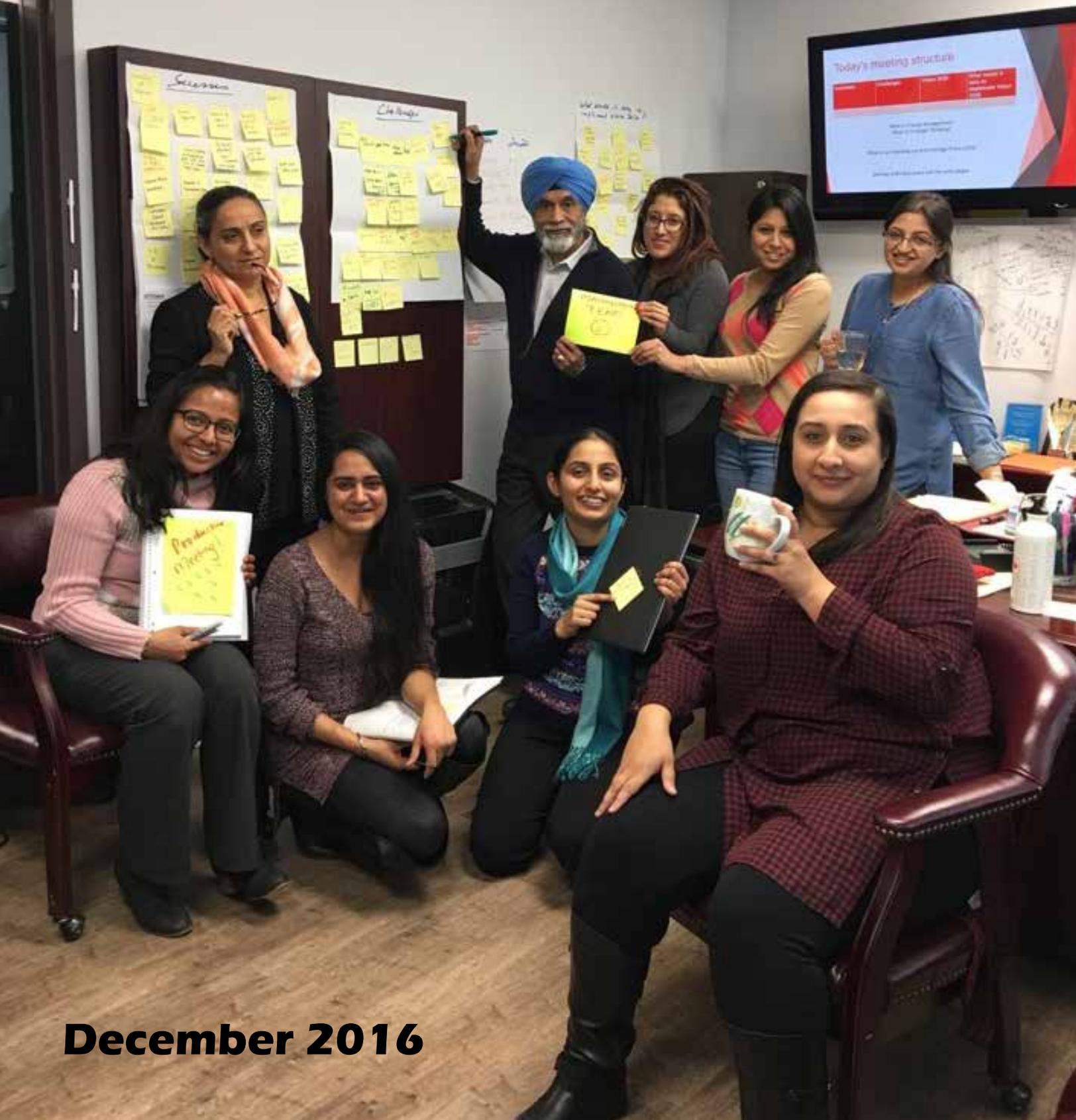


Punjabi Community Health Services Newsletter



December 2016

Message From the Executive Team

December 2016

As the year is coming to an end, we at pchs are also evaluating what were our accomplishments. The population in Peel continues to grow and the funding to provide services is almost at a standstill. The South Asian community continues with three main challenges: 1) higher rate of heart disease, 2) higher rate of diabetes, and 3) lower cancer screening rates. pchs is also dealing with additional pressures of providing services to frail seniors, addiction and mental health clients. Our domestic violence program has also seen a spike in numbers as more women are seeking services. And, we are still struggling to provide Langar on Wheels to our seniors. At present our capacity is at 14 seniors and the wait list is at 40 seniors. Amongst these challenges pchs continues to thrive and provide services to the community.

We are also pleased to inform that our partnership with Peel Multicultural Council has resulted in providing LINC classes to the residents of Brampton Springdale. This is a very welcome addition