

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



Strategic Growth & Community Well-Being: A Month of Planning and Prevention

February has been an incredibly dynamic month for PCHS as we continue to strengthen our leadership, programs, service delivery, and community engagement. This month, both management and Board retreats took place, giving us the opportunity to reflect on our progress, enhance our strategic vision, and reinforce our commitment to delivering culturally responsive care to the communities we serve.

This month, we proudly celebrated Black History Month, recognizing the invaluable contributions of Black communities to health, social services, and advocacy. At PCHS, we are committed to fostering an inclusive and equitable environment where cultural diversity is embraced, and everyone has access to the care they deserve.

Health promotion and prevention remained at the heart of our work this February, with a strong focus on mental health and well-being for newcomers. Our Newcomers' Mental Health and Well-Being sessions provided crucial support, ensuring that individuals and families transitioning in our community have access to the resources they need to thrive. Our Sahara Health Promotion Program (SHPP) continues to lead essential health awareness initiatives. The team hosted a Breast Cancer Awareness Workshop featuring Dr. Baldeep Chehra, a dedicated physician in our community. Our Seniors' Psychoeducational Group Programs have now fully transitioned to our new location, and we are pleased to share the positive feedback from our senior clients.

They have expressed appreciation for the natural light, the refreshing environment, and the sense of belonging our new space provides. One participant shared, "When we attend the group at the PCHS location, we feel like one family and truly part of PCHS. However, when we rent a different place, we feel disconnected." Hearing this feedback reaffirms our commitment to creating safe, welcoming, and culturally responsive spaces for our seniors to engage, connect, and thrive.

As we continue to grow and evolve, I am delighted to invite you to celebrate with us as we mark 35 remarkable years of PCHS and our International Women's Day Gala, which will take place on Friday, March 28, 2025.

In honour of our 35th anniversary and the spirit of International Women's Day, we have created an inspiring program that showcases our achievements and the trailblazing women who continue to shape our future. Please visit our website, www.pchs4u.com, for details of the event.

Your support is invaluable in making this event a resounding success. Please help us reach out to potential donors, sponsors, and community members. Whether through purchasing tickets, sponsoring the event, or simply spreading the word, every effort contributes to advancing our mission at PCHS.



Black History Month: Honoring Health, Resilience, and Progress

By Brahmjot Dhillon, Diversity Equity & Inclusion Coordinator

Black History Month is a time to celebrate the achievements, contributions, and resilience of Black communities throughout history. While it is often seen as a reflection of cultural and social advancements, it is equally important to acknowledge the profound impact Black individuals have had on health and medicine. From ground-breaking medical discoveries to advocacy for health equity, Black history is deeply intertwined with the evolution of healthcare¹.

Historically, Black communities have faced systemic health disparities, many of which still persist today². Limited access to quality healthcare, racial bias in medical treatment, and a higher prevalence of conditions such as hypertension, diabetes, and maternal mortality are ongoing challenges³. However, Black leaders in medicine and public health have continuously fought to break barriers, improve healthcare access, and advocate for change⁴.

Pioneers such as Dr. Charles Drew, who revolutionized blood transfusions and blood banking⁵, and Dr. Rebecca Lee Crumpler, the first Black woman in the U.S. to earn a medical degree⁶, paved the way for future generations. More recently, Dr. Kizzmekia Corbett played a crucial role in the development of the COVID-19 vaccine⁷, highlighting the continued excellence and contributions of Black scientists and physicians⁸.



Beyond the medical field, Black history is rich with stories of resilience and wellness practices that emphasize holistic health⁹. From plant-based diets rooted in African traditions to the communal approach to mental and spiritual well-being, Black culture has long embraced wellness as a foundation for strength and survival¹⁰. Today, Black health advocates continue this legacy by promoting fitness, mental health awareness, and self-care tailored to the needs of Black individuals¹¹.

This **Black History Month**, we honor not only the past but also the present and future of Black health. It is a call to recognize and address health inequities while celebrating the remarkable contributions that continue to shape medicine and well-being¹². As we move forward, let us commit to fostering a healthcare system that is inclusive, equitable, and empowered by the knowledge and resilience of Black history¹³.



February is Preventative Health Awareness Month

PRIORITIZING PREVENTION: PREVENTATIVE CARE AWARENESS



**By: Savita Saini, Preventative Care
Specialist - SHPP**

As we recognize February as Preventative Health Awareness Month, it is essential to focus not only on early detection but also on proactive prevention and education of any health hazards. This year's theme, **"Become the CEO of Your Health"**, underscores the importance of self-care and timely screenings in reducing the impact of breast cancer. At PCHS, our Preventative Care Program by the SHPP team is dedicated to providing the community with the tools and resources needed to take charge of their health. We believe that awareness and education are the first steps in preventing breast cancer, and our program aims to bridge the gap between knowledge and action.



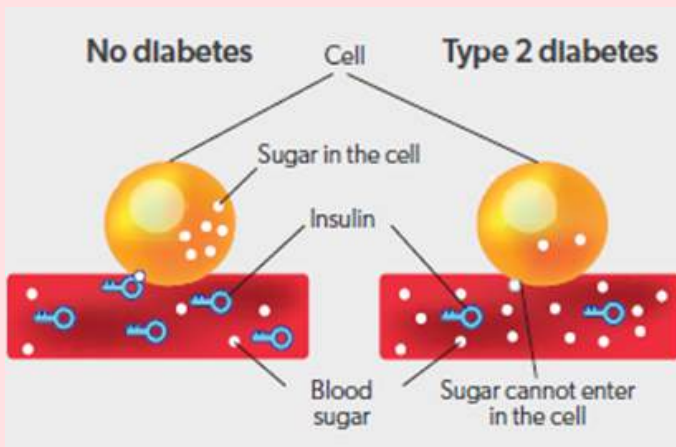
- **Education & Awareness:** We offer workshops, informational sessions, and community outreach programs to help individuals understand risk factors, symptoms, and the importance of early detection.
- **Screening Support:** We guide individuals on how and when to schedule mammograms, provide assistance in accessing screening services, educate on self-examinations and conduct risk assessments.
- **Lifestyle & Wellness Guidance:** A healthy lifestyle plays a crucial role in reducing the risk of breast cancer. Our program promotes physical activity, balanced nutrition, and stress management to support overall well-being and make relevant preventative care plans.
- **Culturally Relevant Care:** Many of our services are offered in multiple languages, ensuring accessibility for diverse communities. Our team provides a safe and inclusive space where individuals feel comfortable seeking support.

