



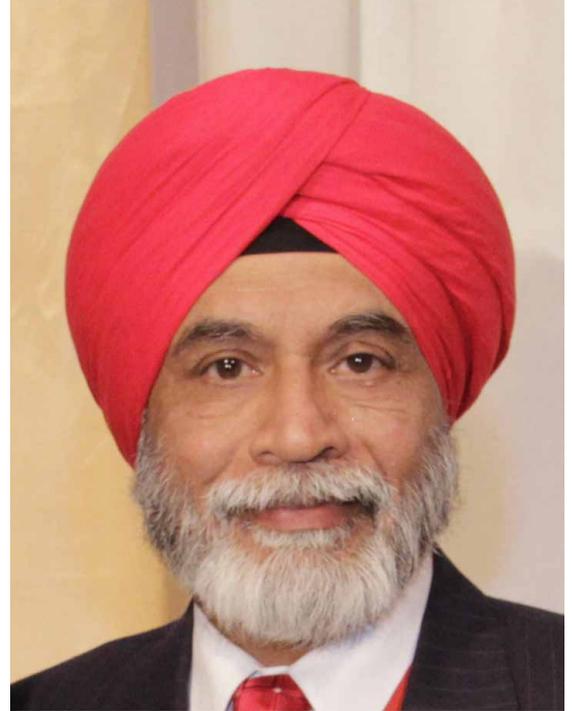
PCHS



February 2018

NEWSLETTER

Message from the CEO



It was great to see the staff from PCHS Calgary visit us in late January. PCHS Calgary received funding from the Alberta Health Services to address the current Opioid crisis within the South Asian community.

PCHS Calgary is an independent branch of PCHS. Within a very short time they were able to secure funding to serve the community. Kudos to the board and staff who worked tirelessly to build PCHS Calgary.

PCHS is very excited to partner with Caledon Community Services to jointly share the space allocated to both agencies at Southfields Community Centre in Caledon. The construction has begun and the facility will be completed in fall of 2019. Both organizations are working together to come up with plan of action as to how service delivery will look like to residents of Caledon.

PCHS is participating in 4 sub-regions in the Central West LHIN area. The sub-regions where PCHS is participating are: Brampton,

Bramalea, Bolton-Caledon, and NEMWW.

PCHS also participated in the Symposium organized by Muslim Resource Center for Social Support and Integration (MRCSSI), London- Ontario on Gender, Family, and Marital Relations among Arab Families in Canada. Baldev Mutta was a panelist to share the expertise, knowledge and findings of the research study can be applied in practice with a focus on Marital relations. During the event, the research report launching for an international research collaboration project entitled “Pre and Post Migration Stressors and Marital Relations among Arab Refugee Families in Canada” was shared.

Anu Sharma, our President and Board Chair also represented PCHS during the annual fundraise gala organized by PCHS Calgary. The event was very successful as the CEO of Khalsa Aid from United Kingdom came as a keynote speaker.

Baldev Mutta, **CEO**

Phone: 905-677-0889, Fax: 905-677-9141

www.pchs4u.com



16TH ANNUAL

INTERNATIONAL WOMEN'S DAY GALA



KOMAL MINHAS, KEYNOTE SPEAKER



KAYRAY, HOST



MANPREET TOOR, HOST



DJ FIZZA

- TICKETS -

\$125 EACH
10 FOR **\$1150**

FRIDAY, MARCH 16, 2018

- 6:30 PM -

**Grand Empire Banquet
& Convention Centre**

100 Nexus Avenue
Brampton, ON L6P 3R6

Proceeds from the event will go towards the **Youth Services & Langar on Wheels Program** and to serve the underserved.

To purchase tickets & sponsorship packages:

905-677-0889

ZAYBA@PCHS4U.ORG

WWW.PCHS4U.COM

Mental Illness Doesn't Make You Weak



Jessie Brar

I was strong minded from a young age. I prided myself in being independent. I studied hard and consistently got some of the best grades in the school. I helped out at home and in my spare time I worked two part time jobs to save money to go to university. I was strong, I was smart and I was going to be successful.

When I started to struggle with my mental health, the biggest thing that held me back in talking to someone about it was the fear of what other people would think. I thought they would say I wasn't trying hard enough. I knew they would think differently of me. I felt that if people knew I didn't have it all together, that they would call me weak.

I thought for years that my mental illness made me weak. I thought that I wasn't strong enough mentally and that's why my depression and anxiety had such a hold over me. Time and time again, I would tell myself to stop being so sensitive. I was press my nails hard into my palms when I had a panic attack to try and condition myself to be stronger. I would press so hard that my palms would bleed so I could show myself I was strong enough to handle the pain.

The stigma around mental illness only made things worse. I would hear the people

around me, who were often much older and people I looked up to, say "she needs to stop being so emotional" or those who were struggling were attention seekers. I even heard someone say that suicide was a coward's death.

