

PCHS

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# HEALTH MAGAZINE

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# LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

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## Honouring History, Investing in Youth, Celebrating Women

I am delighted to share meaningful updates from our community this month.

February is Black History Month, a time to recognize, honour, and celebrate the rich history, resilience, and contributions of Black communities. It is also a time for reflection and accountability. As a community-based organization grounded in equity and inclusion, we recognize that addressing systemic barriers and health inequities requires ongoing commitment and action. At Punjabi Community Health Services (PCHS), we remain dedicated to culturally responsive, anti-oppressive, and community-led approaches that ensure every individual feels seen, heard, and valued.

This month also brought inspiring engagement with our youth. Our Sahara Mental Health and Addictions teams partnered with Trillium Health Partners (THP) to deliver interactive workshops for the New Wave Programs' boys' and girls' groups. As part of THP's KI Grant Youth Co-Design initiative, more than 60 youth participated in workshops focused on mental health awareness, open dialogue, and shared learning.

The energy in the room was truly inspiring. Young participants asked thoughtful questions, shared their perspectives, and showed a genuine desire to better understand mental health and well-being. These moments reaffirm why our work matters. When we invest in youth and create safe spaces for conversation and growth, we strengthen not only young people but also entire families and communities.

On a personal note, I am always uplifted when I witness young people connecting, reflecting, and taking the lead in the right direction. Their curiosity and courage give me confidence in the future we are building together.

Looking ahead, I am excited to invite you to our 24th International Women's Day Gala on March 27. This in-person celebration honours the strength, resilience, and remarkable contributions of women in our community. The evening will feature an inspiring keynote speaker, live entertainment, dinner, and dancing, and will also serve as an important fundraiser for PCHS programs.

The Gala is more than a celebration; it is a statement of our shared belief that when women thrive, families and communities thrive. I warmly invite you to join us for this special evening of inspiration, connection, and impact. For ticket details and more information, please visit [www.pchs4u.com](http://www.pchs4u.com).

As we move toward spring, I am reminded that progress is built on partnership. Thank you for standing with PCHS, advancing equity and inclusion, and believing in the power of community. Together, we continue to build a stronger, more compassionate future for all.



# Heart Health Month: *Taking Preventive Steps for a Stronger Heart*

**By: Fariha Abdul Muqueet, Preventive Specialist - SHPP**



Every February, **Heart Health Month** is recognized in Canada which is a time to raise awareness about cardiovascular health and disease. According to the Heart and Stroke Foundation of Canada, heart disease remains a major health concern and one of the leading causes of death in Canada. Heart disease is associated with multiple risk factors, most of which are preventable with simple lifestyle choices and awareness.

## **How to Care for Your Heart?**

Caring for your heart begins with daily habits that support cardiovascular health. Small, intentional changes can make a significant difference over time. Heart Health Month is an important opportunity to engage our community, share information, and raise awareness about the risk factors for developing or living with heart disease.

## **Eat With Intention**

What you eat plays a direct role in regulating your blood pressure, cholesterol levels, blood sugar, and body weight, which are all essential components of cardiovascular health. Prioritize a diet rich in vegetables and fruits, whole grains, beans, nuts, plant-based proteins, lean meats, poultry, fish, and seafood. These nutrient-dense foods provide fiber, healthy fats, and antioxidants that help protect blood vessels and support heart function. Reduce your intake of red and processed meats, refined carbohydrates, full-fat dairy products, sugary beverages, excess sodium, alcohol, highly processed foods, and tropical oils. Heart-healthy eating is about making consistent, balanced choices over time.

## Move With Purpose

Physical activity strengthens the heart, improves circulation, and supports overall well-being. Sustainable movement and being consistent matters most.

Aim for at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week. Walking, cycling, swimming, and strength training are all effective.

Sleep: The Overlooked Protector:

Quality sleep supports blood pressure regulation and cardiovascular repair. Adults should aim for 7–9 hours per night. Poor sleep increases the risk of high blood pressure and heart disease. A consistent routine and reduced screen time before bed can make a meaningful difference.