UNDERSTANDING & PREVENTING TYPE 2 DIABETES

**By: Fariha Abdul Muqueet,
Preventative Care Specialist - SHPP**

February marks Preventative Health Awareness Month (PHAM) in Canada, which is a new groundbreaking grassroots movement, that is transforming the way we approach health. It is a time to raise awareness about chronic diseases and the steps we can take to prevent them. In this article, let's discuss **Type 2 Diabetes** through the preventative care lens which a growing health concern that affects thousands of Canadians. By understanding the disease and adopting preventative measures, we can reduce its impact on our health and well-being.

What is Type 2 Diabetes and Prediabetes?



Type 2 diabetes is a chronic disease characterized by elevated blood sugar levels. Normally, the body regulates blood sugar through insulin, a hormone produced by the pancreas. Insulin functions like a key, allowing sugar from the bloodstream to enter the body's cells for energy. However, in individuals with Type 2 diabetes, the cells become resistant to insulin, and the pancreas produces less of it over time. As a result, sugar accumulates in the bloodstream, leading to high blood sugar levels.

Prediabetes, a condition where blood sugar levels are higher than normal but not yet high enough for a diabetes diagnosis, serves as an important warning sign. Without intervention, prediabetes can progress to Type 2 diabetes.

Common Symptoms of Type 2 Diabetes

- Fatigue and drowsiness
- Increased urination frequency and volume
- Excessive thirst and hunger
- Unexplained weight loss/gain
- Blurry vision
- Slow healing of wounds

Why is Type 2 Diabetes a Serious Concern?

When left unmanaged, high blood sugar can lead to severe and irreversible complications, including damage to the eyes, kidneys, nerves, blood vessels, and heart.

Preventing Type 2 Diabetes: Small Changes, Big Impact

The good news is that Type 2 diabetes can often be prevented or delayed through lifestyle changes. Studies show that individuals with prediabetes who adopt healthy habits and lose just 5% of their body weight can reduce their risk of developing Type 2 diabetes by nearly 60%.

Key Lifestyle Changes to Reduce Your Risk according to Health Canada guidelines:

- Eat a balanced, nutritious diet rich in whole foods.
- Engage in at least 150 minutes of moderate-intensity exercise per week.
- Maintain a healthy weight and actively manage it if necessary.
- Reduce and manage stress effectively.



Take Charge of Your Health

Assess your risk factors today by using the attached risk assessment tool (on the next pages).

By prioritizing preventive care, you can take control of your health and reduce your risk of developing Type 2 diabetes. This February let's commit to shifting the mindset from a reactive approach—where we wait for illness to strike—to a proactive one that focuses on prevention, education, and empowerment.

Let's embark on this empowering journey to **Become the CEO of Your Health!**

In addition to lifestyle changes, regular screenings remain one of the most effective ways to detect breast cancer early when treatment is most successful. We encourage individuals to be proactive in their healthcare by scheduling mammograms as recommended and performing self-examinations at home. Knowing your body and recognizing any changes can lead to early diagnosis and better treatment outcomes.

Community support plays an essential role in spreading awareness and fostering a proactive approach to health. Our goal is to create a culture of prevention, ensuring that more individuals have access to vital information and resources.

Let's work together to prioritize prevention, spread awareness, and support each other in the fight against breast cancer. Remember, true love starts with self-care—love yourself, check yourself!



ARE YOU AT RISK FOR DIABETES ?

Let's Assess your Risk...



Name: _____

Contact Information: _____

Male Female

I am 40 years of age or older.

I have a parent, brother, sister, or child with type 2 diabetes

I have high blood pressure.

I have been told by the doctor that I have borderline/pre diabetes

I have had diabetes during pregnancy





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- I have given birth to a baby weighing more than 4.1 kg (9 lb.)
- I am overweight, particularly with fat on and around my stomach
- I belong to an ethnic group at high risk of developing type 2 diabetes
- I exercise less than 30 minutes per day
- I do not eat vegetables and fruit every day

*Adapted from CANRISK: The Canadian Diabetes Risk Questionnaire, Public Health Agency of Canada, 2011.

If you have checked **more than one risk factor**, connect with our team of preventative care specialists for the next steps for prevention and management of Diabetes!



LET'S *connect*

Our **preventative care specialists are here** to **help you take control of your health**. They can conduct a **thorough risk assessment free of charge** today, providing you with valuable insights into your health and wellness. Don't miss this opportunity to connect with our experts and gain a better understanding of your health risks. We're committed to supporting you in making informed decisions for a healthier future.



CALL OR EMAIL US TODAY!

437-243-3735

supportline@pchs4u.com

Hidden Addictions: When Healthy Habits Become Harmful

By Punit , Peer Support Worker

Are you addicted to “being healthy”?

We often think of addiction in terms of substance use, alcohol, and gambling. But what if I told you that even the healthiest habits—like exercising, eating clean, working hard, or self-improvement—can become harmful when taken to extremes? In a world that glorifies discipline and productivity, many people unknowingly develop addictions that are praised rather than questioned.



1

Exercise Addiction: Working out is great for health, but when rest days feel unbearable, or you push through injuries, it becomes a problem. Exercise addiction can lead to severe physical strain, hormonal imbalances, and social isolation.

2

The Obsession with “Clean” Eating (Orthorexia): Eating healthy is important, but when every meal turns into a calculation of what’s “good” or “bad,” it can lead to stress, malnutrition, and a fear of eating socially. Balance is key—no single meal defines your health.