to our basket of services. As Baldev Mutta, the CEO of pchs has stated “Partnerships are very important for pchs and together we can jointly provide more services to the community. In addition, partnerships

also look at savings and look at innovative ways to benefit from each others’ strengths to help the community”.

pchs had a very successful year in terms of organizing several events to achieve many goals such as education and awareness, raise funds, increase physical activities and reduce isolation and loneliness. pchs had an excellent International Women’s Day event where over 500 participants helped us raise funds for the non-funded programs. Funds raised from this event are used for Langar on Wheels and the domestic violence program.

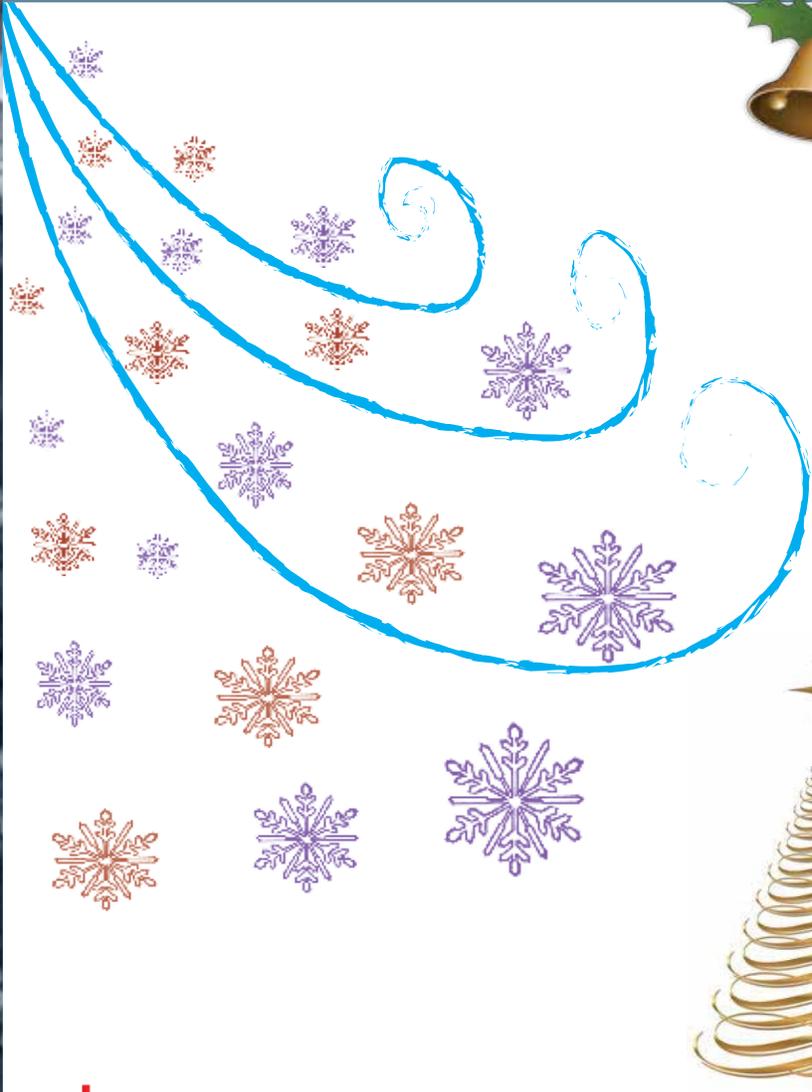
pchs continues to strengthen its IT infrastructure and we are now in a position to help other agencies use our IT cloud services. We are hoping that we would be able to 1) help the agency save money and 2) safely secure their client data. If agencies would like to discuss partnering with us for IT services, please call our Director of Operations at 905-677-0889 x 107.

