



NEWSLETTER – APRIL 2016

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Executive Team Message

Every Year Sikhs celebrate Vaisakhi and this usually falls around mid-April every year. At pchs, every celebration brings forth determination to serve the marginalized and the underprivileged across Canada. pchs serves the marginalized humanity not only in GTA but also in Calgary, Ottawa and Montreal. Soon, pchs will be serving the population in Abbotsford, B.C.

Sikhs celebrate this on a large scale and virtually all across the world. Large community processions take place. Thousands of Sikhs participate in these large community gatherings. The essence of any religion is not in the rituals it produces but in the dispersion of instilling hope, optimism, unity, acceptance, and compassion. All religions have these components built in them and it is up to us to bring this essence forward to serve others.

For the South Asian community, heart disease and diabetes are health issues which are deeply concerning. At pchs, we are also concerned about other issues such as “preferences of boys over girls (see Toronto Star article, <http://www.thestar.com/news/gta/2016/04/11/canadas-missing-indian-canadian-girls-linked-to-son-preference-abortion-study.html>). At pchs, we are also concerned about the lack of access to health services by the South Asian community. In order to meet the needs of our community, we organize and conduct many of our programs during the weekends as well.

pchs has taken a bold step to enhance the access to health care for the South Asian population in many of the cities across Canada. We are committed to working with community residents and organizations to make measurable and sustainable improvements in the health status of underserved South Asian population. pchs seeks to increase access to quality care by opening pchs branches across Canada, implementing the Integrated Holistic Service Delivery Model, and addressing many potential barriers to care.

pchs branches have a mandate to serve clients with mental health and addiction issues, seniors' caregivers and respite issues, domestic violence issues, parental and teen conflicts. In addition, health education and awareness seminars are also organized. pchs values its partnerships with many organizations and stakeholders and together we make a difference in the lives of underserved populations. At pchs, providing care in the right place and right time means opening up our offices on weekends and having the staff meet our clients at a place accessible to the clients. On this auspicious day, we thank all our partners and stakeholders for assisting us to help our underserved community.

Happy Vaisakhi to all of you!

Baldev Mutta – CEO, Amandeep Kaur – COO, Anu Randhawa - DOO



Addictions Program

Topic: How the family and home environment impacts recovery for people with addiction

In our experience of working in our community with individuals who struggle with addiction, we have come to see that the person's environment and relationship with family members significantly impacts their recovery process. We understand how one person's addiction can impact the health of the entire family. Family members end up having to take on many responsibilities that the person with the addiction may not be fulfilling (caring for children and parents, household duties, job) while also providing important day-to-day support to them (food, transportation if their license has been suspended, money, managing appointments with counsellors and doctors, etc.). We recognize this is a very difficult place to be in. What we also see is that because of this ongoing stress and disappointment, families often lean towards two particular ways of responding to the person with the addiction. Because trust has been broken, family may criticize and doubt the person on a regular basis, questioning whether they are drunk/high or going out to buy alcohol (or other substance), reminding them of all the problems they have created, etc. Also, family members often set quite high expectations when the person begins to get some help, we assume that recovery should be quick and that the person should just be able to do it if they really want to. These two factors, combined with the fact that often both individuals with addiction and their family only begin to seek outside help when the problem becomes too big (often when legal or health issues arise). We are reluctant to have our personal family matters shared with others in the community, often for fear of what they may think and the stigma associated with addiction. We understand very well how complex these issues are, especially when there are many valid reasons to be angry, to feel betrayed and to stop trusting. However, we have learned that without some changes taking place in the home and family environment, it becomes even more difficult for the individual to build confidence in themselves and begin understanding and overcoming their addiction. One thing family members can do is to express their worries or frustration by focusing on the problem (the addiction) rather than talking about the person (family member) as the problem. When we point out the things our family member is doing wrong, it is more useful if we can follow this up with suggestions for what they can do instead or how they can respond differently and then encourage them to try these alternatives. We also want to encourage families to reach out for help early on, there is no shame in needing support and guidance when dealing with such a complicated issue.

Harinder Sahota – Addictions Case Manager

Geriatrics Program

My name is Prem Minocha and I joined the Peer Support group in November 2015. I enjoy this group because it has changed my whole outlook to being a senior and showed me that there are always new things to learn, even in retired life. The mental aerobic activities and exercises that I have learned help me deal with day to day life. All the group members have the freedom



to share their ideas in order to improve the group activities and it is nice to see that our feedback is taken seriously. Being able to share information and socializing with the rest of the group is a perfect way to end the week and I would like to extend my thanks to pchs for all the hard work they do to make this possible.