## Eliminate Tobacco Exposure

Smoking damages blood vessels, raises blood pressure, and accelerates plaque buildup. This includes cigarettes, e-cigarettes, and vaping. Quitting is one of the most powerful steps you can take to protect your heart.

Understand Key Health Metrics

Prevention begins with awareness.

- **BMI:** Aim for a healthy weight (BMI under 25 is generally recommended).
- **Cholesterol:** Total cholesterol is ideally under 200 mg/dL. HDL (“good” cholesterol) helps remove excess cholesterol from the bloodstream, and LDL (“bad” cholesterol) contributes to plaque buildup and arterial narrowing.
- **Blood Sugar:** Elevated blood sugar damages blood vessels and increases the risk of heart disease and stroke. An A1c level below 5.7% is typically considered healthy.
- **Blood Pressure:** = 120/80 mm Hg.

Regular screenings and small lifestyle adjustments can significantly reduce your risk of heart disease.

## Recognizing the Warning Signs

Heart disease does not always present dramatically. Pay attention to:

- Shortness of breath that affects daily activities
- Chest pain or pressure that fluctuates in intensity
- Dizziness or fainting
- Persistent fatigue despite adequate rest
- Fluttering or rapid heartbeat
- Unexplained swelling in the legs, ankles, or abdomen

**Early intervention can be lifesaving. Do not ignore any concerning symptoms; consult your healthcare provider if you experience any of the following signs.**

# Black History Month: Why Health Equity Is Everyone's Responsibility

**By: Brahmjot Dhillon, Health Equity Coordinator**

February invites us to celebrate Black History Month, but it also asks us to reflect honestly on how history continues to shape the health of Black communities today. From a Diversity, Equity, and Inclusion (DEI) and health equity perspective, this month is not only about honoring trailblazers; it is about recognizing the structural barriers that still influence who get access to care, who feels safe in healthcare spaces, and ultimately, who thrives.

The story of health inequity in North America is inseparable from the story of systemic racism. Generations of discriminatory housing policies, underfunded neighborhoods, employment inequities, and segregated healthcare systems have contributed to disparities that persist today. Long before “social determinants of health” became a common phrase, scholars like W.E.B. Du Bois were documenting how living conditions, poverty, and discrimination directly shaped health outcomes. His work laid out the foundation for what we now understand: health is not just about biology; it is about opportunity, environment, and power.

These structural realities are reflected in present-day data. Black communities continue to experience higher rates of chronic conditions such as hypertension and diabetes, and Black women face disproportionately high maternal health risks. These gaps are not the result of individual choices; they are the cumulative impact of inequitable systems. Increasingly, organizations such as the Centers for Disease Control and Prevention have acknowledged racism itself as a public health issue. This recognition is an important shift. It signals a move away from blaming individuals and toward addressing root causes.



Trust is another essential piece of the conversation. Historical harms have left deep scars. The story of Henrietta Lacks whose cells were taken without consent and used to advance medical research remains a powerful reminder of why many Black patients approach healthcare systems with caution. Rebuilding trust requires more than apologies; it requires transparency, accountability, and meaningful inclusion in decision-making.

This is where DEI and health equity intersect in practical ways. Health equity does not mean treating everyone the same. It means recognizing that some communities have faced systemic disadvantage and may need targeted support to achieve similar outcomes. That can look like investing in community-based health programs, collecting and using race-based data responsibly to identify gaps, diversifying the healthcare workforce, and training providers in cultural humility and implicit bias. Representation in leadership and frontline care matters not just symbolically, but because it influences policy decisions, patient experience, and organizational priorities.

Black History Month is also a time to celebrate excellence and innovation in healthcare. Black physicians, nurses, researchers, mental health advocates, and public health leaders continue to drive transformative change. Their contributions remind us that Black history is not only a history of struggle, but also of resilience, brilliance, and leadership.

Ultimately, advancing health equity is not a February initiative; it is an ongoing commitment. It requires healthcare organizations to examine whether their policies reduce or reinforce disparities. It requires leaders to ask who is at the table and who is not. And it requires each of us to move beyond awareness toward action, whether through advocacy, education, or community partnership.

