

VOLUME 04 ISSUE 04 APRIL 2024

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## LETTER FROM THE CEO

**Amandeep Kaur CEO, PCHS**

### **Celebrating Unity and Empowerment: A Heartfelt Appreciation for Making the 22nd IWD Gala a Resounding Success!**

With immense gratitude and pride, I extend my deepest appreciation to each and every one of you for making the 22nd International Women's Day Gala an extraordinary event despite the challenging snowstorm. Your unwavering commitment to PCHS was evident through your presence.

This year's celebration, themed #InspireInclusion, transcended being a mere event; it stood as a powerful testament to the strength, resilience, and achievements of remarkable women. The spirit of unity, empowerment, and diversity permeated every aspect of the gala, leaving a profound impact on all in attendance.

The Women of Achievement Awards Gala has been an integral part of the IWD celebration for the past twenty-two years. These awards honour women who exemplify leadership and excellence in both their professional and personal pursuits. This year, we proudly recognized five exceptional women.

Sapna Butany-Goyal, Local Administrative Justice of the Peace in Peel Region, delivered a keynote address highlighting the importance of diversity, inclusion, and women's empowerment.

A heartfelt thank you goes to our dedicated Master of Ceremonies, Rohan, whose passion for equality and empowerment left an indelible mark on all attendees.

We are deeply grateful for the unwavering support of our esteemed guests, sponsors, and community partners, whose contributions were instrumental in elevating the IWD Gala to new heights.

Special recognition is due to our incredible organizing committee, whose tireless efforts, creativity, and attention to detail ensured the seamless execution of the event. Their dedication to bringing the theme #InspireInclusion to life was truly inspiring.

We extend our gratitude to the talented performers who graced the stage, generously sharing their talents with us.

Last but certainly not least, I want to express my heartfelt appreciation to every individual who attended the gala. Your presence infused the event with energy, enthusiasm, and a profound sense of community.

As we reflect on the success of this year's gala, let us carry forward the spirit of unity and empowerment, striving to make a tangible difference and pave the way for a brighter, more inclusive future.

Thank you once again for your outstanding contributions. Together, we are truly making a difference.



# Canadian Citizenship Oath Ceremony

Harpreet (Rena) Dhaliwal, Short Term Counsellor



**On Friday April 12th 2024, Town of Caledon and PCHS Settlement team hosted a Citizenship Ceremony at Southfields Community Centre in Caledon.**

Forty new Canadians took their citizenship oath during an in-person ceremony. In addition to the new Canadians, ceremony was attended by Sylvia Jones MPP (Ontario's Deputy Premier and Minister of Health), Annette Groves (Mayors of Caledon) and Amandeep Kaur (Chief Executive Officer – PCHS). Erma Ferrel and Elder Cat (Mark) Criger, the two indigenous representatives also participated in the ceremony and shared their message of taking care of the land and waters for seven generations. They also shared their thoughts with new Canadians about taking care of the territories that they are on now. Judge Wong acknowledged the services provided by PCHS including mental health, geriatrics

program and the fact that PCHS is working towards being inclusive such as 2SLGBTQ communities' recognition.

We thank Town of Caledon for their cooperation in this partnership and hosting the ceremony at Southfields Community Centre. The Ceremony would not have been possible without their support.

# Seniors Cultural Event

Navdeep Kaur, Caregiver Support Worker



**On April 12th, 2024, PCHS organized a cultural event for senior citizens at the Viridi Banquet Hall which ran from 9 am until 3pm.**

The event was well-organized by staff and a great success. There was a registration booth at the entrance of the banquet hall to accommodate attendees for seating arrangements. The agenda of the event began with an introduction by former CEO Baldev Mutta, followed by a speech from PCHS CEO, Amandeep Kaur. The cultural event celebrated festivities such as Easter, Eid, and Vaisakhi. The seniors participated in various cultural activities such as Bhangra, Dandea, solo performances, poetry recitation, and much more. The seniors were offered breakfast and lunch. They were also given gift bags from PCHS as a token of appreciation.

