

Punjabi Community Health Services

NEWSLETTER



In This Issue

PCHS at 'Take Back The Night'

September 2011



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L4T 1A5



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Mandeep Grewal

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CEO & COO MESSAGE

PCHS has placed a great emphasis on equitable partnerships. Over the last twenty years it has benefitted enormously from equitable partnerships. PCHS continuously is striving to partner with other agencies on projects, programs and services which would enhance and improve the quality of interventions to CW-LHIN residents. Please contact Amandeep Kaur at amandeep@pchs4u.com, the Chief Operating Officer to discuss the possibility of partnering with PCHS.

We are pleased to share a success story among our partnerships with MIAG for Diverse Women and Families. PCHS has been associated with MIAG for the last fifteen years. It is an agency which uses a community development approach to reach out to the diverse communities in the Mississauga area. MIAG partnered with the City of Mississauga and initiated a project which allowed Muslim women to swim in the City's swimming pools. The pools were converted into women's only pools

for a set number of hours and soon large segment of Muslim women were able to take advantage of the program. Another successful project of MIAG was the diversity workshops which engaged service providers to incorporate changes in becoming a culturally competent organization.



Baldev Mutta
CEO

PCHS organized the 2nd Annual Tree Planting event in Malton. This was the joint effort of many organizations and over 130 people attended the daylong event. The day consisted of BBQ, music and seniors dancing and participating in the planting of trees. The Trees were donated by the Toronto Conservation Authority. This activity is part of the series of activities to build a healthier community in Malton under the Malton Community Building Project initiative funded by the Ontario Trillium Foundation.



Amandeep Kaur
COO

PCHS has been very actively pursuing to develop a Youth Centre in Malton. Several options are currently being explored – Victory Hall is one option, and leasing another facility is another option. The youth in Malton have expressed an interest for the last ten years or so that they need a Youth Centre. But, so far despite the good intentions of all the service providers, the dream has not been converted into reality. But, PCHS is committed to find a space so that Malton youth would have a place to call “their home”.

Again, if you are looking for partnerships, please contact Amandeep.



Malton Youth Centre Initiative of Punjabi Community Health Services

Malton Youth Centre Initiative

A collaborative approach of PCHS to provide services to Youth from South Asian and Black community to address concerns like, problems in the areas of education, relationships and career development, involvement in drug use, gang activities & violence.

Malton Youth Centre Initiative has designed various programs and activities to further youth engagement for the better. Hands on skills are learned, as well as social interaction, life skills and community engagement.

MYI- Canvas Program

- Helps individuals use paint to express themselves and speak through their paintings
- Heals individuals through Art Therapy

MYI – Cuisine Program

- Gives youth the chance to express themselves through the art of cooking
- Youth are given the chance to get hands on experience through learning cooking skills by a professional chef

MYI- Film Production Program

- This program allows youth to express themselves through the art of photography
- Youth are taught basic camera skills; angles, shooting, and photo processing

Traditional Dance Program

- Gives youth and children the chance to learn more about their culture
- Traditional dances will be learned: Bhangra & Giddha

Sistering Program

- Mentoring program for little sisters (ages 13-18) and big sisters (ages 19-24)
- Participation in discussions, earn community hours & gain experience
- Topics include: healthy relationships, life skills, goal setting, decision making and conflict resolution

Drama club to be announced!

MYI Youth Counselling

- We provide counselling and referral services to individuals and families in the Region of Peel community, serving to enhance or maintain their function in the community.
- Counselling offers a responsibility for prevention and early intervention to youth at risk through counselling, referrals and community outreach services to youth and their caregivers.
- We provide culturally and linguistically appropriate counselling in a private and confidential environment.

MYI Youth Group

- Provides an opportunity for youth to gain life skills, knowledge and experiences, volunteer opportunities and educational benefits and social interaction.
- Group of youth get together once a month.
- This is an opportunity for youth between the ages of 13-24.

The services above are provided at **NO COST** to the participants. For information, please call **905.677.0889**. Please visit our website at www.pchs4u.com for more information.



