



NEWSLETTER - MARCH 2014

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PCHS Board Update

The last three years has seen PCHS grow and strengthen its reputation as an agency of choice for the South Asian Community. This has all been possible through the

efforts of a highly motivated workforce which believes in the core values of this organization, and is committed to providing excellent services in a culturally sensitive manner. Every successful organization relies on the hard work of its



staff, good governance and strong strategic direction from its Board of Directors to attain its goals. For the last six months, the Board of Directors and staff at PCHS has been diligently working on developing a new Strategic Plan which will determine PCHS's goals for the next three years. As ever, we remain committed to identifying the needs of an ever-evolving community and providing our uniquely holistic approach to healthcare.

We look forward to unveiling our new Strategic Plan in May - Watch this space!

-Dr. Navsheer Gill-Toor, Vice Chair

CEO/COO Report

There has been a growing in the South Asian community to replicate the work of PCHS. After considerable discussions, the community members have stepped

forward to start the process rolling to develop a PCHS office in Calgary, Alberta.

Amandeep Kaur, the COO of PCHS also presented a paper at the 16th National Metropolis Conference in Quebec on settlement and mental health issues.

International Women's Day

12th annual International Women's Day was celebrated at Sagan Banquet Hall. Over 450 people attended the event. It was a sold out event.



Five outstanding women were recognized; Silky Singh, Ginni Sethi, Daniele Aubrey, Gogi Bhandal, and a group of 4 women - Ms. Nancy Ruth, Ms. Beth Atcheson, Ms. Martha Russell, and Ms. Elizabeth Riddell Dixon. The event was made possible by the

generous donations from local businesses and individual donors.

2nd Annual Cultural Competence Conference

Over 130 participants from the Greater Toronto Area attended the 2nd annual Cultural Competence Conference. This was made possible with the funding



from Central West LHIN. This year's event was organized in partnership with India Rainbow Community Services of Peel.

The planning has already begun for the next year's conference. A number of organizations have come forward to present papers at the next conference.

CULTURAL COMPETENCE CONFERENCE

It was my first time attending a conference on 'Cultural Competence' in the context of Canadian Social work culture. The presence of more than 100 participants, representing different organizations from Peel as well as other GTA proved the interest and importance of this integral component of Social Work.

Especially on being organized and hosted by an accredited non-for profit organization serving South



Asian community of Peel Region, Ontario, is a matter of pride for a south Asian woman of Peel Region. The remarkable presentations and the high end speech by the key note speaker, Baldev Mutta were

greatly appreciated by the attendees for bringing the rationale behind the need of becoming Culturally Competent organization of choice. The examples of situations under which cultural competency plays an important role in enhancing services to clients from different origin, race, sex-orientation, and color made so much more sense.

And also, the question-answer rounds in between every presentation and at the end were quite interactive and engaging. These question-answer rounds gave everyone an opportunity and platform to get more knowledge,

information, and reasoning around the importance of Culturally Competent services in Social Work.

This thought provoking, informative and creative conference was one of its own kinds being organized, publicized, and hosted by Punjabi Community Health Services of Peel Region.

-Parminder Kaur

SETTLEMENT CORNER

What do you Need to Start Your Life in Canada? Making a move to a new country to create a better quality of life for you and your family can be an exciting endeavor. Once you arrive in your new home there is a lot to do to make sure that everything is in order.

Feeling comfortable communicating in one of the official languages of Canada is important. Settlement Counsellors at PCHS can provide you information and assist you with the following: Adapting to culture shock, education system, refer to learn English language and job search, orientation to your neighborhood, getting information on training & skills development, international credentials evaluation, getting assistance in filling forms for PR card, citizenship, passport, pensions, child tax benefits, translation and interpretation services and much more which you require to make your settlement as smooth as possible in your new home country.

Citizenship and Immigration Canada has funded PCHS for providing these services. Linguistically and Culturally appropriate services are provided in a warm friendly environment.

Please call 905-677-0889 to receive the New Comer Settlement Services.



Baljit Virk
Scotia advisor

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to our new start in Canada.”**

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