Prem Minocha- Volunteer and Peer Support Worker

Volunteer & Student Program

My name is Jagdish Kaur Grewal and I graduated from Sheridan College with a diploma in Social Service Work, specializing in Gerontology. I first got involved with pchs through my placement in September 2014, and after graduating I continued to volunteer. Currently, I am a volunteer and Peer Support Worker. I facilitate seniors group on every Friday in which I plan, organize, and implement recreational activities. Being a part of pchs is an honourable and rewarding experience as well as a great place to gain Canadian Workplace experience. I enjoy my time spent at pchs working with all the friendly staff members and wonderful seniors and would highly recommend becoming a



part of this team.

Jagdish Grewal- Volunteer and Peer Support Worker.

My name is Prabhjot Kaur Sekhon. I am an international student and high school graduate from India. I came to Canada in 2015 for my further studies. I am currently enrolled in the two year, Social Service Worker Diploma at Sheridan College. Last year in September 2015, I got an opportunity to work with Punjabi Community Health Services as a Practicum Student. Where I got a chance to work with adults with a wide range of disabilities. Overall, it was a good experience working at pchs. Also, I would like to thank all the staff members of pchs for giving an opportunity to newcomers to establish themselves in the field.



Prabhjot Sekhon – Placement Student

MCBP Gravel Club

MCBP Gavel Club receives the Mayor Bonnie Crombie Youth Leadership Award!

Left to Right: Jamshaid Gul (Club Counsellor), Anisha Akhtar (President), Hunyah Irfan, Mayor Bonnie Crombie, Yathindra Shivakumar (Active Member), Uzma Irfan (Future Steering Committee, MCBP), Madan Chauhan (Club Coordinator)



The Mississauga Youth Action Committee hosted its annual Youth Achievement Awards on May 7th, 2016 to present four very prestigious awards: Mississauga Young Citizen of the Year, Mississauga Library Jim Wilde Young Volunteer Award, TD Sponsored Community Citizenship Award and the Mayor Bonnie Crombie Youth Leadership Award. The Mayor Bonnie Crombie Youth Leadership Award is presented to one exceptional individual and one group of individuals who have successfully undertaken large-scale projects and initiatives. The recipients play leadership roles in their community and serve as ideal role models to others. The MCBP Gavel Club was the group recipient for this distinguished award.

Malton Community Building Project (MCBP) Gavel Club is an affiliate of *Toastmasters International* and has been serving the youth of Malton since June, 2014. MCBP Gavel club is aimed to equip the community's youth with effective communication and leadership skills under the mentorship of seasoned Toastmasters. The club provides mutually supportive learning in a



friendly environment to develop the members' public speaking abilities and leadership skills through speeches, evaluations and impromptu speaking. Over the past two years, the MCBP Gavel Club has trained over 85 community youth and hosted two large-scale conferences as well.

Club members sent the following video submission for the Mayor Bonnie Crombie Youth Leadership Award and were selected among applicants from all over the city of Mississauga: <https://youtu.be/trlyY1a3jr8>

Dr. Jamshaid Gul DTM., Counselor MCBP Gavel Club



Settlement Program

CIC Name Changed to IRCC

Citizenship and Immigration Canada (CIC) has been renamed to Immigration, Refugees and Citizenship Canada (“IRCC”)

Fee payment Changes

As part of Immigration, Refugees and Citizenship Canada (IRCC)’s modernization of payment processing, the payment receipt form [IMM 5401] has been eliminated as an accepted fee payment option as of April 1, 2016.

Clients must pay through IRCC’s online payment tool.

Since April 1, 2016, financial institutions in Canada has stopped accepting the payment receipt form [IMM 5401]. Forms date-stamped by a financial institution in Canada **before** April 1, 2016, can be submitted with an application after April 1, 2016, at any time.

Note: Information has been taken from the website of <http://www.cic.gc.ca>

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

Karuna Saini – Settlement Counsellor

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New Hire at pchs

I hold Master’s Degree in Social Work. I am also a Registered Social Worker in Ontario. I joined pchs on April 18, 2016. I have over 6 years of social work experience working with children and youth. I have demonstrated my skills in the areas of case management, goal setting, assessment, counselling, advocacy, coordination and reporting.

I have excellent interpersonal and networking skills, and the ability to develop and maintain professional relations with individual clients, families, groups, and community partners. I look forward to utilizing my skills and expertise within the Peer Support Program and I am very excited to be part of such a wonderful organization.

Nimesh Gadhavi – Peer Support Program Coordinator

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Baljit Virk
Scotia advisor

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