

Sahara Health Promotion and Prevention Program

The Sahara Health Promotion and Prevention (SHPP) program is a Locally Driven Population Health Model (LDPHM) funded by Ontario Health. It offers culturally responsive health interventions, promotes healthy living, and fosters community engagement. SHPP builds strong partnerships with local stakeholders, including healthcare providers and community organizations, to enhance health outcomes through outreach, evidence-informed decision-making, and preventive care planning.

Breast Cancer

- Education on breast cancer prevention and screening
- Booking breast cancer screening appointments
- Connections to prevention programs, services & OBSP sites



Diabetes Education

- Community based Diabetes Education Program
- Access to seminars on different topics of diabetes
- Personalized diabetes management plans and support



Mental Health & Addictions

- Education about Mental Health & Addictions
- Access to individual assessment and care plans
- Workshops available for Mental Health & Addictions support



Primary Care Attachment

- Facilitate access to primary care/ family doctor
- Follow-up with participants to assess progress in connecting with a family doctor



Service Navigation

- Help navigating resources available within the community
- Access to culturally and linguistically appropriate services



Requirements for Program

- Resident of Region of Peel (Brampton, Caledon & Mississauga)
- Anyone 18 or older, regardless of status, can access these services

Funded By



Ontario Health

Supporting community-driven health solutions