On behalf of the Executive Team (CEO, COO and the DOO) we wish you a very happy holiday season and a very healthy and prosperous New Year.



Phone: 905-677-0889, Fax: 905-677-9141
www.pchs4u.com





*pchs's Executive Team, Board
and Staff
wishes you a
Joyous Holiday Season
and a New Year filled with
Peace and Happiness*

Holiday Schedule

Our office is closed on...

December 26	December 27	January 2
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We look forward to a continuous relationship in the New Year!



New Hires

Rucha Patel

Case Manager, Family Enhancement Program



Rucha Patel completed her student placement at pchs. Rucha has Masters in Clinical Mental Health Counselling from Niagara University. She is a member of Canadian Counselling Association and working towards registering with College of Registered Psychotherapist of Ontario. Rucha has worked extensively with variety of presenting issues including, trauma, mental health, homelessness and addiction. Her expertise includes CBT, solution focused humour and stress management techniques. As a Case Manager of Family Enhancement Program, she is aiming to use her expertise and knowledge to assist families in building healthier and stronger ties. Rucha also believes strongly in empowering women, which she wishes to accomplish through her case management and facilitating workshops on building confidence and self-esteem.

Muniza Nadeem

CNC Childminder



Muniza Nadeem has a Master's degree in Physiology from Karachi University. She came to Canada in 2006 and started working as a LINC Childminder in Muslim Community Services. She served Muslim Community Services for 7 years. Muniza completed her Early Childhood Education in 2014. Muniza is a Registered Early Childhood Educator with a strong knowledge of stages of physical, emotional, cognitive, social and cultural development of children. Muniza also worked at YMCA for a period of one year. Muniza enjoys meeting new people and finding ways to help them.

The Cycle of Change

Amanpreet Randhawa, Case Manager, Addictions Program

Changing a behaviour is difficult, such as biting nails or an addiction, but understanding the cycle of change could be helpful.

James O. Prochaska & Carlos DiClemente created the Stages of Change Model in 1983. This is a helpful tool for professionals to understand which stage a client is in and able to develop a treatment strategy according to the stage a client is experiencing.

Prochaska & DiClemente Cycle of Change, consists of six stages. These stages are pre-contemplation, contemplation, preparation, action, maintenance and relapse.

Pre-contemplation: The person may be unaware that a problem exists. No intention of changing behaviour.

Contemplation: The person is aware a problem exists, no commitment to action.

Preparation: The person intent upon taking action

Action: The person is active in modify the behaviour

Maintenance: The person sustained change of new

behaviour replacing the old behaviour.

Relapse: The person falls back into old pattern behaviour.

An example of the Cycle of Change for an individual that has an alcohol addiction can be discussed to elaborate the different stages. In the Pre-contemplation stage, the individual does not see their drinking has a problem or does not acknowledge it. In the Contemplation stage that individual sees that they have a drinking problem, but ignores it. In Preparation stages, the individual is ready to deal with the drinking and is looking for resources and strategies. Action stage is where the individual is taking steps in eliminating and controlling the drinking urges and educating themselves. In the Maintenance stage, the individual has stopped drinking and is continuing to work on the new change. The Relapse stage may occur a few times during the course, where an individual goes back to drinking. Relapse could happen months or even after years of maintenance stage.

