

ABOUT OUR PROGRAM



The Preventive Care Program (PCP) at PCHS provides an opportunity to discuss chronic disease prevention and holistic health with trained Prevention Care Specialists and to co-create personalized Preventive Care Plans. The program aims to:

- enhance preventive care for underserved and equity-deserving populations
- facilitate participants to develop personalized preventative goals that considers physical, mental, and social needs
- facilitate access to primary care, preventive programs, and services
- promote healthy behaviors and screenings to support early detection and management of health conditions

Contact Us



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All services are free of cost and provided in English, Hindi, Punjabi, Urdu, and Arabic languages.

Funded by Ontario Health



pchs 
Leading With Conviction And Courage



PREVENTATIVE CARE PROGRAM



DIABETES

Community based Diabetes Education Program

Access to seminars on different topics of diabetes

Access to culturally & linguistically appropriate services

Access to wraparound resources

Co-develop preventative care goals and preventative care plan

Facilitate access to primary care and wraparound resources

Follow-up with participants to assess progress on their preventative care plan



MENTAL HEALTH & ADDICTIONS

Education about Mental Health & Addictions

Access to individual assessment and care plans

Access to group programs which aim to educate and support individuals, their caregivers and family

Co-develop preventative care goals and preventative care plan

Facilitate access to primary care and wraparound resources

Follow-up with participants to assess progress on their preventative care plan

BREAST CANCER

Education on breast cancer prevention and screening

Co-develop preventive care goals and preventative care plan

Connections to prevention programs, services and OBSP sites

Follow-up with participants to assess progress on their Preventive Care Plan

Facilitate access to primary care and wraparound resources



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