3

Workaholism - When Hustle Culture Becomes Harmful: Hard work is admirable, but when you can’t relax without feeling guilty, or when work takes priority over sleep, family, and well-being, it’s time to reconsider your pursuit of success.

4

The Never-Ending Chase for Self-Improvement: Constantly striving for self-improvement can lead to feelings of inadequacy. If you’re always aiming to be better but still feel “not good enough,” you might be caught in an unhealthy cycle.

When Does a Good Habit Become an Addiction?

A habit turns into an addiction when it starts controlling you instead of the other way around. If skipping a workout, eating a “cheat” meal, or taking a break from work makes you feel anxious or guilty, it might be time to reevaluate.

Why Do We Get Addicted to These Habits?

- **Dopamine Dependency:** Achievements and discipline give us a dopamine rush, making the habit hard to stop.
- **Social Validation:** Society praises overwork, strict discipline, and extreme fitness.
- **Control Issues:** Some people use these habits to feel in control of their lives.

Breaking Free: Finding True Balance

1. Listen to Your Body: Fatigue, stress, or anxiety are warning signs.
2. Embrace Flexibility: Health isn't about perfection; it's about sustainability.
3. Redefine Success: True success includes rest, relationships, and happiness.
4. Seek Support: If you feel trapped in a cycle, talking to a professional can help.

Final Thoughts

Not all addictions look the same. Some come wrapped in praise, discipline, and self-improvement. But health isn't about extremes—it's about balance. The goal isn't just to live longer; it's to live well.



Eating Disorders Awareness Week: Embracing Possibilities

February 1st to February 7th, 2025

By Gia Oberoi, Nursing Placement Student - SHPP

February 1st to February 7th 2025, is Eating Disorders Awareness Week. Eating Disorders (EDs) are a group of mental health conditions categorized by an association between negative or distressing thoughts and persistent disturbances in eating habits. EDs affect a person's social, physical, and psychological functioning, and most commonly impact women between 12 to 35 years old (Guarda, 2023).

One-third of all Canadians have patterns consistent with an ED, the majority of which are young Canadians. These rates rose by 66% for females and 47% for males following the COVID-19 pandemic (Janssens, 2025).



Types of Eating Disorders

The most common types of eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder.

1 Anorexia Nervosa

- Intense fear of weight gain leads to food restriction, fasting, or purging.
- Results in being underweight for height.
- Causes health issues like dehydration, abnormal heart rhythms, and muscle weakening (Guarda, 2023).

2 Bulimia Nervosa

- Binge-purge behavior with loss of control over eating.
- Purging through vomiting, medication misuse, or excessive exercise.
- Both disorders involve fear of weight gain and body image focus (Guarda, 2023).

3 Binge Eating Disorder

- Characterized by frequent binge episodes with loss of control over eating.
- Unlike bulimia, there is no purging behavior.
- Can lead to health issues like obesity, high blood pressure, or diabetes (Guarda, 2023).

Treatment for Eating Disorders

Treatment for EDs depends on the person, the disorder, and the specific symptoms (Mayo Clinic Staff, 2024). Generally, treatment involves counselling, such as cognitive-behavioural or interpersonal therapy (Eating Disorders, 2014). Treatment can also include medications to treat health complications that arise from the ED (Guarda, 2023).

" This year's theme Embracing Possibilities emphasizes community-driven solutions, innovative care, and education to transform eating disorder care, breaking down barriers and creating pathways to equitable, accessible, and inclusive support for all."



Mental Health Nurses Day - Feb 21



By Mahakdeep Sidhu, Nursing Placement Student - SHPP

Mental Health Nurses Day is a significant occasion dedicated to honoring and appreciating the compassion, dedication, and resilience of nurses working in mental health.

The key component of their role is the therapeutic nurse–client relationship, which serves as the foundation of their practice. Nurses are often the primary healthcare professionals surrounding clients, ensuring holistic care that addresses both physical and psychological well-being. The role of mental health nurses extends beyond hospitals to long-term care facilities, community clinics, and crisis intervention settings. They provide critical support to individuals and families undergoing conditions such as schizophrenia, bipolar disorder, eating disorders, and depression, which profoundly impacts not only mental health but also overall physiological well-being.

Mental health nurses also play a crucial role in harm reduction and substance abuse recovery, offering guidance and support through non-judgmental, trauma-informed approaches. Their responsibilities go beyond direct patient care. It takes a great deal of compassion, empathy, and resilience to be a mental health nurse, but it is also extremely satisfying. These nurses continue to offer constant encouragement despite the psychologically demanding nature of their profession, making sure that each person feels heard, seen, and appreciated.



Their influence goes beyond therapy; they give those dealing with mental health issues empowerment, stability, and hope. Mental health nurses actively engage in education, advocacy, and collaboration with interdisciplinary teams to foster therapeutic relationships and create a supportive environment for clients. They play a vital role in reducing stigma, raising mental health awareness, and ensuring equitable access to mental health resources.

On Mental Health Nurses Day, we celebrate their unwavering commitment to making a meaningful difference in the lives of others. It is essential to recognize that mental health nurses face a range of experiences and complexities in their work. As we honor their contributions, we also encourage them to prioritize their own well-being, knowing that their dedication is invaluable in shaping a healthier and more compassionate society.

OCASI Mental Health Promotion Knowledge Exchange Forum 2025

By Kanwalpreet Kaur, Program Coordinator (Building Capacity Program)

PCHS participated in the OCASI Mental Health Promotion in Immigrant and Refugee Serving Organizations Project that originated in 2018 as an innovation project funded by Immigration Refugee Citizenship Canada (IRCC). This forum took place on February 11th, 2025, as a full day conference at the Toronto Metropolitan University, Toronto. OCASI partnered with community organizations across three sectors (settlement, primary health, and community mental health) to build the capacity of newcomer and refugee services to promote mental health, foster well-being, and address mental health issues within organizations.