Following a Death

Compiled by Karuna Saini, Settlement Counselor

Dealing with the death of a loved one is difficult. Here is a list that can help you identify what to do when someone passes away

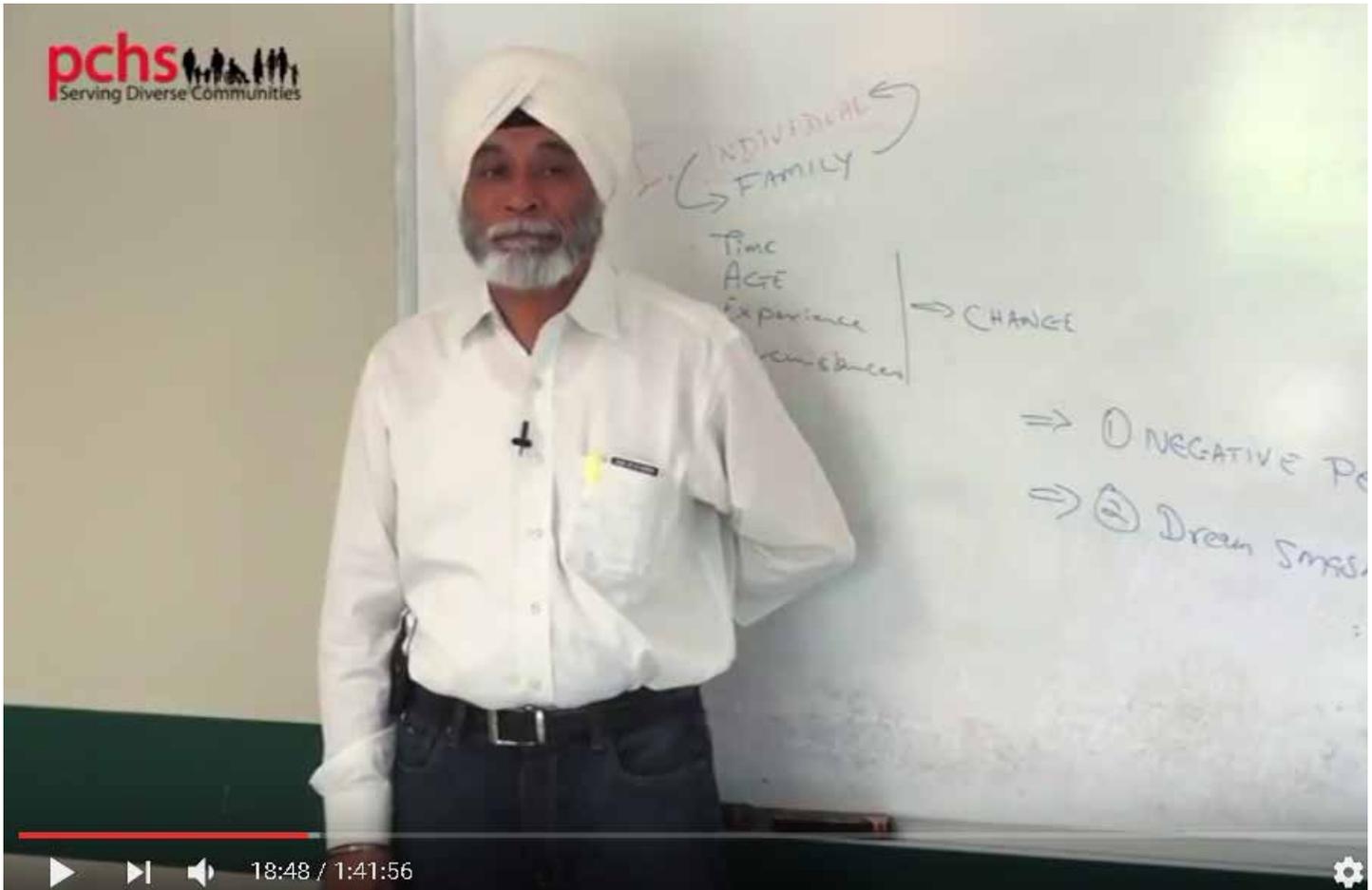
- Register death
- Obtain a death certificate
- Cancel the deceased's various benefits including Old Age Security, Canada Pension Plan, Employment Insurance and tax-related payments.
- Cancel the deceased's personal identification cards, registrations, and other documents e.g. Permanent Card, Citizenship certificate, Citizenship card, driver license, automobile ownership, Health card.