The purpose of the event was to bring different cultures together while encouraging seniors to participate with enthusiasm. The seniors were excited to showcase their great performances. The men's group of seniors were provided with Bhangra training and the staff also participated in the performance. All participants wore their own cultural and traditional dresses for performances. PCHS strives to unite diverse cultures through various senior events. Ensuring the community's safety and well-being.



# Newcomer Youth Program April Adventures: Fun and Learning Galore!

Michelle Yousofi , Youth Worker



April was filled with excitement in our Newcomer Program as our awesome youth dived into a world of creativity, caring, and cultural exploration. Here's a glimpse of the fantastic events that lit up our month.

**Art Expression:** Imagine a canvas waiting for your story, your colours, your dreams! Our youth got to splash their imaginations onto paper, making masterpieces. They learned to express themselves boldly, letting their inner artist's shine.

**Gratitude Bracelet Making:** Sometimes, saying "thank you" isn't enough. Our youth learned to wrap their gratitude around their wrists; crafting bracelets that reminded them of all the good things in their lives.

**Self Care:** In our self-care session, our youth learned the magic of soothing their minds and bodies. From deep breaths to gentle stretches,

they discovered simple ways to feel better inside and out.

**Movie Night:** Lights, camera, connection! Our movie night was more than just popcorn and flicks. They were journeys into different worlds and cultures. Watching movies together helped the youth understand each other better and celebrate their differences.

**Cultural Dance:** Picture this... a whirl of colors, rhythms, and laughter. That's what our cultural dance session was all about! They shared their traditions, learned new moves, and made friends through the universal language of dance.

Through art, our youth found their voices. With gratitude bracelets, they learned to appreciate the little things. Self-care taught them to be kind to themselves. Movies showed them new perspectives. And dancing? Well, that was just pure joy!

In April, our Newcomer Program wasn't just about events, it was about growth, friendship, and finding your place in the world. As our youth continue their journey, they carry with them the lessons they've learned and the memories they've made, ready to shine brighter every step of the way.

# Strengthening Community Partnerships: PCHS and Peel Region Police (PRP)

Sachi Patel, Office Assistant-Operations



Punjabi Community Health Services hosted a presentation for new officers of the Peel Regional Police (PRP) at the PCHS Malton Office. The focus was on introducing PCHS services and fostering collaboration between the two organizations to best serve the community.

During the session, PCHS highlighted its services and shared detailed information on PCHS's interaction with PRP, including programs and partnerships such as:

- Mobile Crisis Rapid Response Team (MCRRT)
- Community Crisis Rapid Response Team (CCRRT)
- Toronto Bail Program (CBSA)
- Addiction Referral Program - Division 21
- Community Justice Partnership Program
- Sahara Mental Health Program

- Rapid response Saves Life Project
- Sahara Addictions Program
- Newcomer Settlement Program
- Sahara Support Services Program

Moreover, the presentation delved into the orientation of PCHS programs and the referral process. This further emphasized the effectiveness of connecting equity-deserving populations with community services for better integration and overall well-being by providing culturally relevant services.

The presentation aimed to strengthen the partnership between PCHS and PRP, paving the way for enhanced community support and safety through effective collaboration to work towards the common goal of ensuring the community's safety and well-being.



# PCHS in Collaboration With Khalsa Aid for Vaisakhi

Hansraj Tank, Case Manager- Mental Health and Addictions



On the auspicious occasion of Vaisakhi, celebrated on Saturday, April 13th, 2024, PCHS in collaboration with Khalsa Aid held an event at Glidden Gurdwara Sahab in Brampton.

This event served as a platform for PCHS to showcase its multifaceted initiatives, which encompass a spectrum of vital programs including Settlement, Mental Health, Addictions, and Geriatrics. The attendees were provided with comprehensive information about these programs, explaining their objectives and the resources available to the community.

