



NEWSLETTER - FEBRUARY 2014

www.pchs4u.com

facebook.com/pchs4u

Message from CEO/COO

How is PCHS different? – One press reporter asked me the other day.

Here is what I answered him:

1. We are accessible to the clients. Our staff adjusts their working schedule to suit the needs of our clients. Late evenings and weekend work is part of the strategy to deliver services. We speak the languages of the clientele.
2. We understand the client’s worldview. We know the reasons behind client’s problems. We can understand how immigration is tied to marriage problems, and how hard work has a link to excessive alcohol use. We understand how women abuse is distinct in our community i.e., the daughter-in-law could be abused by the mother-in-law or the sister-in-law rather than the husband. We understand that in senior abuse cases why the seniors do not want to press charges (in order to save face in the community).
3. We know that the staff must educate the clients about “talk therapy”. Without this understanding the “intervention” makes no sense to the client.
4. We also know that group work in the South Asian community requires a different approach so that each participant feels included. The facilitator does not come with a pre-determined agenda or a topic. The group participants decide what would be best suited on a given day.
5. We also know that Family centered approach works best in the South Asian community. The culture is family centered. Working with the entire family is crucial as research has demonstrated that addictions and mental health issues “engulf” the entire family.

-Baldev Mutta & Amandeep kaur

MCBP-Youth Leadership Program

Malton Community Building Project presents MCBP Youth Leadership Program for effective communication

in collaboration with Toast Masters International and Mississauga Library System. This 9 week program is designed for specialized speaking and leadership skills for youth. In this program 17 youth are getting trained on the following activities: Evaluation of present speaking ability, practice of chairmanship principles, presentation of speeches, Impromptu talks, group evaluation, organization of speech, practice in effective listening, The art of using gestures in speaking and discussion of voice and vocabulary. Our Youth team is encouraged to provide their honest feedback



by evaluating the program and speeches with the purpose of improving skills. Formal dressing and raising self-image is a part of this training.

Toast Masters Dr. Jamshaid Gul, Waleed Jamshaid and Madan Chauhan are bringing their expertise in MCBP-Youth Leadership Program. This program runs every Sunday from 3-5 p.m. at Malton Library room # 3 till April 9th.

-Uzma Irfan

PCHS’ WOMEN HEALTH AMBASSADORS

12 senior women from SAHARA Seniors Program got graduated as 'HEALTH AMBASSADORS' on Feb. 18, 2014; as they received training on screening related to cervical, colon and breast cancer. The training was provided by Anna Sangha from Canadian Cancer



Society. Now, these health ambassadors would be sharing this information out in the community - in the seniors' clubs, parks, temples, Gurdwaras and among family members and friends.

-Gulwinder Bhui

PCHS' 1st ANNUAL SENIORS CONFERENCE

On February 27, 2014, nearly 110 seniors attended the PCHS' first annual seniors' conference. After the opening remarks by the program staff Gulwinder and Anu; the keynote speaker Baldev Mutta (CEO-PCHS) talked about 'Elder Abuse', which was the focus of the conference. Also, the PCHS' seniors read research papers and had discussions on the related topics, such as, 'building positive relationships with your grandchildren'; 'healthy aging in Canada' and 'contributions of seniors to the society'. Punjabi Community Health services also released the documentary film on 'Elder Abuse', a bare



reality which touched the heart of each of the attendees. The other highlights of the event included raffle

draws, scrumptious lunch and Zumba dance. And the credit to steal the show, undoubtedly, goes to the 'senior men's bhangra team', which had performers as young as 83 years old.

-Anu Randhawa

Settlement Services

NEW UPDATES FROM CITIZENSHIP AND IMMIGRATION CANADA REGARDING CITIZENSHIP APPLICATION AND SPONSORSHIP OF PARENTS AND GRAND- PARENTS:

Effective February 6, 2014, the processing fee for adult grant (including adult adoption) and adult resumption applications has increased. Applications received on or after February 6, 2014 that do not include the correct processing fee will be returned.

Applications that were returned before February 6, 2014 because of missing information and/or documents and then received by CIC on or after February 6, 2014 will require the **new processing fee (\$300)** plus the right of citizenship fee (\$100) for a **total of \$400**. If the application was submitted for concurrent processing with a family member and one of the applications is incomplete, the entire package is returned. Only the incomplete application will be subject to the fee increase.

Note: If your application is not complete or is missing information, we will return it to you. Make sure you include postal codes for all Canadian and overseas addresses.

SPONSOR PARENTS AND GRANDPARENTS: Citizenship and Immigration Canada has now received 5,000 complete applications and the new intake into the PGP program will again pause until next year. The government will continue to move forward with the Action Plan for Faster Family Reunification by reducing backlogs, improving processing times and reuniting families more quickly. For those who wish to bring their families to Canada, the Super Visa still remains a quick and easy way to reunite parents and grandparents with their loved ones.

For more information or to book an appointment please contact PCHS Settlement Counsellors at 905-677-0889. We provide services at two locations: Brampton and Mississauga.

New Hires

I am very excited and pleased to be a part of Punjabi Community Health Service as the Family

Enhancement Case Manager. Working within the South Asian community I would like to serve and be a positive role model for all.



Being a part of PCHS engaging environment I am able to be an active member at all times through all the groups and events that take place. I am inspired to excel my knowledge and willing to learn at all times.

-Aman Virk



Baljit Virk
Scotia advisor

**“Baljit helped open the door
to our new start in Canada.”**

The **Scotiabank StartRight**[®] Program¹, specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable Scotia[®] advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

 **Scotiabank** 
StartRight[®]
PROGRAM FOR NEWCOMERS

BANKING | ESTABLISHING CREDIT | OWNING YOUR HOME | SAVING

© Registered trademarks of The Bank of Nova Scotia.

1. The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.