Faisal Cheema, Manager Newcomer Settlement Program, and Kanwalpreet Kaur, Program Coordinator - Building Capacity Program, represented PCHS at the forum by sharing their expertise and insights on the topic of "Empowering Well-Being: Strategies for Mental Health Promotion". This presentation shed light on how PCHS incorporates a Mental Health Lens across all its programs and adopts a client centric approach throughout its policies and procedures.

The presenters also spoke at length about the importance of capacity building trainings (MHFA, Trauma Informed Approach, Cultural Competency and Compassion Fatigue) for the frontline staff and how these are beneficial for newcomer clients coming from a place of war, migration and post-migration trauma, mental health challenges arising from integration and other settlement challenges. This forum was a great learning opportunity as multiple organizations shared their experiences and knowledge on the topic of mental health promotion and discussed best practices being adopted at their organizations while also emphasising what needs to be implemented and attained to sustain the said practices.

PCHS at the 2025 Annual Faith Leaders Conference

By: Deepinder Singh, RPN

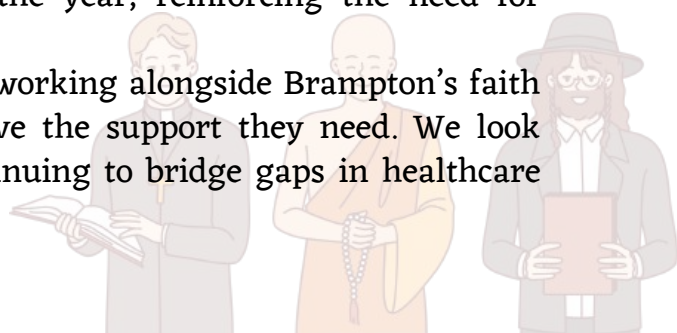


On February 5th, 2025, PCHS had the privilege of participating in the Annual Faith Leaders Conference at the Rose Theatre in Brampton. This annual gathering, which has been held since 2019, brings together faith leaders from across the city to engage in meaningful discussions, share resources, and strengthen community connections.

This year's event saw the participation of nearly 100 faith leaders, alongside representatives from the city, including Mayor Patrick Brown and various community organizations. PCHS's mental health and settlement teams were on-site to provide outreach, offering important information and resources to support faith leaders in addressing the needs of their congregations. Recognizing the significant role that faith communities play in promoting well-being, we engaged in conversations about mental health awareness, settlement services, and access to culturally responsive care.

One of the key takeaways from this event was the importance of ongoing collaboration between community organizations and faith leaders. Many attendees expressed a strong interest in continuing these discussions throughout the year, reinforcing the need for accessible and inclusive support services.

As we move forward, PCHS remains committed to working alongside Brampton's faith communities to ensure individuals and families receive the support they need. We look forward to strengthening these partnerships and continuing to bridge gaps in healthcare and social services.





2025 BOARD RETREAT

Strengthening Governance for a Sustainable Future

The PCHS Board Retreat, held on February 8, 2025, provided a meaningful platform for Board members and the Executive Team (ET) to engage in discussions on governance excellence, strategic foresight, and policy leadership. The session focused on enhancing Board effectiveness, ensuring alignment with PCHS Vision 2025, and fostering a future-focused governance approach.

Key Highlights:

Adrianna Tetley, the former CEO of the Alliance for Healthier Communities, is a highly skilled professional with expertise in health policy, strategic planning, public health, program development, policy analysis, leadership development, and workshop facilitation, among many other areas. Under her expert facilitation, the retreat was a great success.



The retreat began with an overview of the Governance Structure for High-Performing Boards, emphasizing the Board's role in representing moral owners, leading the organization, evaluating executive limitations, and ensuring effective governance. A key takeaway was the importance of a unified Board voice, ensuring that decisions are aligned with organizational goals and stakeholder expectations.

An in-depth session on Policy Governance, based on the Carver Model, highlighted the 10 Principles of Policy Governance that guide Board responsibilities, decision-making, and accountability. Discussions included the four key types of governance policies: ENDS policies, Executive Limitations, Board-Staff Linkage, and Governance Process policies. The Board reflected on its current policy framework and assessed areas for refinement to strengthen operational efficiency.

A crucial aspect of the retreat was a self-assessment exercise, where Board members evaluated their effectiveness in governance roles. This exercise provided insights into the Board's strengths and opportunities for improvement, particularly in fostering strategic foresight—the ability to anticipate and plan for long-term organizational needs. Topics such as demographic shifts, evolving healthcare landscapes, and PCHS's role in addressing systemic issues were explored. The retreat concluded with reflections on the strategic direction of PCHS, revisiting Vision 2025 and discussing how the Board can drive sustainable growth and impactful community service. The collaborative nature of the session fostered engagement, shared learning, and a renewed commitment to governance excellence.

This retreat served as a vital step toward strengthening PCHS's governance framework, ensuring that the Board is well-equipped to navigate challenges and seize opportunities in the years ahead.



2025 MANAGEMENT RETREAT

Shaping the Future of Leadership and Community Impact

On February 5, 2025, the PCHS Management Team gathered at 60 West Drive, Brampton, for a strategic retreat focused on reflection, growth, and vision-setting for the year ahead. This retreat served as a vital opportunity to align leadership goals, foster collaboration, and reinforce PCHS's dedication to excellence in healthcare and community services.

CEO's Vision and Leadership

CEO Amandeep Kaur opened the retreat with an inspiring address, commending the team's dedication and resilience. The importance of proactive leadership in an evolving landscape, emphasizing adaptability, growth, and meaningful impact were highlighted in the opening remarks.

Key Highlights

Dr. Kamran Ahmad's Leadership Training

Dr. Kamran Ahmad, from Lifeline conversations is a clinical psychologist and expert in spirituality and gender studies, conducted an engaging three-hour session on leadership, team motivation, and staff retention. He underscored the need for proactive management, balancing supervision with autonomy, and navigating complex team dynamics. He also addressed the challenges of enforcing policies, handling conflicts, and mitigating stress to prevent burnout, advocating for resilience through self-awareness, goal-setting, and open communication. The overall training session was very informative and served as an excellent learning experience for all the members.