Settlement Services for Newcomers to Canada at Punjabi Community Health Services

Settlement Services are available for Newcomers to Canada.

Services are provided in English, Punjabi, Hindi and Urdu.

We provide information and services in the following:

- Education, English Class (LINC Classes)
- Employment/Training
- Canadian laws/norms
- Orientation to your surroundings
- Supportive counselling
- Translation/Interpretation services
- Social Assistance/Ontario Disability Support Program
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**For More Information please contact at
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Monday to Friday
9:00am to 5:00pm**



For more information and to book an appointment please call **905.790.0808**. Please visit our website at www.pchs4u.com for more information.

The program is funded by Citizenship and Immigration Canada

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SENIORS

News

The Seniors Program has two components:

- This is a partnership program of three agencies – Punjabi Community Health Services (PCHS), Supportive Housing of Peel (SHIP) and Peel Seniors Link (PSL). This program provides services to seniors in their homes who at risk but with intervention can remain at home living independently. This service will be provided in North West Brampton with a focus on promoting seniors' health and wellness. The Integrated Seniors Team provides risk management, assessment and education, personal support services and access to supportive housing options.



- SAHARA Senior's Program is a linguistically and culturally appropriate program for South Asian Seniors. The program supports caregivers so that seniors stay at home with dignity and care. Seniors can attend the day program which includes a variety of activities such as arts and crafts, health education and awareness, resource development and participate in the Community Garden. The program also educates seniors about falls prevention and diabetes. Seniors are assisted in organizing cultural celebrations.



SAHARA SENIORS GROUP COMMUNITY GARDEN

On a mission to find more ways to get fresh fruits and vegetables to a new food bank in Mississauga, the Seva Food Bank, I ended up at a community garden meeting held by an environmental organization called ECOSOURCE. It was at the ECOSOURCE meeting where I first met Rupinder Singh, the program coordinator for the Sahara Seniors community garden, which is a part of the Punjabi Community Health Services. After discussing the need for more fresh fruits and vegetables at the food bank, Rupinder Singh offered to give me a tour of their community garden in Brampton with the hope of potentially starting a partnership with the food bank. When I arrived at the garden, I was received with a warm welcome by all the seniors who volunteer at the garden. Some of them told me about their lives back in Punjab, where they were farmers themselves, and involved in many different social service activities like helping build Gurdwaras and schools in their villages. Many of the seniors have a wish to continue participating in social service activities and under the umbrella of PCHS,

they agreed to help provide the Seva Food bank with some fresh vegetables from their garden.

In early June, a few food bank volunteers bought some tomato, cucumber, and zucchini plants, and the seniors helped us plant these vegetables on small plot in the garden, dedicated just for the food bank. These dedicated seniors water, weed, and provide all the required maintenance in the garden for the food bank. Since July, I have been going to the community garden weekly and have been able to harvest 10-15 lbs of vegetable for the food bank clients. All of the food is organic, and the seniors have been generous enough to donate a variety of vegetables to the food bank, including eggplant, basil, cabbage, okra, cherry tomatoes, chilli peppers, squash, and beets. The Sahara Seniors community garden is a beautiful place, where seniors come to socialize and grow healthy food together, which is shared amongst them, with the women's group at the Punjabi Community Health Services, and now the Seva Food Bank!

SAHARA SENIORS

CORNER

PCHS working for the Environment

Punjabi Community Health Services, serving diverse Communities in Peel Region, in various fields to create a healthy and vibrant community has broadened its vision and ventured into a new field of Conservation.

For the last few years it started sharing a new responsibility in participation with some other organizations to improve the environment in the region. Environment is the burning subject these days because the level of pollution has increased many folds which has affected everybody's life resulting in such medical conditions like cancer, asthma, allergy and many more.

PCHS, thus, to prove its ability regarding environmental awareness has set up a community garden close to its Head Office and is participating in tree planting activities in collaboration with other organizations. In relation to this, nearly 200 trees and shrubs were planted on October 1st/ 2011 at Victory Hall in partnership with TRCA and Evergreen.