A pivotal component of the event was a dedicated session on mental health awareness, specifically tailored for students. Given the prevailing societal pressures and contemporary challenges, such as job insecurity, housing dilemmas, and financial strains,

the session explored effective coping mechanisms to mitigate stress and anxiety. Participants were equipped with practical strategies and resources aimed at promoting mental well-being and resilience in the face of adversity.

PCHS's active participation in the Khalsa Aid program exemplified its commitment to serving the community and fostering holistic well-being. Through informative sessions, resource distribution, and acts of kindness, PCHS continues to make meaningful contributions towards building a resilient and supportive community for all.

# The Rising Prevalence of Type 2 Diabetes Amongst South Asians: A complex Public Health Concern

Fariha Muqueet, Preventative Care Specialist

Diabetes is a growing public health concern in Canada with its prevalence increased to 70% in the past decade.

Population-based studies in Canada have identified South Asians to be the ethnic group most diagnosed with Diabetes and records indicate a rapid increase in the cases of Type 2 Diabetes. South Asians in Canada are broadly composed of immigrants hailing from India, Pakistan, Bangladesh, Nepal and Sri Lanka. The higher prevalence of diabetes in this ethnic population is multifactorial. Social determinants of health, urbanization, genetics, language barriers, diet and lifestyle all contribute to increased risk manifesting into Prediabetes and Type 2 Diabetes.

The word "sugar" is often substituted interchangeably when discussing diabetes, overlooking the complexity of the disease. South Asians diagnosed with diabetes when compared to other ethnicities, have a higher risk of developing these microvascular and macrovascular complications leading to an increased risk of mortality.

One of the biggest contributing risk factors for South Asians is their diet, which is mainly composed of carbohydrate-rich, deep-fried food with little inclusion of fiber, fresh fruits and vegetables. South Asians continue maintaining their dietary habits as their home country post-migration to Canada as migrations adds on to the mental stress, food insecurity and the need for income supports. Other

dietary restrictions like consumption of strictly vegetarian food may also provide a barrier to a healthy diet. We need to emphasize the importance of having a healthy diet and portion control to curb the incidence of Type 2 Diabetes. One of the best ways to address this is to educate the South Asian community at large in a culturally and linguistically appropriate way about the risks of diabetes and how to manage it. This can be done by outreaching in the community, conducting presentations and providing supportive environments to emphasize upon regularly testing for blood sugar levels, retinal screening and foot assessments and having the community connect with healthcare providers for tailored preventative care plans.

Despite the increasing numbers, South Asians are still underrepresented in population health research that are being carried out in Canada. It is imperative that researchers and policy makers address South Asians as a distinct and unique group as they bring in their own traditional and cultural values from the home countries that they have immigrated from. It is important from an equity point of view that they are assessed and evaluated for the risk factors that are specific to the population. It is expected that if immediate interventions to address this is not undertaken, this problem will cause an immense strain on the public health system in Canada as the projected healthcare cost of Type 2 Diabetes will keep rising. Let us all work together to empower the South Asian community to own their health and well-being which will help curb the epidemic of Diabetes in Canada.



## Eid and Vaisakhi Celebration

Kanwalpreet Kaur, Program Coordinator: Building Capacity Program



The month of April has many significances; it is observed as the Asian Heritage Month, Sikh History Month, and is celebrated in many parts of the world as a spring festival. It is also the month when Vaisakhi is celebrated by the South Asian Community.

Eid al-Fitr is one of two major holidays celebrated by Muslims. It is commemorated by a large, community-wide prayer service in the morning, followed by meals and conversation with friends and family. This year, Eid fell in the month of April as well.

