

January – February 2007

Punjabi Community Health Centre has created an **E-ZINE** Newsletter to allow service providers and other community organizations to interact and stay connected, while simultaneously reducing paper usage.

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Program Updates

Our Next Issue

Will
Be
Released
In
APRIL, 2007

Why understand client's culture?

It's now becoming a recognized fact that culture plays an important role in understanding how people look at illness and wellness. A health care professional must understand the nuances of the client's culture in order to be able to provide help.

Thanks to our funders!!!!

Healthy Living Peel, COSTI, Health Canada, and CAMH.

We are also grateful to the South Asian community for supporting us financially.



Parenting Programs



FREE –Parenting Sessions

MALTON GURDWARA

Hall number 4

7282 Airport Road. Malton

Time: 2:00 to 4:00 PM

Dates for 2007 are:

January 7, February 4, March 4,
April 1, May 6, June 3, July 1,
August 5, September 2, October
7, November 4, December 2

REXDALE GURDWARA

47 Baywood Road,

Rexdale

Time: 10:00 AM to 12:00 NOON

Dates for 2007 are:

January 28, February 25, March 25, April
29, May 27, June 24,
July 29, August 26, September 30,
October 28, November 25, December 30

Roberta Bonder, Lancaster, Brandongate
Public Schools.

Parenting Sessions are also
held at various schools in Peel
Region. Please call us to find
about place and timings!!!

PLEASE CALL FOR TIMINGS.

**For more information on the
parenting sessions, Please
call (905) 301-2978.**

Research Reports Available

Research reports are available at the cost of \$25.

- ◆ Elder Abuse in the Punjabi Community.
- ◆ Sexual Abuse of Punjabi Women.
- ◆ HIV/AIDS in the Punjabi Community
- ◆ Homosexuality in the Punjabi Community
- ◆ Body Image Problems of Girls in the South Asian Community
- ◆ Health Promotion Project of Seniors – South Asian Community

Contact, Harpreet Dhaliwal @ 905-301-2978

Volunteers Needed!!!

Students who want to complete their 40 hours are welcome!!!

Please call Harpreet Dhaliwal @ 905-301-2978

Programs and Services



Programs and Services

Punjabi Community Health Centre

serves the needs of the Diverse Communities in the areas of health, social, economic, culture, recreational, research and educational fields. Developed in the spring of 1990, the Punjabi Community Health Project was an innovative Health Promotion project based on the principles of Community Development. It was incorporated as a not for profit agency in October 1995.

Punjabi Community Health Centre delivers its services in a culturally appropriate manner.

- Food Bank for Punjabi Women
- Translation Services
- Gambling Counseling
- Counseling Program (Family, Marriage and Individual)
- Volunteer Opportunities
- Chronic Disease Prevention Programs
- ½ an hour "Community ConneXion" Television Program every week at Sur Sagar
- Resource Development (videos, audios and written resources)
- Research

The following programs are run by our sister organization, **SAHARA Community Services**. These group programs are for the Punjabi Community, who need help in a variety of areas within the extended family context.

7 different programs are currently Running:

1. SAHARA Men's Group
2. SAHARA Fathering Group
3. SAHARA Women's Group
4. SAHARA Seniors' Group
5. SAHARA Youth Group
6. SAHARA Parenting Sessions
7. SAHARA Couple's Program

Please contact us at: 416.995.3920

To join a group or to make a referral, please call at:

Office: (905) 301-2978 or Fax: (905) 840-2004

email at: bmutta@rogers.com or

aman13@rogers.com

website: www.pchealthcentre.com

Recent Success!!

We are pleased to inform you that we have started the SAHARA FATHERING GROUP PROGRAM for South Asian fathers. This is the first of its kind fathering program in the GTA. Fathers across GTA including Region of Peel can participate in this program. It is held every Wednesday from 6:00 PM to 8:00 PM in Brampton.

In addition, Punjabi Community Health Centre (PCHC) and SAHARA Community Services in partnership with Lancaster Early Years Hub is providing parenting sessions at Lancaster Public School and Brandongate Public School in Malton. In addition, we are also providing Peel Children in Action program at Roberta Bonder Public School. The parenting sessions are designed to discuss issues related to positive discipline, communication, relationship building, problem solving, building self-esteem, and getting to know the Canadian system.

For more information please contact Harpreet Dhaliwal at (905) 301-2978.

PROGRAM AND PROJECT OVERVIEW

SENIOR'S PROGRAM

Senior's have initiated a project called "Four Pillars Senior's Project". The project has been designed to:

- to produce a 30 minutes video on senior abuse
- to produce a newsletter
- to develop a "portrait booklet"
- to develop a senior women's group
- to develop a inter-generational relationship with South Asian youth

Our seniors are getting very talented and have started to experiment with "visual arts". They have several paintings to their credit.