PCHS also takes part in Eco-Festivals and involve adults, seniors and students to participate in these programs. It has encouraged and succeeded to some extent

involving its dedicated community members in large numbers to acquire skill and knowledge to become environmental leaders.

PCHS website indicates that how this organization from 1990 has moved forward and its graph is jumping upward every year, slow but steady towards its goal of bringing its diverse communities to the forefront in the mainstream of Canadian society and life style of multiculturalism.

The achievement of this body is at par excellence if we compare it with similar organizations. PCHS has penetrated almost in every field of social activities to promote leadership, integrity, diversity and equity, as well as cooperation in the community.

Through its various events, it is providing an ample opportunity to its community members to play greater role for the development of multiculturalism in the country so that they may have better say in the Canadian set up and governance.

By examining thoroughly its multicultural activities we have observed that these



contributions have led to many folds achievements for the empowerment of the community such as:

- 1) Taking steps to promote its community members for participation in all type of physical activities to stay fit by arranging Yoga and various fitness exercises and competitions.
- 2) To meet the generation gap, it is involving students, adults and the seniors for participation in all those events which it organizes for interaction such as Tree Plantings.
- 3) Striving hard to integrate its community members by initiating certain activities and services like volunteers and adult day care centres and computer education for parents and children to interact among themselves to better understand their cultural values
- 4) Showcasing certain events of community contributions for talent hunting among its

community members and presenting awards, prizes to the outstanding achievers in the fields of various research studies relating to drug abuse, family abuse, education or volunteerism and many more.

- 5) Arranging presentations/ lectures on various topics of health and old age security for the members of its community.
- 6) Promoting women participation in the community at several levels.
- 7) Community entertainment/fun and providing healthy snacks and food are part of all events and gatherings.

PCHS and its team of dedicated members and volunteers deserve lots of congratulations to think about numerous subjects and issues that matter most for the future of our community.



MULKH RAJ MONGA
Member of Sahara Seniors
Program, Mississauga

NEW HIRES



Neeli Grewal
Community Development Coordinator

I started my position at PCHS as a student, completing my placement in the Addictions department. After that I was working with PCHS as a volunteer coordinator. I graduated from Everest College as an Addictions and Community Service Worker. I have been engaged with the South Asian Community for over 8 years, volunteered with a variety of organizations. As I continued volunteering in the community I became passionate about the health services field which led me to Punjabi Community Health Services. I am excited to start my position as a Community Development Coordinator with PCHS and look forward to working with the staff and the volunteers and partner organisations.

VOLUNTEER PROGRAM

In the month of September the Volunteer Program recruited 9 new volunteers. On September 19th, 2011 14 PCHS Volunteers along with other staff members participated in the “Take Back The Night” event. Volunteers were really engaged in the event and had a great time. This month we are preparing for the Tree

Planting event which is going to take place on October 1st, 2011. We recruited 22 volunteers for this upcoming event and are working towards making it a successful event. We are looking forward to a busy month with Tree Planting, ongoing participation in PCHS Programs, and Diwali.

Take Back the Night



PCHS Staff and Volunteers



PCHS Volunteers



The PCHS Booth at the TBTN Event

Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in-part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the **Scotiabank StartRight**[®] Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA^{*} card options³ and a number of other customized services and benefits - when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings

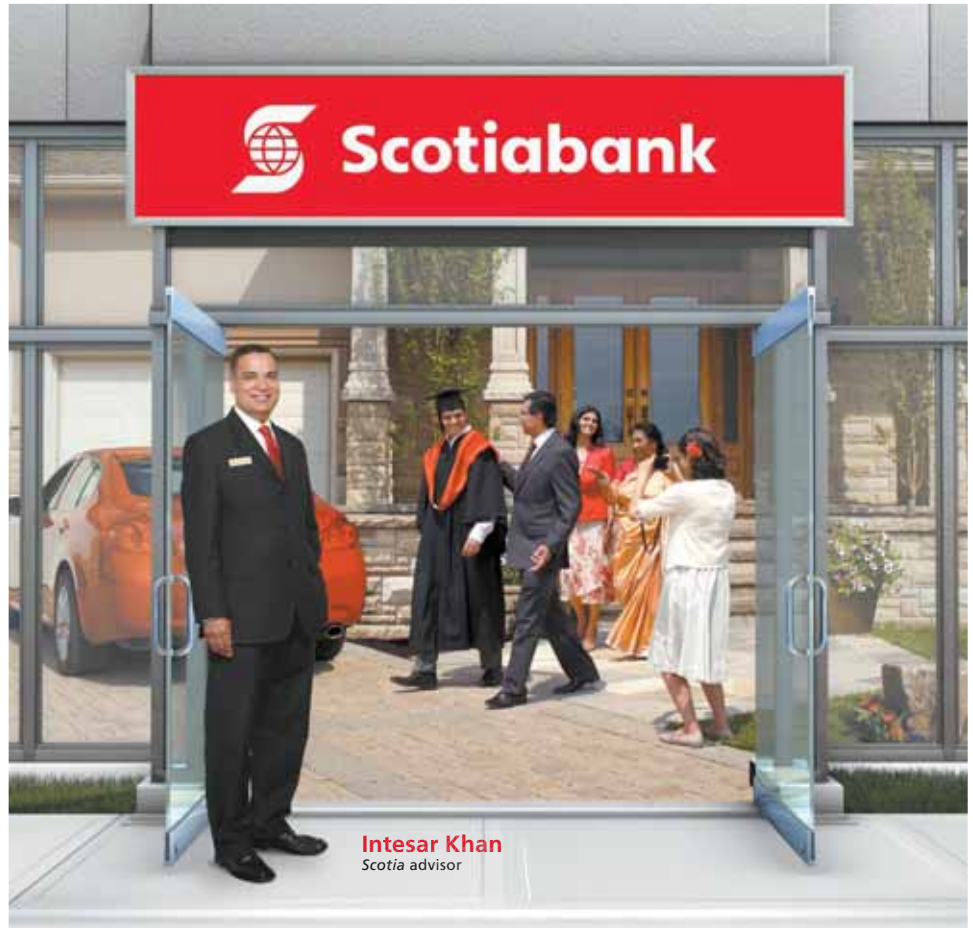
accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."



Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.

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Intesar Khan
Scotia advisor

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The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/prize. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's Scotia PowerChequing account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's Scotia PowerChequing account. One (1) Secondary Prize winner will be randomly selected on each of the following dates - August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to startright.scotiabank.com/prize.

Scotiabank StartRight® helps newcomers feel at home

Piyu Singh, 41, taught grades 11 and 12 in Delhi and her husband Vishwanath 45, was in the garment export business. They immigrated to Canada to experience a new culture.

The Singhs landed in Canada in February last year and celebrated their first Holi, the Indian festival celebrated with color, in Vancouver.

"It was the quietest Holi of my life," laughs Vishwanath, known to everyone as Vishy. "There was not much happening around us, but we have friends in Surrey, and it was nice to celebrate with them. We called home and spoke to family and friends."

"Our kids really missed all the Holi fun," adds Piyu. "The gular, the balloons filled with coloured water, the pichkaris (water pistols)... It made us nostalgic about the home we had left behind to settle in Canada".

Open a Scotiabank account even before you take off!

Vishy credits Pankaj Mehra, Director, India and South Asian Markets, with smoothening their move.

The Singhs were introduced to banking in Canada before they even set foot on Canadian soil. "We met Pankaj at a seminar he conducted in Delhi for new immigrants. He was friendly and explained things in detail. Before we left Delhi, we received e-mails from Pankaj and Harinder Virk, the Branch Manager at Fraser and 49th in Vancouver. Sorting out something as important as banking while still in India was hugely reassuring. On arrival in Vancouver, there were e-mails directing us to the closest branch. This was a big help at a time when we would otherwise have been a bit shaky and unsure".