Since Eid and Vaisakhi were just a few days apart, Settlement staff at PCHS came together for both the occasions. This event was celebrated as potluck where staff members brought a variety of delicacies from their cultures and partook in the celebratory lunch. This practice of brining diverse palates on one table is representative of PCHS. Not only was this

## The ARAO Committee Observes Sikh Heritage Month

Harkiranpreet Sidhu, Project Coordinator – HPCS



On April 24th, the ARAO Committee planned an event for Sikh Heritage Month. PCHS staff gathered at the Brampton office to recognize and celebrate the significant contributions of Sikhs to Canadian society and acknowledge Sikh history.

April was specifically chosen for its significance to Sikhs, as it is during this month that Sikh Canadians celebrate Vaisakhi, marking the formation of the Khalsa. Sikh Heritage Month provides a vital opportunity to remember, celebrate, and educate future generations and society at large about Sikh Canadians and their important contributions to communities across Ontario and beyond. The occasion underscores the importance of fostering dialogue, understanding, and respect within the

community. Sikh Heritage Month serves as a reminder of the need to strengthen connections and promote unity among all Canadians. Through this celebration, the ARAO Committee emphasizes the significance of diversity and inclusivity in our shared cultural landscape.



# World Health Day – ‘My health, my right’

Sahejpreet Chahal, Case Manager

Every year on April 7th, the global community comes together to celebrate World Health Day, shining a spotlight on a specific health topic concern to people all over the world. This occasion marks the anniversary of the founding of WHO in 1948 and underscores the collective effort needed to address health challenges worldwide.

World Health Day, established by the World Health Organization (WHO), originated as one of its first official acts. Initially observed on July 22, 1949, it was later moved to April 7 to coincide with the founding of WHO, aiming to engage students in the celebrationii. Since 1950, each World Health Day adopts a different theme, chosen by the WHO Director-General with input from member governments and staff. This annual event provides a global platform to address pressing public health issues, with promotional campaigns launched on April 7 extending well beyond the day itself.

The theme for World Health Day 2024, “My health, my right,” reflects the collaborative approach required to improve access to high-quality healthcare services, education, and informationiii. It also emphasizes the importance of ensuring access to safe drinking water, clean air, nutritious food, adequate housing, fair working conditions, and a healthy environment, while striving to eliminate discrimination in all its forms.

Globally, the fundamental right to health faces persistent challenges rooted in political inaction, lack of accountability, and insufficient funding, exacerbated by intolerance, discrimination, and

stigmaiv. Particularly vulnerable populations, including those living in poverty, displaced individuals, the elderly, and people with disabilities, bear the brunt of these challenges. Current crises, including conflicts and the climate crisis, exacerbate violations of the right to health, leading to widespread suffering, both mental and physical. The burning of fossil fuels worsens air quality, violating this basic right, while climate-related extreme weather events further strain access to essential services and threaten overall well-being.

WHO and national constitutions recognize the right to health, but more action is needed. WHO assists countries in integrating human rights into health policies for accessible and responsive services. On World Health Day, WHO calls for increased investment in primary healthcare, transparency, and community involvement in health decisions. Recognizing health’s link to other rights, the campaign urges action across sectors. Individuals are urged to know and advocate for their health rights, including non-discrimination and privacy.

# Attachment Issues Behind Addiction: A Path to Growth by Emotionally Focused Therapy (EFT)

Henry Lam, Case Manager – Community Withdrawal Management Services, Addiction



Attachment theory has long been recognized as a crucial framework for understanding human development and behavior.

According to this theory, our early experiences with caregivers shape the way we form relationships and cope with emotions throughout our lives (Bowlby, 1988). It outlines four primary attachment styles: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant (Bowlby, 1988). Secure attachment is characterized by a healthy balance of independence and intimacy, with individuals feeling secure in their relationships and able to rely on others for support. In contrast, insecure attachment styles are marked by difficulties in trusting others, fear of abandonment, and challenges in regulating emotions (Bowlby, 1988).

Addiction is a complex and multifaceted disorder characterized by compulsive drug seeking and use

despite harmful consequences. While biological, environmental, and psychological factors all play a role in the development of addiction, attachment issues can serve as a significant contributing factor. Individuals with insecure attachment styles may turn to substances as a way to cope with unresolved emotional pain, seeking temporary relief from feelings of loneliness, rejection, or inadequacy.

