



NEWSLETTER - MAY 2014

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Message from CEO/COO

Social Services Network (SSN) is a South Asian agency serving the community in York Region. Since 2010, SSN is hosting a conference on family violence in the South Asian community. After the 3rd conference, a report was prepared and the following recommendations were presented for consideration. Work is continuing and the final conference to be held in Ottawa in May 2015.

“The report produced by Social Services Network in collaboration with Sheridan College outlines the collective experiences and opinions of the hundreds of conference participants including service providers, community members and policy makers who attended the conference held at Sheridan College in May 2013. Key recommendations include:

- Recommendation #1: Invest in South Asian Social Services: to take the lead in the development of Violence against Women and services to Older Adults, including counselling, family support programs and mainstream sector training to effectively address the issue of violence in South Asian families.
- Recommendation #2: Support community development work: Municipal and federal governments should support local level community development work to ensure long term systemic changes.
- Recommendation #3: Address recent changes to Immigration policy: Work with the federal government to address recent changes to the Immigration legislation's Sponsorship policy that can keep sponsored immigrants, particularly women and older adults, in abusive situations.
- Recommendation #4: More support to sponsored immigrants: Funding is needed to develop and implement training for South Asian community

workers, legal information centres and mainstream service providers so that they are better equipped to support sponsored residents who are in situations of abuse.

- Recommendation #5: Reform income support programs and increase employment opportunities: for employment for South Asian women and Older Adults.
- Recommendation #6: Boards of Education to support school programs directed to South Asian families: School Boards need to work closely with South Asian agencies to develop and deliver programs to South Asian families.

South Asian Mental Health Program – Newsletter Blurb – April 2014

Informative Session on Mental Health and Depression, at Hindu Heritage Centre Seniors Club – April 29, 2014: Teena Bhuchar and Anu Randhawa, the Mental Health Case Managers at PCHS, had an opportunity to give an



informative session on mental health and depression, at the Hindu Heritage Centre Seniors Club. The session was attended by some 60 seniors, who were able to learn about topics related to mental health, which

included, awareness and facts on mental illness; depression, types of depression, common signs and symptoms and treatment of depression and tips on how to keep mentally healthy. The seniors were also provided



information about the South Asian Mental Health Program being run at PCHS.

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

- **Build Confidence**
Identify your abilities and weaknesses together, accept them build on them and do the best with what you have.
- **Eat right, Keep fit**
A balanced diet, exercise and rest can help you to reduce stress and enjoy life.
- **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.
- **Give and Accept Support**
Friends and family relationships thrive when they are "put to the test".
- **Create a Meaningful Budget**



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

- **Volunteer**

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

- **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.
- **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.
- **Identify and Deal with Moods**
We all need to find safe and constructive ways to

express our feelings of anger, sadness, joy and fear.

- **Learn to Be at Peace with Yourself**
Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

-Anu Randhawa

Settlement Corner

Contributing to the Canada Pension Plan (CPP) while working and aged 60 and over

If you work while receiving your Canada Pension Plan (CPP) retirement pension, you may increase your retirement income with a lifetime benefit. This is called the Post-Retirement Benefit (PRB).

Eligibility criteria:

- 60 to 70 years of age
- working and
- receiving a retirement pension from the CPP or the Quebec Pension Plan (QPP)

To get this benefit, you and your employer have to make CPP contributions.

If you are self-employed, you have to pay both the employee and the employer portions of the CPP contributions.

CPP contributions:

- If you are between 60 to 65 years of age and working then the CPP contributions toward the PRB are mandatory for working CPP retirement pension recipients under age 65.
- If you are between 65 to 70 years of age and working then starting at age 65, you can choose not to contribute to the CPP.
- Once you reach 70, you will stop making CPP contributions toward the PRB.



Baljit Virk
Scotia advisor

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