All of this made me struggle in silence. I didn't want to be weak. I was the oldest of three. I was supposed to be helping my single mother keep the house together. I had to be successful to show my father's side of the family that we would succeed, despite the pain they put us through. I felt like I had a lot to prove to the world and I could not afford to be weak.

I struggled for years, until I eventually got help for my mental illnesses, but after talking with many counsellors, friends and family members, I realized that my fear of my mental illness making me weak was completely false.

Reaching out for help didn't make me weak. Opening up to someone is one of the hardest things you can do, and in doing so, you show true strength. Someone who fights every day cannot be weak. Those with mental illness are not weak. They are fighters. They are strong. They are courageous and they are brave. Mental illness does not make you weak.

Settlement Services Testimonial

PCHS offers Settlement Services to newcomers funded by Immigration and Citizenship Canada. Our dedicated Settlement Counsellors help hundreds of newcomers to integrate into Canadian society. Let's see what our client says about PCHS services:

“Leaving your country and moving to new country is a big challenge and we really feel blessed that we got to know Uzma in Canada. It's very rare to have a worker who can give you right advice and assistance when you need it and genuinely care about you like a friend. Uzma has been a great support to me and my wife since we came to Canada. She has been proactive in understanding our needs and offering facilities by Canadian government matching our specific needs.

Uzma Referred my wife to LEF (Learning Enrichment Foundation) in Toronto for a

5 weeks paid training program. Initially, there were no more vacancies in the program, but Uzma urged the coordinator of the program to take her in. I was really moved by the sheer passion she works with for her clients. The program coordinator was also impressed by Uzma's passion for her clients and asked us to meet her on the same day, due to short timeline. Well, we went there and got my wife enrolled for the program. She soon got a job as a Dental Assistant after graduating from the program.

I would recommend Uzma's and PCHS's Services to anyone who has moved to Canada recently and trying to settle in”.

Best Regards,
Sheetal Handoo (Settlement Client)

*Client consent was received to publish this testimonial



Peer Support Program

Aman Virk

The idea of providing peer support is very new within the South Asian community. However it is something we have been doing for many years. Being someone that is providing a listening ear to those that are in need and providing them with empathic listening is the true meaning of peer

support. If we just take a minute to think of the times our family and friends have approached us to support them in their concerns or even

illnesses this will remind us all of the times we have been there for them. At times we even reflect if there was something more we could have done or if we could just continue listening without responding and just listen to understand the concern our family or friends are sharing with us. At the same time we are unsure at times of the resources available within the community

where people can get help.

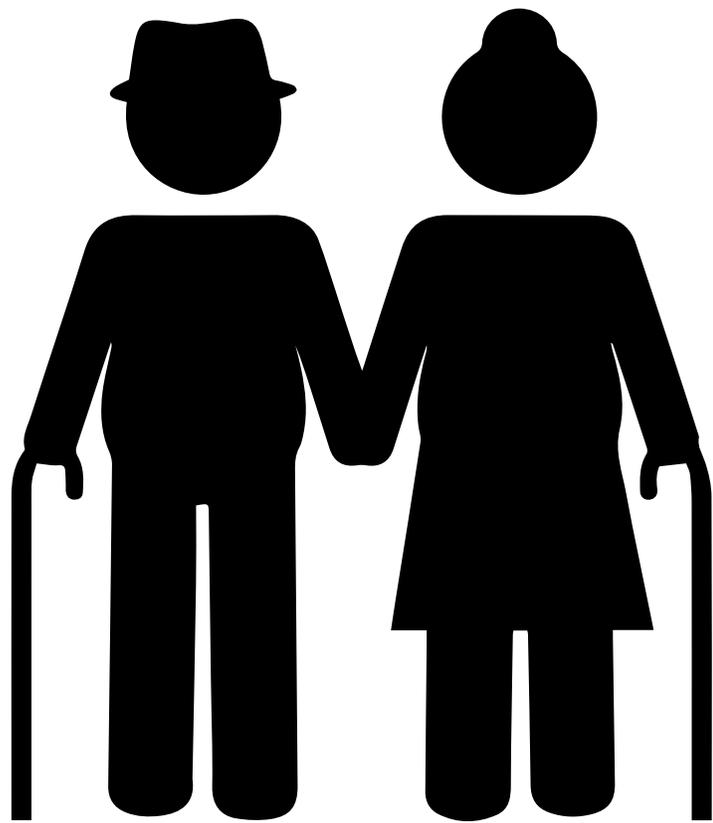
Peer support workers are trained

professionals that support those in need with empathetic listening and emotional support.

Furthermore, sharing similar experience with others that are going through similar concerns gives the individual hope to improve their own health. Giving people the opportunity to share their experience and get involved with the community allows people to give back and support others in need. Becoming a peer support worker and giving back to the community is something we all can do very easily.