2024 Achievements and Learnings for 2025

The entire team was divided into three groups and each group reflected their ideas on the achievements of 2024. Some of the achievements included Expansion of the programs and partnerships, successful completion of important events such as IWD, AGM, Improved IT Structure, Participation in International Conference on Obesity at Denmark and Successful completion of Mental Health Addictions & Settlement Forum. Additionally, PCHS's successful moving to a new location, Continuous Service Improvements, IRCC proposal acceptance were some other achievements which were highlighted by different groups. The achievement reflected that PCHS is committed to its three pillars of sustain, grow and expand.

Some of the learnings were also discussed among the groups which reflected continuous improvement for the programs and overall organization. Some of the key aspects identified were use of policies & procedures, preparing event checklist and enhanced communication at all levels, maintaining work-life balance, additional trainings/mentoring sessions for the staff.

Vision Board for 2025

Looking Ahead

The retreat concluded with a vision board activity, setting key themes for 2025: innovation, sustainability, work-life balance, and passion-driven leadership. Energized and aligned, the team remains committed to advancing PCHS's mission and making a lasting impact in the community.



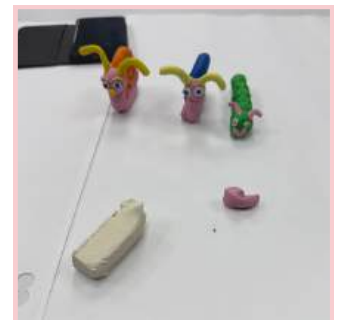
Clay Workshop - SHPP Team

By Navdeep Kaur, Community Health Ambassador - SHPP

The SHPP department hosted a successful clay workshop on February 7th, at Unit 101 from 5:30 to 7:30 p.m. Nearly 20 participants, including both adults and children, attended the event. The workshop kicked off with an engaging icebreaker activity, allowing attendees to get to know each other and feel comfortable within the group.

Following the icebreaker, the focus shifted to discussing the therapeutic benefits of clay work, such as stress relief and enhancing mindfulness. Participants then had the opportunity to create their own clay sculptures.

Children had a blast experimenting with the material, making a variety of creative items. Their excitement was visible as they molded their visions into tangible works of art. The event not only encouraged creativity but also provided a fun and therapeutic experience for all involved. It was a memorable evening of artistic expression and connection.



A Heartwarming Success: Newcomer Youth Programs “My Valentine” Event!

By: Simarjot Kaur – Youth Worker

This year’s Newcomer Youth Programs Annual Valentine’s Event was an incredible success, bringing together youth from all walks of life to celebrate love, friendship, and community. The turnout was amazing, and the atmosphere was filled with excitement, creativity, and heartwarming moments throughout the entire day.

The event lived up to its promise of offering an afternoon full of fun activities designed to promote self-love, appreciation, and connection. From crafting heartfelt cards to making friendship bracelets and playing engaging games, the youth had a blast while learning the power of words of affirmation and the importance of self-love.

Event Highlights

Crafting Appreciation Cards & Notes

The first activity station was a huge hit as youth took time to create meaningful notes and cards for the people they appreciate most. Whether it was a thank-you card for a teacher or a note of love for a family member, the crafting station was buzzing with energy and creativity. It was a beautiful moment of gratitude and reflection that left everyone feeling connected.

Food to Fuel the Fun

To keep everyone energized, the food station was a hit! Youth were treated to a variety of tasty snacks, perfect for fueling up between activities and socializing with their peers.

“Heart Tic-Tac-Toe” Gaming Station

Next up was the “Heart Tic-Tac-Toe” game station, where youth challenged their peers to a friendly competition. The twist on the classic game was a crowd favorite, and it was the perfect way to break the ice and bond over some fun, lighthearted rivalry.

Friendship Bracelet Making

The friendship bracelet-making station saw youth designing colorful, creative bracelets to give to their friends or keep as a memento of the day. The materials provided were gender-neutral, encouraging all participants to let their creativity flow freely. It was heartwarming to see so many youths bonding over crafting something meaningful and personal.

Valentine’s Loot Bags

The Valentine-themed loot bags filled with delicious candies and chocolates were a sweet treat everyone loved. Youth walked away with a smile and a little something extra to brighten their day.



A Day of Connection and Celebration

Overall, the event was an overwhelming success, with youth forming new friendships, sharing moments of laughter, and embracing the power of love in all its forms. The youth team is proud of how the day turned out and grateful for everyone who came out to participate. It was an unforgettable experience that showed just how important it is to celebrate not just the ones we love, but also ourselves.

Thank you to everyone who joined us for this special day! We look forward to making next year's event even bigger and better. Until then, keep spreading love and positivity in everything you do!



Celebration at Seniors' Wellness Group

By: Pawanpreet Kaur, Placement Student, Geriatrics Department

On February 14th each year people observe Valentine's Day that celebrates friendship alongside love and gratitude. People spend this day by showing their emotions with thoughtful gifts and personal messages along with cards. Historically linked to romantic love festivals have expanded to honor several types of love that connect individuals among friends and family and communities together. People demonstrate love for their loved ones by sharing chocolates as well as flowers and meaningful messages.

As part of our Valentine's Day celebration at PCHS Seniors' Wellness Groups, we organized a special activity for the seniors, focusing on creativity and self-expression. During this activity, seniors designed and crafted personalized Valentine's Day cards, allowing them to share messages of love, appreciation, and kindness. This initiative not only encouraged artistic expression but also fostered meaningful social interactions among participants. Engaging in such creative tasks has been shown to enhance cognitive stimulation and emotional well-being, making it a valuable experience for older adults. The joy and enthusiasm displayed by the seniors highlighted the importance of inclusive and engaging activities in promoting a sense of community and connection.

At the end of the celebration, we gathered together for a group photo, capturing the joyful moments shared throughout the event.

The seniors thoroughly enjoyed the activities, and the day was filled with laughter, creativity, and heartfelt connections. It was a memorable experience for everyone, fostering a sense of community and happiness.





