



NEWSLETTER – DECEMBER 2014

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Message from CEO/COO

Almost everyone takes a stock of past achievements. Both Amandeep and I sat down together and reviewed what PCHS has achieved and compiled a list of our accomplishments:

We were able to expand PCHS core programs (Mental health, addictions and seniors) and create one new program (community respite program). PCHS is also moving to a new location in Brampton which is under renovations at present. Within the South Asian community, the South Asian Executive Director's Forum continues to be strengthened. We are also working hard to remain compliant with CARF and Imagine Canada. PCHS is in the process of developing a Quality Assurance Program which will produce a "score card" in each program area. Our community engagement session went very well as we were able to consult with more than 70 residents of CW LHIN. In addition, we were able to set up two independent branches of PCHS in Calgary and in Punjab, India. These are independent branches with their own respective boards and policies.

Our partnerships are expanding both within the South Asian community and with broader community. PCHS is taking the lead in developing the "Brampton Springdale Network" and is one of the organizations in developing a framework for collaboration with Peel CAS. As in past year, this year also, we have received numerous requests to assist students, professors and academicians to assist in the research studies within the South Asian communities. In fact the demand is so great that we are unable to accommodate all the requests. Furthermore, this was the first year for PCHS to be on the campaign cabinet for United Way of Peel Region and it was a huge learning curve for the CEO. Finally, PCHS was able to actively participate in conferences and summit to present papers and be the panel speakers.

We wish you a very happy holiday season and a very prosperous New Year.

-Baldev Mutta CEO PCHS

South Asian Mental Health Program

Tips for Staying Mentally Healthy (Source: Canadian Mental Health Association)

1. **Build Confidence**

Identify your abilities and weaknesses together, accept them build on them and do the best with what you have.

2. **Eat right, Keep fit**

A balanced diet, exercise and rest can help you to reduce stress and enjoy life.

3. **Make Time for Family and Friends**

These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.

4. **Give and Accept Support**

Friends and family relationships thrive when they are "put to the test".



5. **Create a Meaningful Budget**

Financial problems cause stress. Over-spending on our “wants” instead of our “needs” is often the culprit.

6. **Volunteer**

Being involved in community gives a sense of purpose and satisfaction that paid work cannot.

7. **Manage Stress**

We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.

8. **Find Strength in Numbers**

Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.

9. **Identify and Deal with Moods**

We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

10. **Learn to Be at Peace with Yourself**

Get to know who you are, what make you really happy, and learn to balance what you can and cannot change about yourself.

-Anu Randhawa, Mental Health Case Manager

Brampton Springdale Network

Brampton Springdale Network is one of the five neighborhoods identified by Region of Peel and The United Way of Peel Region, where a lack of health and social services exist. Peel Newcomer Strategy Group meets with the five neighborhoods on a monthly basis to coordinate health and social services, and provide on-going support for creating a permanent solution to the lack of existing services. Punjabi Community Health Services (PCHS) was identified as a lead agency to provide administrative and logistical support to get Brampton Springdale Network (BSN) off the ground.

Current members of the BSN are part of work groups which are managing the work of BSN. The **Media sub-committee** is helping to develop a logo and website with the help from student at Louise Arbour Secondary School. The **Program sub-committee** is developing a schedule for programs and workshops, hosted by member agencies, every Thursday 6pm-8pm at Louise Arbour Secondary School. There is a calendar of events until the end of June 2015. The **Community Hub sub-committee** is working on 3 major tasks. One of the major tasks involves developing a community hub in the area of Brampton Springdale with the consensus of the member agencies, providing services that will help create the hub and acquiring funding. The second task involves enhancing coordination between all service providers and the third task is organizing town hall meetings where BSN will elicit input from residents.

Brampton Springdale Network hosts service provider meetings on the third Thursday of every month from 9:30am to 11:30am at Louise Arbour Secondary School. BSN encourages and invites organizations to join. Currently the 32 member agencies are involved.

-Amanjit Kahlon , Project Coordinator

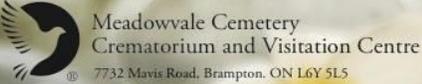
MCBP-Reflection & End of the Year Celebration

Malton Community Building Project (MCBP) imprinted its memories on the pages of 2014 where so many milestones have been achieved along with new initiatives. Youth Leadership Program, MCBP Gavel Club and Let’s Talk Discussion Series were huge successes of the year.



MCBP Youth Peer Leaders celebrated End of the year celebration with great holiday spirit. Speeches, Table Topics, Games and peers fun were the essence of the day. Around 35 participants enjoyed the evening with delicious pot luck dishes. MCBP 4th Youth Leadership Program will start from Feb 1st. For more information please contact uzma@pchs4u.com

-Uzma Irfan MCBP Coordinator



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Jhita Parshotam



Palwinder Sidhu

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Baljit Virk
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