For more information contact Aman Virk 905 677 0889 ext 180 or email aman.virk@pchs4u.com

Geriatrics Program



Elder abuse is any action, or deliberate inaction, by a person in a position of trust which causes harm to an older person. The abuser can be a spouse, child, family member, friend or paid caregiver. (World Health Organization, 2002).

Risk Factors:

- Family History of abuse
- Physical frailty
- Cognitive status
- Financial problems
- Dependency
- Isolation
- Mental health of the senior and abuser
- Pre-existing addictions (i.e. drinking, drugs, gambling etc.)

4 Major types of Elder Abuse:

Neglect

- Lack of provision of basic or personal care needs
- i.e. Not being provided with adequate food, drink, medical attention. Being left in unsafe or isolated conditions

Physical

- Any act of violence causing injury or physical discomfort
- i.e. Pushing, shaking, hitting, sexual abuse, deliberate under or over medicating, improper use of restraints

Psychological

- Any action or comment causing emotional anguish, fear or diminished self-esteem or dignity

- i.e. Threatening, bullying, name calling, humiliating or treating the older person like a child

Financial

- Theft or exploitation of a person's money, property or assets
- i.e. Misuse of a Power of Attorney, coercing changes in wills, forcing the older person to sell personal property, stealing the older person's money or possessions, forcing cheques

Sources: PEAPN Peel Elder Abuse Support Program

If you suspect an older adult is being abused and/or a criminal act has taken place you can report anonymously to the police through Crime Stoppers

If you are concerned about an older adult who is at significant risk of harm, is being abused, requires urgent care or it is an emergency, call 911



Community Connection Baldev Mutta & Bhai Mohan Singh Part I

Presentation by Baldev Mutta, **CEO PCHS**

SAHARA Men's Group program is in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 week group program for South Asian men. The group addresses "substance abuse" and "violence behaviour" issues simultaneously. In addition, this group works closely with women and other extended family members and provides holistic care to the entire family. An interim report is provided upon request by the referral source and each participant receives a completion certificate upon successful completion of the 16 week group program

PCHS Sahara Youth Group

- Are you a youth between ages 12 to 18 years old
- Bored at home and don't know what to do?
- Want to learn positive skills through fun and creative games?

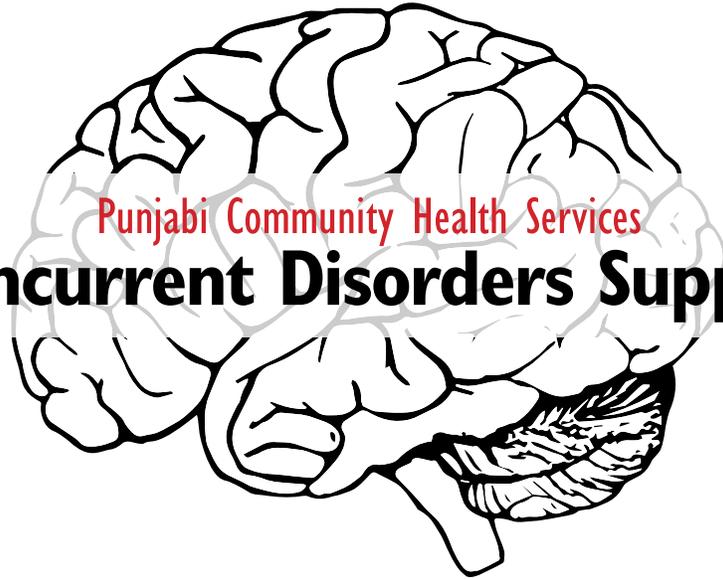
What you should bring

- Comfortable clothing (gym clothes)
- Comfortable shoes
- Most importantly, your fun and positive attitude!

Come join us for
fun, games & new friends



First Tuesday of every month at 6pm - 8pm



Sahara Concurrent Disorders Support Group

What is the SAHARA Concurrent Disorders Support Group?

- Provides education and support to individuals and their caregivers to cope with challenges relating to mental health, addictions and complex issues in their daily life
- Fosters a supportive environment to reduce isolation by making new friends and learning new skills
- Free of charge
- Groups are facilitated in Punjabi and Hindi
- Accepts referrals from individuals, agency workers, doctors and other appropriate referral sources

How to make a referral?

To join the group or to make a referral, please call: Sandeep Gill at 905-677-0889 ext. 305

To Fax referrals:
905-677-9141 or 905-790-0802

To email referrals:
Sandeepgill@pchs4u.com

Time

Every Saturday
12:00-2:00 pm

Location:

50 Sunny Meadow Blvd.
Unit #108
Brampton, On
L6R 1X5

For more information:

905-677-0889 Ext. 305
Contact: Sandeep Gill

**HEALTHY REFRESHMENTS
AND CHILD CARE ARE
PROVIDED**

We acknowledge the financial support from
Reconnect Mental Health Services and Central West CD Network