While attachment issues may predispose individuals to addiction, they also present opportunities for growth and healing. Adopting a growth model involves shifting the focus from pathology to potential, viewing addiction as a symptom of underlying emotional wounds rather than a moral failing. By exploring the root causes of addiction through a compassionate and non-judgmental lens, individuals can begin to unravel the complex interplay between attachment and substance use.

Emotionally Focused Therapy (EFT) is a therapy

grounded in attachment theory and focuses on the emotional experiences. It aims to help people understand and reorganize their emotional responses, improve communication, and strengthen their emotional connections with others. Studies has shown it is effective in treating individuals and couples dealing with trauma and depression (Greenberg & Watson, 2006; Greenberg & Paivio, 1997), and lead to long-term positive changes in attachment security and emotional regulation (Johnson, 2004)

Here are some components of EFT that makes it works (Johnson, 2004):

**Assessment and Alliance Building**

The therapist creates a safe, non-judgmental environment where clients feel comfortable expressing their emotions and concerns. The client can explore safely and then identify the core issues in their relationships and understand the emotional patterns and triggers involved.

**Reframing Emotional Responses**

Instead of ignoring self emotions, the clients are guided to explore their emotional responses and identify the underlying attachment needs driving their behaviors. It reframes emotional responses as the insights for one to fulfill their underlying attachment needs.

**Accessing and Reprocessing Emotions**

Clients are encouraged to access and express their core emotions, such as fear, sadness, anger, or longing, that may be driving their behaviors. By reprocessing these emotions, clients can gain insight into their attachment needs and how they relate to others.

**Restructuring Interaction Patterns**

Clients are guided to recognize and understand negative interaction patterns that are harming their self-esteem, self-identity, and their relationships.

Clients then work to replace these patterns with healthier, more constructive ways of relating to each other.

**Integration and Consolidation**

As clients develop new ways of interacting, they strengthen their emotional connections and build more secure attachments. Clients consolidate the gains made during therapy and integrate them into their daily lives.

Embracing vulnerability is a central tenet of the growth model, as it requires individuals to courageously confront their past traumas and vulnerabilities in order to heal. By acknowledging and accepting their emotions, individuals can begin to dismantle the walls of shame and self-blame that often accompany addiction. Through therapy, self-reflection, and connection with others, individuals not only treat their addiction “problems” but also rewrite their stories and forge a path towards wholeness and fulfillment of life. It is all about a journey of growth, resilience, and self-discovery.



# National Youth Week Events

**MAY 1,2,3,6 & 7**  
 @ MALTON YOUTH HUB  
 JONATHAN DAVIS CENTRE  
 3545 MORNINGSTAR DRIVE

**MAY 4 & 5**  
 @ 50 SUNNY MEADOW  
 BLVD  
 BRAMPTON

**MAY 01**  
 LUNCH TIME  
*Indoor Gardening*  
 @MYH

**MAY 02**  
 LUNCH TIME  
*Art Expression*  
 @MYH

**MAY 03**  
 EVENING (4:30 PM)  
*Painting Bird Feeders*  
 @MYH

**MAY 04**  
 2 HOUR EVENT (SAT)  
 12 PM - 2 PM  
*Indoor gardening & painting bird feeders*  
 @Brampton office

**MAY 05**  
 2 HOUR EVENT (SUN)  
 12 PM - 2 PM  
*Making friendship bracelets & appreciation card*  
 @Brampton office

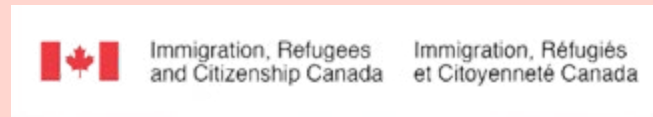
**MAY 06**  
 EVENING (4:30 PM)  
*Circle of care*  
 @MYH

