



NEWSLETTER – AUGUST 2015

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Message from CEO/COO

Engaging Faith Leaders

The role of faith in Social Work and Health Care is critical in achieving successful outcomes related to addictions, mental health, abuse, developing good child-rearing practices, addressing family violence and many other areas. Faith communities, organizations, and leaders can be important facilitators to educate communities, create demand for social and health services, act as agents of change, and create synergies with organizations and institutions that provide the elements needed to carry out robust programs and services.

Religious Leaders are often important gatekeepers in disseminating humanistic, peaceful lifestyle and health messages and influencing positive behavior change within communities. Many research studies indicate that Religious Leaders can be involved in community development initiatives and they play a pivotal role in bridging between the health service providers and their communities.

In Peel Region, under the leadership of Peel Services Collaborative, Faith Leaders are getting together to develop partnerships between organizations providing health and social services. The purpose is to educate the service providers about the practices of various faiths and educating faith leaders about the services and resources available for their communities.

PCHS will continue to provide a leading role in bridging the link between faith leaders and the service providers.

-Baldev Mutta & Amandeep Kaur

Family Enhancement Program

Out Door Annual Family Picnic

The PCHS's organized the Annual picnic. The Family picnic is one of those annual events when women's can get an opportunities to be together, to interact with one another and shared their experiences and stories. Family picnic and eating outdoors in the fresh air that makes everything taste better and lifts the spirit and take the next chance to get on a warm spring day to spread out a blanket under a tree and have a fun family picnic. Summertime is a great time everyone together and head to a nearby park or beach and different places for a fun family picnic.

Women's get chance to spent full day for their children. Every individual needs to get the opportunities to relaxed and spent some quality time with family. On the way women's sang melodious songs on the bus. Women's and kids enjoyed the Mother Nature's while the bus was going up and down on the road. It was imaging experience.



After two hours journey we reached the Blue Mountain Village. It was small village and great High Mountain. All we have relaxed for some time and had lunch shared with each other. Kids are running around, taking rides, buying ice cream and enjoying the nature. PCHS gave the opportunities to Women's to take time for themselves. Many times, women just think about their families, kids and try to avoid their personal life and enjoyment for others sake, as women think others are more important part in their life or they are pressurized by their family or relatives to behave like this. Women would like to organize more trips like that. Most women's aren't getting the opportunities to go out very often. These kinds' of trips are the therapy for our clients.

- Gulwinder Bhui Family Enhancement Case Manager

Senior's Program

EXCURSION TO BLUE MOUNTAIN

PCHS Seniors of Brampton & Mississauga, about 140, loaded in three buses, took a long journey for fun, adventure, & relaxation to the Blue Mountain. The root of the journey was mostly through the forest and that provided a lot of relief to the mind and soul and thus, the long journey of two and half hour was not boring but was much pleasant.

Blue Mountain is neither blue nor mountain but a hill with full lush green forest. It is a sort of health resort area. It is called blue, perhaps, because blue represent depth that means the area is far away from the madding crowd, full of serenity and calmness. It is good for the families to get away from the hectic city life to spend a few days for relaxation and enjoyment as well as for kids to participate in various activities for fun and adventure to climb the hill or go for boating in the village pond. For honeymooners, it is pleasant nest.

Blue Mountain village is now well developed small town with several inns where the tourist can take affordable accommodation according to their status. Four seasons resort is also there where tourists can have better facilities. Blue Mountain village is extension of Collingwood city area touching the Georgian Bay. Georgian Bay has good beaches where several activities are organized for tourist attractions.

For sightseeing on the top of the hill, one can go gondola ride. There is a good motor able road as well as several walk away. Along the walk away, there are many resting places where walkers can sit on the benches for relaxation and breathing. One can see people having a bike ride. Mostly adult and youth



prefer to go on top of the hill on foot through the winding pathways while seniors and disable people take gondola ride. The cost of the ticket for going uphill is \$ 15+taxes which is too much. Thus the seniors and disable peoples are punished for their excursion or itinerary. Funny part is that the return journey is free for all.

We seniors spent four hour in the Blue Mountain village and went through various lanes, shops and many of us enjoyed gondola ride also. It was memorable quality time spent there in the village. We left the Blue Mountain Village at 3.00 pm with a desire to visit again next year and also hoping that the cost of gondola ticket be reduced.

We seniors are very thankful to the PCHS for arranging the trip to the Blue Mountain. We also thank to our coordinator gorgeous Shumaila Waheed and other volunteers who looked after the seniors very patiently.

-MULKH RAJ MONGA, member, PCHS Sahara Senior Program, Mississauga



Mental Health Program

Self-Care

Self-care includes any actions you take to care for your physical, mental and emotional health. Below are some ideas to get you started in developing your own self care plan. It can be overwhelming to consider taking on many new things. It may be helpful to start with a couple of ideas and build on that.

Physical self-care is an area that people often overlook

Food

Food is a type of self-care that people often overlook. People are often so busy that they don't have time to eat regularly or that they substitute fast food for regular meals. It's not always reasonable to expect people to get 3 meals a day but everyone should make sure they get adequate nutrition.

Exercise

Exercise is one of the most overlooked types of self-care. Research recommends at least 30 minutes of exercise 5 times a week. Exercise, even if it's just a quick walk at lunchtime, can help combat feelings of sadness or depression and prevent chronic health problems.

Sleep

Although everyone has different needs, a reasonable guideline is that most people need between 7-10 hours of sleep per night.

Counseling

This could mean seeing a psychologist, a clinical social worker, or therapist. Keeping a journal.

Emotional self-care can also involve the people around you.

It's important to make sure that the people in your life are supportive. Make spending time with friends and family a priority.

Many of us have full time jobs, go to school, volunteer and have families. Finding time to do activities that you enjoy is an important aspect of self-care.

-Teena Bhuchar, Mental Health Case Manager

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Settlement Services

The Agreement on Social Security between Canada and the Republic of India comes into force August 1, 2015

**July 29, 2015
Canada**

Ottawa, Ontario

Employment and Social Development

The Honourable Pierre Poilievre, Minister of Employment and Social Development, has announced that the *Agreement on Social Security between Canada and the Republic of India* comes into force August 1, 2015.

This Agreement will enable Canada and India to coordinate pension benefits and contributions for people who have lived or worked in both countries. The Agreement will coordinate the operation of Canada's Old Age Security and Canada Pension Plan programs with certain comparable pension programs of India.

This Agreement also facilitates increased commercial and economic co-operation between the two countries.



Baljit Virk
Scotia advisor

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