BREAST CANCER AWARENESS WORKSHOP

By: Mehar Roop Kaur,
Community Health Ambassador
- SHPP



On February 21, 2025, the SHPP team hosted a Breast Cancer Awareness Workshop, bringing the community together in a supportive and uplifting space. In the spirit of love, the event's goal was to empower participants to take ownership of their health by encouraging self-love through education, reflection, and creative expression.

The event featured an insightful presentation by **Dr. Baldeep Chera**, who shared valuable knowledge on breast cancer awareness and prevention. Attendees learned about risk factors, healthy lifestyle choices, and the importance of regular screening in maintaining breast health. As participants asked questions and engaged in meaningful discussions, their commitment to prioritizing their wellbeing was evident.

Beyond the presentation, attendees engaged in two meaningful activities that encouraged self-reflection and connection. The Gratitude Tree invited participants to express appreciation for their health and personal strengths in the form of heart-shaped messages that were added to a collective display. Similarly, the Friendship Bracelet Making activity provided a creative outlet for self-expression and connection.

Many attendees expressed how much they enjoyed the opportunity to learn and engage in hands-on activities in a warm and welcoming environment. They left with newfound knowledge, connections, and tokens of gratitude—an uplifting reminder of the importance of community.



Pink Shirt Day - February 26



Created by Kamalpreet Kaur, Case Manager - SHPP

SAHARA HEALTH PROMOTION & PREVENTION

February 26

Be Kind

PINK SHIRT DAY

Together We Can!

"Stand up against bullying; wear pink and let your actions speak louder than words."

pchs Leading With Conviction And Courage

SAHARA HEALTH PROMOTION & PREVENTION

What is Pink Shirt Day?

Pink Shirt Day, also known as Anti-Bullying Day, raises awareness about bullying in schools, workplaces, at home and online. The initiative started in Canada in 2007, when 12th-grade students in Cambridge, Nova Scotia, bought and distributed 50 pink shirts after a fellow student was bullied for wearing a pink shirt.

<https://www.pinkshirtday.ca/about/>

pchs Leading With Conviction And Courage

Let Kindness Grow this Pink Shirt Day! 🌸 Just like nurturing a garden, small acts of kindness— a kind word, a listening ear—can cultivate a sense of belonging in our communities. Together, we can plant seeds of empathy and compassion, helping to create a world where bullying is a thing of the past. Let's grow kindness everywhere we live, work, and learn!



PCHS In The Community



Certificate of Attendance and Appreciation for PCHS from the Mayor of Mississauga and Pak Pioneer Community Organization



The SHPP Team providing information about breast cancer awareness



Mississauga's Ward 5 Councillor Natalie Hart, connecting with the SHPP team for information of services



SHPP Team conducting a presentation on diabetes and obesity in the community



MH Team at Annual Faith Leaders Conference



Director of Community Development at a conference

Love Yourself Series

PCHS kicks off the 'Love Yourself' series—a campaign focused on promoting health and well-being. This series covered a range of topics, including building self-care routines, prioritizing health, preventive screenings, healthy eating, staying active, managing stress, and the importance of sleep and hydration. We also highlighted the power of reflection, celebrating progress, and embracing self-love.



Love Yourself Series

pchs
Leading With Conviction And Courage

LOVE
yourself series
Wellness From
the Inside Out

SAHARA
HEALTH PROMOTION
& PREVENTION

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How to Make Health a Priority in Your Busy Life

Schedule It: Treat self-care like an appointment

Say No: Set boundaries and protect your time

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Key Elements of Health-Focused Self-Care

- Do something creative
- Get a good night sleep
- Exercise and be active
- Stay organized
- Drink water throughout the day
- Learn something new
- Eat balanced meals

17th Annual Gangs, Guns, & School Violence Prevention Summit



On February 13th and 14th, PCHS Director of Community Development, Amanjit Kahlon had the pleasure of attending the 17th Annual Gangs, Guns & School Violence Prevention Summit (GGSV25) in Vancouver. This summit was organized by Safer Schools Together (SST). SST has a proven track record of helping schools throughout North America minimize and manage their risks of students violence with reliable and professional training. This year the GGSVP was organized in partnership with Safe and Sound Schools to lead an international conversation on school safety, the emerging threats landscape, and proven strategies to address him.

Amanjit took part in sessions around:

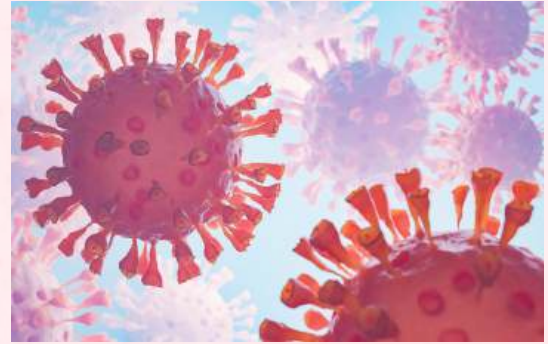
- The Current Gang Landscape
- Perspectives on Sexual Exploitation & Sexualized Violence
- Redirecting Youth off the Pathway to Gang-Associated Behavior – Challenges for Newly Immigrated Youth
- Interrupting the Pathway to Gang-Associated Behavior via Police & School Partnerships
- Perspectives in Prevention: Lessons Learned from the Sandy Hook School Tragedy
- A Bio-Psycho-Social-Cultural Analysis of School Shooters
- The Emerging Threat Assessment Landscape
- School Police Partnerships for Effective Emergency Management
- Collaborating with Community Partners

Amanjit hopes to take the knowledge and best practices gained at the summit and apply it to the youth gang and gun violence prevention programming currently offered at PCHS.

Beware of the Winter Bug!



Norovirus, also known as the “winter bug,” is making the rounds! This highly contagious virus spreads fast—through infected people, contaminated surfaces, and even food. It can cause stomach cramps, vomiting, and diarrhea, but don’t worry—we’ve got Prevention and Control team-approved tips to keep you and your loved ones safe!