"For brand new arrivals, the feeling that you know someone at the bank is comforting. It is like landing in Canada and meeting a friend. The welcome was very warm, very genuine."

Besides its five branches in India, Scotiabank has a strategic alliance with HDFC Bank, which enables new immigrants to open an account in Canada – even before they have boarded the plane!

They can fill out an application, apply for VISA cards, etc., and these are couriered to Canada, where their bank accounts are set up. A welcome kit is mailed out to the clients or, if their arrival is imminent, an e-mail detailing how to remit funds is sent out so everything is in place.

StartRight® keeps pace with your changing needs.

"Scotiabank offers a comprehensive StartRight® Program for newcomers to Canada," says Rania Llewellyn, Vice-President, Multicultural Banking. "It was created after a lot of research and is an innovative program, tailor-made for newcomers".

"I recommend StartRight to others who are in the process of immigrating. I tell everyone we are StartRight customers for life!" says Vishy.

Their children, Ridhav, 14, and Yoshita, 11, have settled in well. Yoshita in grade 6 has her own group of friends which includes a Filipino, a Mexican and a Fijian. "Both of them are the junior multicultural minded immigrants!" says Vishy.

The Singhs are full of optimism. A year ago, while Vishy hoped to be in the garment business, Piyu was thinking of moving into counseling.

Today, Vishy has done a lot of spade work for his garment import business. "With the help of Scotia Bank, I have been able to open a business account and seek advice from their senior trade officer, International trade. Limei Zhou at Scotia Bank's downtown regional office has been wonderful and I have made strong in-roads to the local buyer's base. Although, due to recession and other factors things are slow I remain positive" says Vishy.

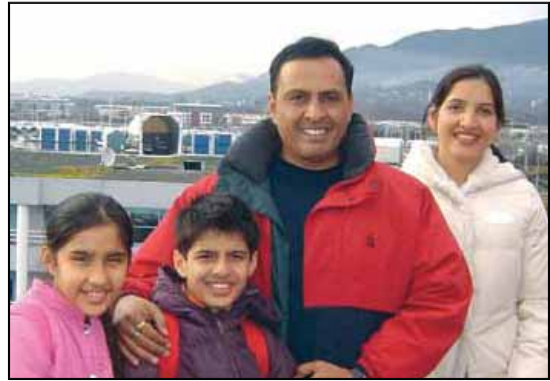
Piyu is finally in a profession where she wanted to be. She is a program counselor with PICS, a multicultural immigrants serving agency. She loves her job since it was always her focus to either teach

in Canada or help other immigrants in whatever way she could.

"As new immigrants, there are so many experiences we have had that I feel we can help guide other new immigrants."

"And finally, I have a car; our first vehicle in Canada! The time will come when we will purchase our first home in Canada and I know where I will go for help and guidance," says Vishy, "Scotiabank!"

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Vishy Singh's family

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While Canada welcomes you to a new country, Scotiabank welcomes you home.

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HEALTH PROMOTION

HEALTHY LIFESTYLE IN THE SOUTH ASIAN COMMUNITY

Health Promotion Program provides awareness and education on various health issues including chronic diseases. Research shows that the South Asian community is at higher risk for heart disease and diabetes.

PCHS has started work in the following areas as well – Hep C, Tobacco, Stroke, HIV-AIDS, Cancer, Kidney disease, TB prevention. PCHS is partnering with other service providers to deliver services to the South Asian Community.

Diabetes prevention program is provided under the 'Healthy Lifestyle Program for South Asian Community' initiative. This is a two year project funded by the Ministry of Health Promotion.

HEALTHY LIFESTYLES IN THE SOUTH ASIAN COMMUNITY

- On September 24, 2011 PCHS participated in a Health Fair at Courtney Park Library promoting the different programs at PCHS and networking with various agencies promoting health awareness for people of all ages.
- On September 29, 2011 the second Heart and Stroke Youth Leadership workshop was facilitated at the Islamic Society of Peel.
- Several meetings have been taking place throughout the month to set up Heart and Stroke Youth Leadership Workshops for the month of October with various groups of the community.

