



# NEWSLETTER – NOVEMBER 2014

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## Message from CEO/COO

### **Mental Health and Youth**

It is estimated that about 1.2 million Canadian children and youth are affected by mental illness—yet less than 20 per cent will receive appropriate treatment. The majority of adults who are living with a mental health problem have reported that symptoms first appeared during their youth. Therefore; the healthy, emotional and social development is vital to the mental well-being of all people as they progress from childhood to adulthood.

Within the South Asian community, mental illness can experience an array of challenges—from family breakdown, excessive drinking or substance use, academic problems, social and relationship problems... Some of these issues can be prevented by early intervention.

### **Outreach**

Through better outreach methods, we can empower families and youth. We can educate them regarding early intervention, recognition of signs and symptoms, and learning to manage the illness.

### **Overcoming Shame and Stigma**

As in many communities, South Asian community also suffers from shame and stigma related to mental health illness. The perception about mental illnesses within communities is extremely negative, and it is completely understandable if we do not want to tell anyone about our illness. Unfortunately, trying to cope with mental illness without the help and support of others can hinder recovery.

#### **Provide Correct Information**

If we provide correct information about how common psychological problems are, how effective treatment can be, and how likely it is that those of us with mental disorders will lead rich and fulfilling lives then shame and stigma can be reduced.

#### **Labelling**

A diagnosis is a label that professionals use to help determine the proper course of treatment. The diagnosis, however, does not define you. It defines the illness and how you and the healthcare professional will address it.

#### **Professional Help**

Holistic approach is absolutely essential in treating mental illness. Effective treatment—psychological, medical and social—makes a huge difference in terms of treatment. Cultural competence requires us to incorporate client’s perceptions about treatment in a care plan which can be an all-inclusive approach.

### **Help Seeking Behaviours**

Discussion about help seeking behaviours and reducing barriers for accessing mental health services is absolutely necessary. Family inclusive services are keys to making inroads into the South Asian community.

-Baldev Mutta, CEO PCHS

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## Seniors Program

The SAHARA Seniors program celebrated the Holiday Season with aplomb. Our Christmas Celebration for the seniors was a lot of fun as we organized games and enjoyed their poetry and anecdotes. The true spirit of the season came alive as we talked about the significance of Christmas and celebrated the liveliness and cheer by distributing gifts and sharing a hearty meal together.



Memorial- This year was a mixed bag of events. Unfortunately one of our seniors, Parminder Singh Toor, left for his heavenly abode on November 28<sup>th</sup>, 2014. All the seniors prayed for him and strength to his family. PCHS has organized the Baba-Bibi



Campaign. Under this initiative PCHS has planned to cover twenty seniors in the community to get through winter with comfort. We planned to make a box with essential items like blankets, heaters, heating pads and cleaning kits etc. We encouraged the community to adopt a Baba or Bibi. The SAHARA Seniors Program organized a number of Awareness Workshops this year. Our seniors benefitted from Financial Abuse workshop by Peel Multicultural Council. Another highly useful workshop was conducted by Central West on Self-management. The seniors built a strong rapport with the presenter over a period of 6 weeks and learnt important self-management skills including communication and problem solving and decision making.

-Gulwinder Bhui, Senior's Worker

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## Malton Community Building Project- March 2015 and Beyond Community Conversation

Nov 25<sup>th</sup> was marked as another milestone in the history of Malton Community Building Project.

Around 60 community members, partners, stake holders and Ward 5 City Councilor joined heads together along with Malton residents to converse about the future directions of this amazing project beyond March 2015 when Ontario Trillium Funding will end. This project is unique because residents and service providers have come together for the betterment of Malton.

A video (<http://www.youtube.com/watch?v=JvJzbdpRQTs>) in conjunction with a PowerPoint was shared with the audience to highlight the accomplishments and successes of the amazing work done since 2008. Audience also enjoyed the testimonials by the programs' participants. Representatives of Peel District School Board, Region of Peel, City of Mississauga, Four Corners Health Centre, Rapport Youth Centre, Family Education Services, Malton Neighborhood Services, Malton Women Council, Punjabi Community Health Services, Malton Moms, MCBP-Gavel Club Seniors Associations, Malton Black Development Association, ex. candidates of ward 5 with other Malton Residents assured their support in continuation of the great work of Malton. On February 3<sup>rd</sup> MCBP will host another conversation and report back to the community.



-Uzma Irfan, MCBP Coordinator

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**Settlement Services**

**Sponsor your parents and grandparents**

Citizenship and Immigration Canada will resume intake of new applications under the parent and grandparent program (PGP) starting January 2, 2015 at 8:00 AM Eastern Standard Time (EST). Applications must be individually packaged and sent to the [Case Processing Centre in Mississauga, Ontario \(CPC-M\)](#). The office is open from 8:00 AM to 4:00 PM EST Monday through Friday, except for statutory holidays.

CPC-M accepts applications received by mail, from local couriers and from major courier services only. Applications received before January 2, 2015 will be returned to the applicant and processing fees will not be taken. Five thousand complete applications will be accepted for 2015. All applications received after the 5,000 cap has been reached will be returned to the applicant.

<http://www.cic.gc.ca/english/immigrate/sponsor/parents.asp>

This information is received from the Government of Canada website. Please follow the website link mentioned above or contact PCHS settlement counsellors at 905-677-0889.

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# Save the Date

**Building Bridges for Inclusive Care:**

**A Breakfast Conversation on Working Better Together to Support Families in Peel Facing Mental Health and Addictions Issues**

- ❖ **Service Providers:** Do you want to learn about faith communities in Peel?
- ❖ **Leaders from Faith Communities:** Do you want to learn how to raise awareness of mental health and addictions issues, and the supports available in Peel?

**Date:** Tuesday, March 3<sup>rd</sup>, 2015

**Time:** 9:00 am – 11:30 am  
(Registration at 8:30 am)

**Location:** Portico Community Church  
1814 Barbertown Road  
Mississauga, ON  
L5M 2M5

**Registration:** Coming Soon...





**Baljit Virk**  
Scotia advisor

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