Tips to Stay Safe

1. Clean, Clean, Clean!

- Wash your hands with soap and water for at least 20 seconds (especially after using the washroom or before handling food).
- Disinfect surfaces with a chlorine bleach solution—this bug is tough!
- Handle contaminated laundry with care—hot water + detergent is your best bet!

2. Watch What You Eat!

- 🚫 Avoid raw/undercooked shellfish & always wash fruits and veggies.
- 🚫 If you’ve been sick, stay out of the kitchen for at least 48 hours after symptoms go away.

3. Stay Home if You’re Sick!

If you’re experiencing symptoms, don’t share the bug! Rest, hydrate, and recover at home.

How to Manage Norovirus Like a Pro

- Hydrate, hydrate, hydrate! Water, juice, or electrolyte solutions will keep you going.
- Rest is best! Give your body time to heal.
- Stick to the BRAT diet: 🍌 Banana, 🍷 Rice, 🍏 Applesauce, 🍞 Toast.
- Know your care options! If symptoms worsen, seek medical attention.

Stay informed, stay healthy, and let’s stop the winter bug in its tracks! ❄️🚫



RSV & The Common Cold – What You Need to Know!



As the colder months roll in, so do respiratory viruses like RSV (Respiratory Syncytial Virus) and the common cold! 🤧 While they might seem similar, RSV can be more serious—especially for infants, seniors, and those with weakened immune systems.



What's the Difference?

RSV (Respiratory Syncytial Virus)

- Affects the lungs and airways, causing wheezing, severe cough, and breathing difficulties (especially in babies and older adults).
- Can lead to bronchiolitis or pneumonia in severe cases.
- Highly contagious and spreads through coughs, sneezes, and contaminated surfaces.

The Common Cold:

- Caused by many different viruses, like rhinoviruses.
- Typically results in runny nose, sneezing, mild cough, and sore throat—less severe than RSV.
- Still spreads easily through touch, air droplets, and contaminated objects.

How to Stay Safe

1. Wash Your Hands Often!

- Scrub with soap and water for at least 20 seconds to wash away germs.

Use hand sanitizer when soap isn't available.

🚫 2. Keep Your Distance!

- Avoid close contact with sick individuals, especially if you're caring for infants or older adults.
- Cover coughs & sneezes with your elbow or a tissue (not your hands!)

🧼 3. Disinfect, Disinfect, Disinfect!

- Wipe down frequently touched surfaces like doorknobs, phones, and keyboards.

🏠 4. Stay Home if You're Sick!

- Rest and recover to prevent spreading the virus.

How to Manage Symptoms

- **Stay hydrated** – drink plenty of fluids to keep mucus thin and prevent dehydration.
- **Use a humidifier** to help ease congestion.
- **Try warm fluids** like tea or broth to soothe a sore throat.
- **For RSV:** Monitor for difficulty breathing and seek medical care if symptoms worsen.

Let's stay healthy and keep those germs away!

23rd ANNUAL INTERNATIONAL WOMEN'S DAY GALA

FRIDAY

MARCH | 28th | 2025

Doors open at 6PM



Grand Empire Banquet and Convention Centre
100 Nexus Avenue Brampton, ON L6P 3R6

GET YOUR TICKETS

Click or Scan



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[905-677-0889](tel:905-677-0889)

For the Sponsorship package, please contact accounts@pchs4u.com
PCHS will issue the donation receipt for the amount more than \$25

Explore Our Sponsorship Package for International Women's Day

Please click on the following image to view the sponsorship package.



23rd ANNUAL INTERNATIONAL WOMEN'S DAY GALA

Sponsorship Package



Friday, March 28th, 2025

Doors open at 6 PM

Grand Empire Banquet & Convention Centre

100 Nexus Avenue Brampton, ON L6P 3R6



Keynote Speaker

Sukhi Dhillon

Join us for an evening of dinner,
dancing and entertainment while
we recognize outstanding women!

Ticket
Price
\$150

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Punjabi Community
Health Services



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905-677-0889



Grandparents and Grandchildren: Unlocking Multiple Languages (in Punjabi and Hindi)

16+ years

Grandparents play an important role in fostering their grandchildren's language skills and cultural connections. Join this workshop to discover how to maintain children's mother tongue when they start school and assist them with learning multiple languages.

You'll learn about:

- Practical, safe, and easy strategies to keep your grandchildren interested in their mother-tongue
- Research about language learning
- Tips for using Canadian/cultural celebrations as a teaching tool.

Gore Meadows March 4, 2025 10:30 – 11:30 a.m.

This program is held in partnership with Punjabi Community Health Services (PCHS).
Registration required. For more information, please contact harpreet.dhaliwal@pchs4u.com.



905-793-4636
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ਦਾਦੇ/ਦਾਦੀਆਂ, ਨਾਨੇ/ਨਾਨੀਆਂ, ਪੋਤੇ/ਪੋਤੀਆਂ ਅਤੇ ਦੋਪੋ/ਦੋਧੀਆਂ: ਵਿਚਾਲੇ ਬੋਲ-ਚਾਲ ਕਿਵੇਂ ਖੋਲਣਾ/ਵਧਾਉਣਾ (ਪੰਜਾਬੀ ਤੇ ਹਿੰਦੀ ਵਿੱਚ)

ਭਾਗ ਲੈਣ ਵਾਲਿਆਂ ਦੀ ਉਮਰ: 16 ਸਾਲ ਤੋਂ ਉਪਰ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ

ਦਾਦੇ/ਦਾਦੀਆਂ, ਨਾਨੇ/ਨਾਨੀਆਂ, ਆਪਣੇ ਪੋਤੇ/ਪੋਤੀਆਂ ਅਤੇ ਦੋਪੋ/ਦੋਧੀਆਂ ਦੇ ਭਾਸ਼ਾ ਦੇ ਗੁਨਰ ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਸਬੰਧਾਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੇ ਹਨ। ਇਹ ਜਾਣਨ ਲਈ ਇਸ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ ਕਿ ਬੱਚਿਆਂ ਦੀ ਮਾਤ ਭਾਸ਼ਾ ਨੂੰ ਕਿਵੇਂ ਕਾਇਮ ਰੱਖਿਆ ਜਾਵੇ ਜਦੋਂ ਉਹ ਸਕੂਲ ਸ਼ੁਰੂ ਕਰਦੇ ਹਨ ਅਤੇ ਕਈ ਭਾਸ਼ਾਵਾਂ ਸਿੱਖਣ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਨ।