- Cancel the deceased's Social Insurance Number
- Family members might be eligible to receive death benefit, child benefit, survivor pension or allowance for the survivor
- Manage deceased's finances e.g. Property deeds, Mortgage payments and rent payments, Insurance, credit cards, household utility bills etc.

Source: www.servicecanada.gc.ca

For more information please call pchs, Settlement Counsellors at Brampton and Malton locations- 905-677-0889

pchs on YouTube

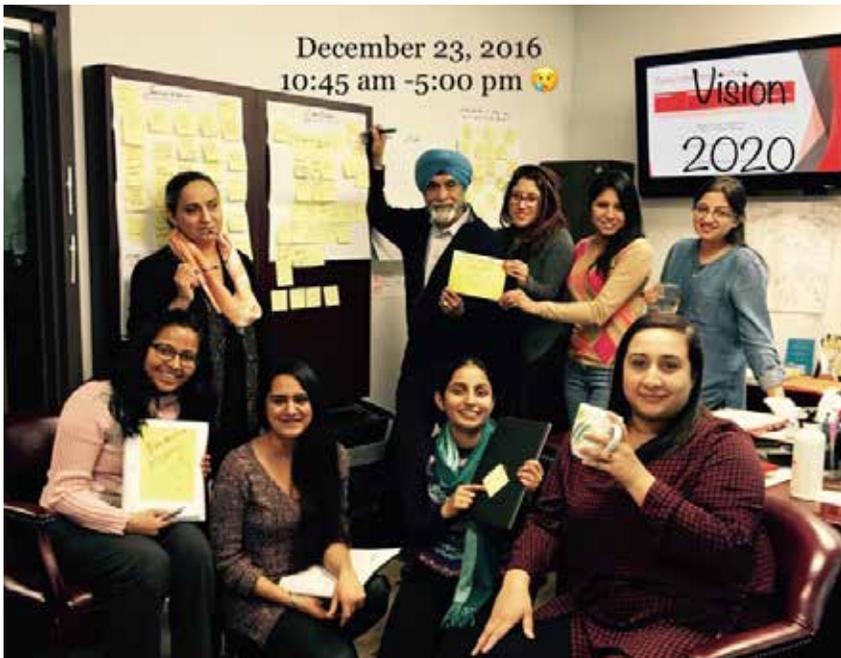


Individual and Family (Punjabi)

presentation by Baldev Mutta, CEO pchs

The SAHARA Men's Group program has been in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 week group program for South Asian men. The group addresses "substance abuse" and "violence behaviour" issues simultaneously. In addition, this group works closely with women and other extended family members and provides holistic care to the entire family. An interim report is provided upon request by the referral source and each participant receives a completion certificate upon successful completion of the 16 week group program.

Management Team



The management team at pchs works tirelessly to ensure that the major components of the organization are in good shape and working well. On December 23rd, 2016, the team met to discuss team building strategies to bond well and function together. Also, there was a great discussion around Vision 2020- pchs' strategic plan for 2017-2020. The management team meets on regular basis and works collaboratively on how to make the services and governance more efficient day by day.