MENTAL HEALTH

THE SOUTH ASIAN MENTAL HEALTH PROGRAM PROVIDES HELP AND SUPPORT TO CLIENTS WHO ARE DEALING WITH THE PROBLEMS ASSOCIATED WITH MENTAL HEALTH. THE CASE MANAGER PROVIDES COUNSELLING TO THE INDIVIDUALS AND THEIR FAMILY MEMBERS. IN ADDITION THE CLIENTS ARE SUPPORTED THROUGH PSYCHIATRIST CONSULTATION. THE CLIENTS CAN ALSO PARTICIPATE IN THE CONCURRENT DISORDERS SUPPORT GROUP PROGRAM.

South Asian Mental Health Program

The Mental Health program at PCHS is growing day by day. New clients continue to come in through referrals by hospitals, outside agencies and family members. We are beginning to see more involvement from families, which is great to see as they are asking questions on how to better support their loved ones. The support of friends and families play a crucial role for the treatment of a client. It is very important for family members to educate themselves and learn more about their loved ones illness. PCHS provides a support group called SAHARA Concurrent Disorders Support Group. Main emphasis of this group is on mental health. Coping techniques and strategies are discussed to help clients and family members better understand the issue at hand. This group not only educates people with mental illness through lectures and presentations, but is highly interactive and encourages

group members to get involved through different activities and discussions. We highly recommend this group for caretakers, family members, friends, or people looking for more information on mental health. This is a great way to show your loved one that you care and will support them through this difficult stage in their life.

The SAHARA Concurrent Disorders Support Group runs on a weekly basis every Saturday from 12:00pm to 2:00pm. Snacks and refreshments are provided. Please see details below
Location: 11730 Airport Road, Brampton Ontario. L6R 0C7
Time: 12:00pm – 2:00pm

If you have any specific questions pertaining to this group, please contact Sandeep Sekhon at Sandeep@pchs4u.com or 905-790-0808 ext. 223

Mandeep Grewal
Case Manager – South Asian
Mental Health Program

ADDICTIONS

SOUTH ASIAN ADDICTIONS PROGRAM

The South Asian Addiction Program provides help and support to clients who are dealing with the problems associated with alcohol and drug abuse. The Case Manager completes assessment and provides one to one counselling to the individuals including their family members. In addition, the clients are supported through a group program, a day programs, relapse prevention program, family enhancement program, women's group program and current disorders group program.

FAMILY ENHANCEMENT PROGRAM

Sandeep Sekhon is the contact person for the Family Enhancement Program. Sandeep can be reached at 905.790.0808 ext.223 and via e-mail: Sandeep@pch-s4u.com.

The Family Enhancement Program helps families deal with life's challenges such as stress management, strengthen communication, conflict resolution and much more. Assistance is provided in the areas of domestic violence and addictions by tapping into client's Inner Strength and providing required skills. Family Enhancement program believes that every individual is special and every individual deserves the utmost happiness in life. Services

are CONFIDENTIAL and provided at NO COST to the clients. For more information please contact Sandeep.

SAHARA Women's Support Group

2nd Saturday, Every month, 2:30pm to 4:30pm at 11730 Airport Road, Brampton

Last Sunday, Every month, 1pm to 4pm at 2829 Derry Road East, Mississauga

For more information or to join the program please contact Sandeep at 905.790.0808 ext.223 or sandeep@pch-s4u.com.



Sandeep Sekhon
Family Enhancement Program Worker

Culturally appropriate services provided in
English, Punjabi, Hindi, and Urdu by PCHS staff in the areas of:
Mental Health, Addictions, Seniors Issues, Parenting,
Domestic Violence, Health Promotion Programs,
and Community Building Initiatives.



Send all newsletter related tips, suggestions, requests to:

jasmin@pchs4u.com