ਤੁਸੀਂ ਹੇਠ ਲਿਖੇ ਗੁਰ ਸਿੱਖੋਗੇ:

- ਆਪਣੇ ਪੋਤੇ-ਪੋਤੀਆਂ ਨੂੰ ਉਨ੍ਹਾਂ ਦੀ ਮਾਂ-ਬੋਲੀ ਵਿੱਚ ਦਿਲਚਸਪ ਰੱਖਣ ਲਈ ਵਿਹਾਰਕ, ਸੁਰੱਖਿਅਤ ਅਤੇ ਆਸਾਨ ਨੀਤੀਆਂ
- ਭਾਸ਼ਾ ਸਿੱਖਣ ਬਾਰੇ ਖੋਜ
- ਕੈਨੇਡੀਅਨ/ਸੱਭਿਆਚਾਰਕ ਜਸ਼ਨਾਂ ਨੂੰ ਅਧਿਆਪਨ ਸਾਧਨ ਵਜੋਂ ਵਰਤਣ ਲਈ ਸੁਝਾਅ

Gore Meadows March 4, 2025 10:30 – 11:30 a.m.

ਇਹ ਪ੍ਰੋਗਰਾਮ ਬ੍ਰੈਮਪਟਨ ਪਬਲਿਕ ਲਾਇਬ੍ਰੇਰੀ (Brampton Public Library) ਅਤੇ ਪੰਜਾਬੀ ਕਮਿਊਨਿਟੀ ਹੈਲਥ ਸਰਵਿਸਿਜ਼ (PCHS) ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ ਹੈ। ਰਜਿਸਟਰੇਸ਼ਨ ਅਤੀ ਜ਼ਰੂਰੀ ਹੈ, ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਕਿਰਪਾ ਕਰਕੇ harpreet.dhaliwal@pchs4u.com ਨਾਲ ਈ-ਮੇਲ ਰਾਹੀਂ ਜਾਂ 905-872-3582 ਤੇ ਸੰਪਰਕ ਕਰੋ।



905-793-4636

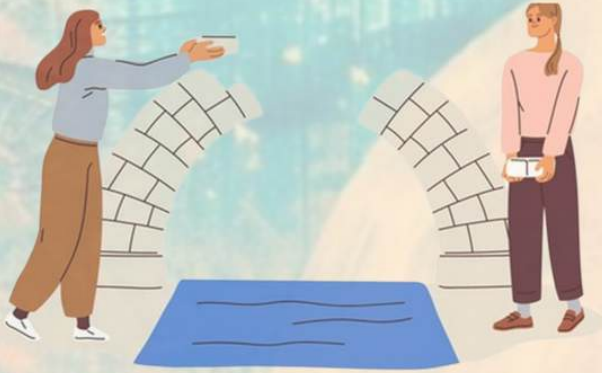
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Circle Of Care

A Workshop series for building a community of healthy families

Theme : Fostering healthy relationships for recovery

- Strengthening Family Connection through Communication & Interpersonal strategies.
- Understanding Addiction & Mental Health Issues.

Register Here



Date: March 06, 2025

Time: 11am to 3pm

Location: Unit 101, 60 West Drive, Brampton, ON L6T 3T6


For more info:

Contact: 416-917-0391

“Buckle up to learn & connect through Food & Frolic”

HEALTH FAIR

SATURDAY, MARCH 15

 **10 AM - 2 PM**



Susan Fennell Sportsplex

500 Ray Lawson Blvd,
Brampton, L6Y 5B3

- Diabetes Testing**
- Breast Cancer Risk Assessments**
- Community Resources**
- Activities such as Zumba**
- Lunch and refreshments**
- Raffle prizes & more!**



SCAN ME

Scan this QR code
to register or

 **437-243-3735**



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HEALTH PROMOTION
& PREVENTION



You're Invited to...

THE WELLNESS WORKSHOP 2.0

Join us for an evening of exercise!

The SHPP team is back! This workshop will focus on equipment-free stretches and exercises that you can do at home and will feature fun games in-between!

Refreshments will be provided.

Please register through Eventbrite (scan below), by calling 437-243-3735, or by emailing supportline@pchs4u.com.



March 7th
5:00 - 7:00 PM



60 West Dr, Unit 101
Brampton, ON
L6T 3T6



WELCOME

NEW STAFF



Neelam Bal

Case Manager - Rapid
Response Saves Lives,
Mental Health

Client Testimonial



Hi, I am a client of PCHS CSW – Day Respite. I am a cancer survival. I have been receiving shower services from the Geriatric PCHS team, and I am very thankful for that. After my knee surgery, PCHS initiated my services, and the PSWs helped me with changing my bed, getting dressed, and providing bed baths. Gradually, they started assisting me with showers. The staff has been very professional and polite, which has greatly helped in my recovery.

I still experience a lot of pain due to severe arthritis and joint pain. The PSW helps me take a shower once a week, washes my hair, and assists me in changing my clothes, as I struggle with shoulder pain and can't do much on my own.

They also supported me in joining a seniors' group to encourage my social life and help me get out of the house. Thanks to the motivation and encouragement from the Geriatric staff, I am now part of a women's seniors' group, which has positively impacted my life and given me a sense of positivity.

Overall, I cannot thank PCHS enough for all the support they have provided.



60 West Drive, Unit 202,
Brampton ON L6T 3T6

2980 Drew Road, Unit 241,
Mississauga, ON L4T 0A7

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

50 Sunny Meadow Blvd,
Unit 207, Brampton, ON L6R 0Y7


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

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

Different Spokes
8 Nelson Street West,
Brampton ON, L6X 1B7

705 Progress Ave, Unit 101,
Toronto ON M1H 2X1



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