



# NEWSLETTER – JULY 2015

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## Message from CEO/COO

PCHS was formed 25 years ago. At that time we did not know that we would be needed so much in so many areas. The problems faced by the South Asian Community continues to grow and so are the programs and services of PCHS. It's a vibrant organization and adapts itself to changing circumstances, needs and opportunities.

Our humble beginnings started by having an office in a car trunk and providing 1:1 supportive counselling to addiction clients and their families. From this humble beginnings became an organization which provides culturally appropriate services in many different areas such as, addictions, mental health, seniors, child youth & family services, settlement, parenting, and domestic violence.

With four offices to serve from, PCHS serves over 2500 clients per year. The programs and services are complemented by dedicated volunteers and Peer Support Program. Students and foreign trained professionals also assist in the delivery of services.

So, what unique about PCHS! Well, an agency which has a basket full of services so that clients' needs are addressed under one roof, Services are culturally and linguistically appropriate. The agency does not shy away from sensitive services as PCHS is making inroads in the South Asian LGBTQ community.

PCHS is taking a lead in making sure that services are provided in the Brampton Springdale area by bringing in partners, developing the Brampton Springdale Network and creating a momentum for a Community Hub.

While we celebrate our 25<sup>th</sup> anniversary, I would be remiss if I did not thank the Board of Directors, volunteers, Peer Support Workers, Mentors, staff, partnerships, funders and the entire community for helping us reach our first milestone.

A very big thank you to all of you!

**-Baldev Mutta & Amandeep Kaur**

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## Senior's Program

### SAHARA Seniors Annual Picnic 2015

It was a bright sunny morning when a large number of seniors gathered outside the office of PCHS Brampton location for the SAHARA Annual picnic 2015. The picnic was held at Jack Darling Park at 1180 Lakeshore Road West in Mississauga. Though it was expected to be a warm day but like it is said a bright sunny day is always wonderful and has an amazing ability to energize everyone. The enthusiasm of the seniors was a delight to be seen. The buses left with the seniors and the PCHS staff at 10:30 am. The set up was done in a short time with the help of amazing volunteers and the water melon and cold beverages were served to keep our seniors hydrated. The beautiful view of Lake Ontario was mesmerizing and the water was reflecting the clear blue sky. A perfect day to be near the lake and our seniors were ready to enjoy this day to its full.

The traditional ceremony of collectively celebrating the birthday of the seniors at the end of the month was performed by inviting the seniors to cut the cake. A group of ladies sat down in a group and sang folk songs with



dholki and gradually everyone got involved in the festivity.

Lunch was served at 1:00 pm. After having lunch the seniors formed small groups near the lake enjoy the company of their friends with the beautiful sight of the lake. It was time to wrap up a day full of fun and excitement. Everyone left with enjoyable memories to cherish until we meet again!

- Shumaila Waheed Caregiver Support Worker

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## Mental Health Program

### Use Your Summer for a Better Mental Health

Dr. Kate Goldhaber, a clinical psychologist from the United States, recently wrote that “No matter how much we like our jobs and lifestyles, we inevitably become bored and stagnant in our routines from time to time”.



This summer is an excellent opportunity to boost up your mental health and if you are wondering how to go with this summer we have some tips for you!!!!

Good time to plan and begin exercise: Exercise can play a vital role in fighting against stress, maintaining a positive outlook on life as well as building self confidence

**Think Positively:** It doesn't matter whether you woke up from your bed by your left foot or right foot. You may keep looking at the rising sun and grab your positive energy to make your life sunnier

**Reduce Social Media:** Let your social media companion to take rest in this summer! Use this vacation to build and strengthen your personal relationships

**Summer Camps:** Find an affordable summer camp for you or for your children. Summer camps provide countless opportunities for kids to learn how to cope with stressful life circumstances.

**Walking, Jogging, Swimming and a lot more to do:** Develop a habit of jogging or swimming. It can keep your time engaged with positive spirits and also distracts your worries and negative thoughts.

**Window Shopping:** Enjoy, it is free for you!!! An evening with window shopping may make your mind cool and stress free.

**Plan for Vacation in Advance:** Remember that vacations can be expensive and time taking. It may disrupt your budgeting, sleeping, eating habits, job schedules and other events. Plan your trips in advance, take advantages of early bookings and promotional coupons and also be informed about "summer depression".

-Ajeesh Jacob, Mental Health Case Manager

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## Settlement Services

### Remaining Citizenship Act reforms coming into force

A final suite of reforms to strengthen and modernize Canada's citizenship laws will be fully in force as of June 11, 2015. The changes – part of a package of measures approved by Parliament last year – ensure new citizens can fully and quickly participate in Canada's economy and Canadian society.

The first set of provisions that came into force last summer to strengthen Canadian citizenship and speed up application processing times are already paying off. New citizenship applications are being finalized in a year or less, and it is expected that the backlog of older files will have been eliminated by the end of this fiscal year. Individuals who submitted a citizenship application before April 1, 2015 will have a decision by March 31, 2016.

Among the many benefits of the government's citizenship reforms, the new provisions will deter citizens of convenience – those who become citizens for the sake of having a Canadian passport to return to Canada to access taxpayer-funded benefits that come with citizenship status, without having any attachment to Canada, or contributing to the economy.





**Baljit Virk**  
Scotiabank advisor

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