Peel Region and surrounding areas.



Sahara Better Families Program

pchs
Punjabi Community Health Services



Accredited
IMAGINE CANADA

Our facilities are
wheelchair accessible



www.pchs4u.com



905-677-0889

Our programs are offered in-person and virtually.

What is Sahara Better Families Program?

The Sahara Better Families Program (BFP) provides supports to youth ages 12 to 24 years old and their families and to parents of children aged 1 to 11 years old, and parents that are mandated by legal obligation related to children or youth issues. Areas covered by the program are mental health, cultural conflict, violence, and substance abuse. The program provides individual case management and group sessions. This includes supportive counselling, individualized assessments with different set of tools, developing a care-plan, systems advocacy, service co-ordination, and connecting individuals with resources.



The mission of this program is “Building better families by strengthening relationships”.

The program offers:

- Life skills training to youth and parents.
- Training and resources to youth and parents for safety planning.
- Psychoeducation to youth and parents to address mental health, substance abuse and violence issues.
- Linguistically and culturally appropriate services.
- Services in English, Punjabi, Hindi and Urdu.
- Coordination with other partners/agencies who specialize in child and youth services.

Sahara Parenting Program

Sahara Parenting Group session:

The program is designed to raise awareness and provide psychoeducation to support the clients in their wellbeing goals pursuing positive and healthy relationships. The program offers interactive resources designed to help youth and families to achieve their mental health and self-care goals.

The topics include but are not limited to:

- Parenting in Canada
- Bullying
- Eastern and Western differences
- Communication Skills
- Developing listening skills
- Anger management
- Communication
- Impacts of overusing technology
- Self-awareness
- Setting limits for children
- Self-confidence
- Understanding the legal system
- Financial literacy in youth
- Understanding the education system
- Career building
- Developing positive relations with children
- Healthy Relationships
- Community Resources
- Conflict Resolution
- Help seeking behaviours

Sahara Youth Program

This program is designed to empower youth 12 to 24 years of age. The focus of this group is to have a safe space for youth to socialize, express themselves, have fun and learn.

The topics include but are not limited to:

- Life Skills
- Social Skills
- Mental Health Topics
- Healthy Relationships
- Self-Esteem
- Communication
- Creative Arts
- Culture and Community
- Positive use of Social Media

Volunteer hours are provided to individuals in exchange for their assistance in facilitating the sessions.



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