The seniors meet every Thursday from 1:00 PM to 3:30 PM at Eglinton and Highway 10 area.

For more information, please call Rupinder at (905) 301-2978.

SAHARA FATHERING GROUP PROGRAM

SAHARA Fathering Group program started in December 2006. SAHARA Fathering Group Program is linguistically and culturally appropriate psycho-educational group program for **South Asian men**. This **10 session group program** provides skills to men with children ages 0 to 16. The program covers a wide variety of topics and is offered in Brampton. The program addresses the issues of access and custody and helps men to enhance their parenting skills. This program is helpful to men where domestic violence is identified as an issue. It also addresses the complexities of Parenting in Canada.

For more information, please call Harpreet at (905) 301-2978.

HEALTHY LIVING PEEL

In partnership with Healthy Living Peel, PCHC delivers culturally appropriate programs to enhance the Physical Activity, Healthy Eating and Smoke Free Living among the Punjabi speaking families. The following programs were successfully delivered and are continuing in 2007:

- Peel Children in Action
- Heart Health and Multicultural Youth
- Peel Women in Action

To take part in the Healthy Lifestyle programs please call Harpreet Dhaliwal at (905) 301-2978.

SAHARA MEN'S GROUP PROGRAM

SAHARA Men's Group is in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 weeks group program for South Asian men. This group addresses both "violence" behaviour and substance abuse issues simultaneously. In addition, this group works closely with women and children and **provides holistic care** to the entire family. Furthermore, SAHARA Men's group facilitators use the Ontario Domestic Assault Risk Assessment (ODARA) tool which calculates the likelihood that a man who has assaulted his female partner will do so again in the future. **For more information, please call Baldev at (905) 301-2978.**

SAHARA WOMEN'S GROUP PROGRAM

SAHARA Women's Group is in existence since July 2001. It is a linguistically and culturally appropriate psycho-educational group program for South Asian women. This group program is an aftercare program that provides long-term support to women and children experiencing life's challenges. It works closely with men and children and **provides holistic care** to the entire family. This group is offered year around on weekends in order to provide easier access for women in need.

For more information, please call Amandeep at (905) 301-2978.

HEP C PROJECT

The Punjabi Community Health Centre will address the needs of the Punjabi community surrounding Hep C.

As part of the project the following activities will take place:

- awareness raising by organizing workshops in the community
- developing resources in Punjabi and English
- finding means to sustain the project
- evaluation of the project activities

For more information, please call Baldev at (905) 301-2978.

Over 250 People Attended the Youth Forum on February 10, 2007

Punjabi Community Health Centre organized a youth forum on Saturday, February 10, 2007 at the Chandni Banquet Hall in Brampton. This forum was a collaborative effort of Can-Sikh Cultural Centre, Sikh Heritage Centre, Healthy Living Peel and SAHARA Community Services. The forum was attended by over 250 participants including seniors, parents, youth and children. Master of Ceremony for the event was Amandeep Kaur, Consultant with the Punjabi Community Health Centre. Sherdaljit Singh Dhillon welcomed the participants and opened the forum. Deputy Chief of Peel Regional Police, Paul Tetzlaff was the Chief Guest. In his speech deputy chief Tetzlaff stated that “this is the first of its kind forum which is a joint effort of school board, Peel Regional Police and social service agencies and there is a great need for this type of joint partnership”.

Punjabi Community Health Centre, Healthy Living Peel and Peel Regional Police also set up their displays. The speakers panel included Ranjit Khatkur, Vice Principal Brampton Centennial Secondary School and the Leader of Shades of Brown Conference, Harveen Bachu, Ph.D. student, University of Toronto, Baldev Mutta, Executive Director, Punjabi Community Health Centre, and Constable Gulab Dhillon, Peel Regional Police. The speakers addressed youth and school, youth and drugs, and parenting issues. The audience participated enthusiastically in the question and answer period.

Punjabi media played a very important role in promoting this event. Sur Sagar television, Punjab Di Goonj, Rangla Punjab, Watan and Punjabi Post actively participated in promoting this event. Financial support was provided by the Greater Toronto Area Team, Royal Lepage, Real Estate agents; Rupinder Chantha, Jag Badwal, and Harinder Sandhu.

Sherdaljit Singh Dhillon thanked the participants and recognized the efforts of speakers and the GTA team by presenting them with Certificates of Recognition. The audience unanimously agreed to participate in future forums. They all agreed that these types of forums are much needed in the community and provided valuable information to parents, youth and children.