pchs Christmas Party



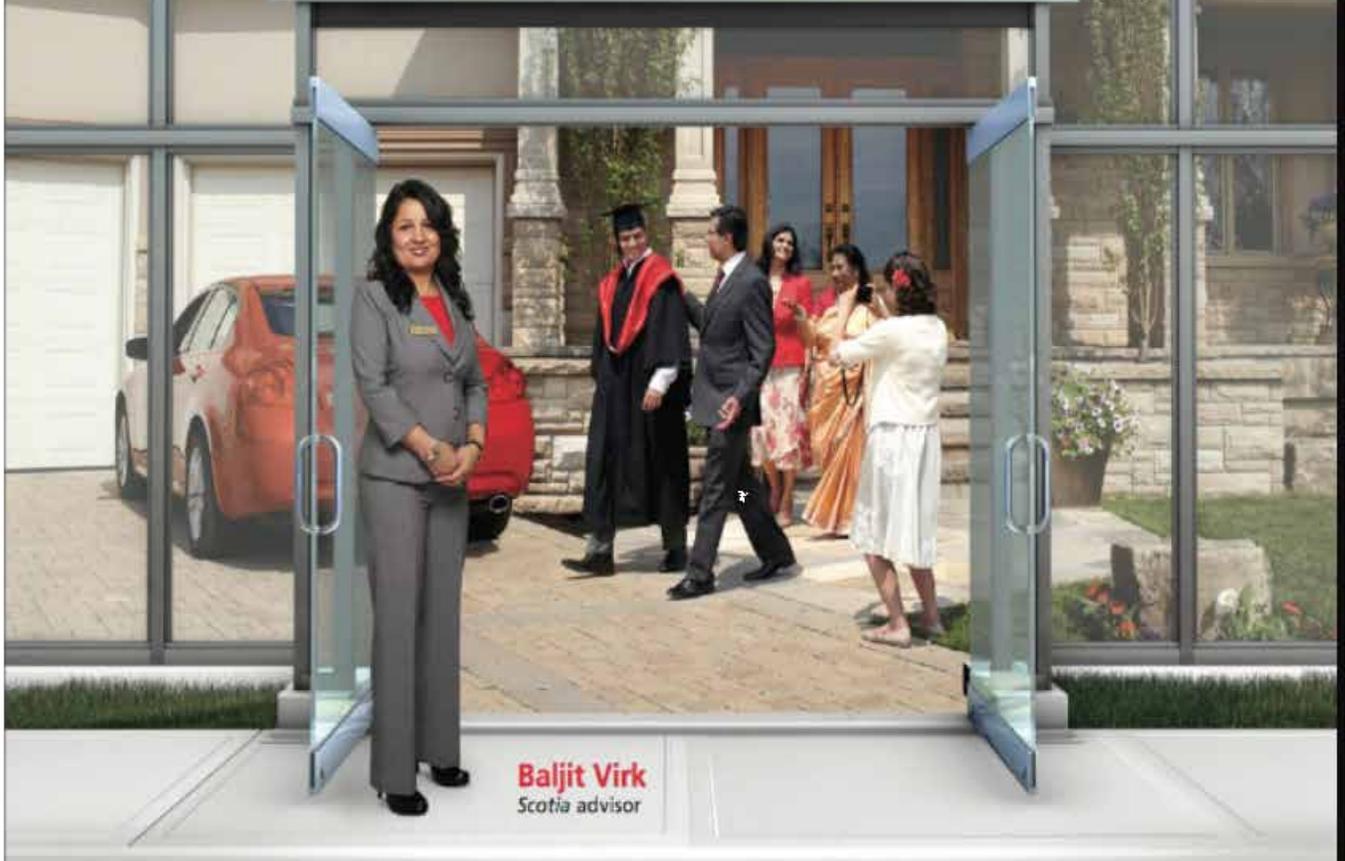
Every year, pchs organizes Christmas celebration for staff. This is the time where we take a stock of all the successes achieved in the year. The staff has fun as they play games and exchange presents with each other. All staff look forward to this celebration. The festive mood was best personified by what the Chief Operating Officer, Amandeep Kaur, said "pchs's success is because of the dedication and hardwork of our staff as day in day out, our staff works hard to serve the community". The Christmas party is a small token of appreciation from the board and senior staff towards our hard working employees.



[Click here to see the rest of the Christmas party pictures and more.](#)



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Baljit Virk
Scotia advisor

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