*Eligibility*

- Permanent Resident
- Conventional Refugee
- Canadian Citizen – within 3 months of attaining it

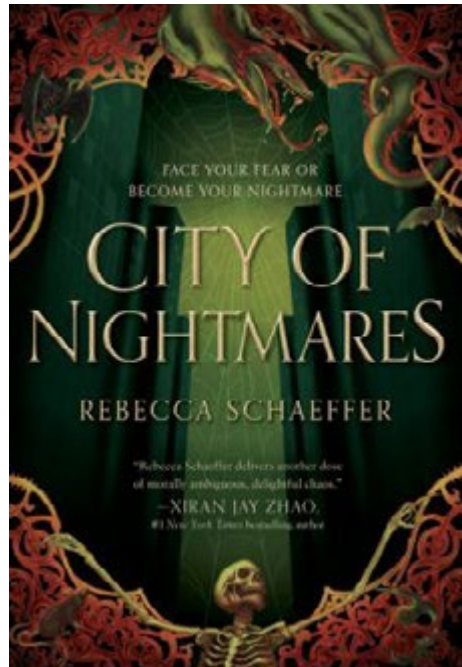
**MAY 07**  
 2 HOUR EVENT  
*Kahoot (Gifts provided)*  
 @MYH

For Information/Registration contact:  
 Rabia@pchs4u.com  
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 Alina@pchs4u.com  
 disha.mehta@pchs4u.com  
 Or call:  
 905-872-3517





# Teen Book Review



## City of Nightmares

**Author:** Rebecca Schaeffer

**Reviewed by:** Japman Rangji, Brampton Library Youth Volunteer

“City of Nightmares” is a fantastic story by Rebecca Schaeffer that has themes of corruption, trust, and courage. The story takes place presumably in the future of our world, but with a terrible and supernatural ailment that affects everyone. I would recommend this book to young adults with tastes for dystopias and darker concepts.

*The book is also available at Brampton Library*

One of the book’s strong suits is how the story is conveyed through the setting, as the world building is very detailed and thought out. When reading, this makes it easy to get immersed and makes the world feel more real and alive. The story itself also fits very well around the world and the themes. This book also leaves a lot of things unresolved for the sequel, “Cage of Dreams” to expand on.

My main issue with “City of Nightmares” is the characters. All the characters in this book feel very stale, predictable, and 2-dimensional. They all seem to revolve around one singular trait or the exact role that they are meant to portray in the book. This makes the book boring at times because the characters’ reactions to everything are always the same. Despite this, “City of Nightmares” is a great book with a wonderful world and I can undoubtedly say that I am excited for the sequel.

# Client Testimonial

“First of all, I would like to thank you for your services regarding resume building and job hunting. You have been empathetic, knowledgeable, kind, energetic, positive and last but not the least most flexible according to my availability. Connecting with you was more like a friend guiding another friend who is a new immigrant. Its a different topic that I haven’t got a single call for interview. That might be because its a hiring freeze and people are on holidays, but nevertheless, hopefully New Year I will land a job of my choice. Again, thank you so much for your patience and guidance for my resume and cover letter building. Keep up the good work always!!” - Client (Settlement Program)





# 22<sup>ND</sup> ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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**Flashback to Fiscal Year 2023-2024  
AGM Report Coming Soon...**







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Brampton Ontario L6R 0Y7

2980 Drew Road, Unit #241,  
Mississauga, Ontario L4T 0A7

Southfields Community Centre  
225 Dougall Avenue,  
Caledon ON L7C 3M7

60 West Drive  
Suite 102B, 102C  
Brampton ON L6T 3T6

2 Dewside Dr., Unit 202  
Brampton, ON L6R 3Y5

Community Door, Unit 1300,  
7700 Hurontario St,  
Brampton ON L6Y 4M3

Different Spokes  
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Brampton ON, L6X 1B7

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