**Black History Month challenges us to honor the past by transforming the present. If we are serious about equity, we must build healthcare systems where race no longer predicts outcomes, where every patient feels seen and respected, and where health is truly recognized as a human right.**

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# Black History Month Celebration – A Night of Culture, Talent & Community

By: Tashona Tyndale, Youth Worker- Building Safer Communities

On February 26, 2026, community members gathered at the Malton Youth Hub for an inspiring **Black History Month celebration** filled with culture, creativity, and unity. The evening featured a vibrant showcase of local vendors, live musical performances, spoken word, dance presentations, steel pan music, drumming, and youth talent. The program opened with a land acknowledgement and the singing of both the Canadian National Anthem and the Black National Anthem, setting a powerful tone for the night.



A highlight of the event was the student writing contest, where participants from elementary, middle, and secondary schools shared powerful reflections and stories celebrating Black excellence and history. Performances such as **“War Cry,” “A Change Gon’ Come,” “Majorette Mashup,”** and **“Many Rivers to Cross”** brought energy, pride, and emotion to the community members.

This celebration was made possible through meaningful collaboration between community partners including MBDA, Malton Moms, MNS, YWHO, PCHS, ResQ, JDC/City of Mississauga, and dedicated youth performers and leaders.

**The event served as a reminder of the importance of cultural celebration, youth empowerment, and community partnership in promoting belonging, representation, and collective well-being.**

# World Cancer Day

**By: Ramanpreet, Community health ambassador, SHPP**

**World Cancer Day**, observed every year on February 4, is a global reminder that cancer affects millions of people—not just patients, but families, caregivers, and entire communities. It is a day to raise awareness, reduce stigma, and take action toward better prevention, early detection, and fair access to care for everyone.



Cancer does not discriminate, but access to care often does. Many people face barriers such as late diagnosis, lack of information, financial challenges, language barriers, or limited access to health services. These gaps can affect outcomes and quality of life. World Cancer Day calls on all of us to recognize these inequalities and work together to close the care gap.

### **Prevention and early detection matter**

Many cancers can be prevented through healthy lifestyle choices such as eating a balanced diet, staying physically active, avoiding tobacco, limiting alcohol, and protecting skin from excessive sun exposure. Regular screening and knowing the warning signs can also save lives by detecting cancer early, when treatment is often more effective.

### **Support goes beyond treatment**

Cancer care is not only about medical treatment, it also includes emotional, mental, and social support. Compassion, understanding, and community support can make a meaningful difference for those living with cancer and for caregivers walking alongside them.

### **Everyone has a role to play**

On this World Cancer Day, take a moment to learn, share information, check in on someone who may be struggling, or prioritize your own health. Small actions such as starting a conversation, attending a screening, or spreading awareness—can create a big impact.



**Together, through awareness, empathy, and action, we can move toward a future where everyone has equal access to cancer prevention, care, and support.**



# Healthy Mind, Healthy Heart: The Mental-Heart Connection

**By: Avneet Singh TMU Nursing Placement Student**

## **Did you know that stress, anxiety, and depression can affect not just your mood, but your heart health as well?**

When we experience these mental health challenges, our bodies release hormones like cortisol and adrenaline. In small amounts, these hormones help us respond to everyday stress, but if they remain high over time, they can increase heart rate and blood pressure, putting extra strain on the heart.

Mental health challenges can also make it harder to maintain healthy habits, such as staying active, eating well, or avoiding smoking, habits that are important for a strong heart. Research shows that people experiencing anxiety or depression are at higher risk for heart disease (Heart & Stroke Foundation, 2023). Understanding this link makes it clear that taking care of your mind is an essential part of taking care of your heart, and small, meaningful steps can support both overall well-being.

## **There are practical ways to support both mental and heart health:**

- **Stress management**

Deep breathing, meditation, journaling, or listening to calming music can reduce stress hormones and support heart function. Spending time outdoors or gardening can also improve mood while lowering blood pressure.

- **Physical activity**

Gentle movement such as walking, yoga, stretching, or dancing strengthens the heart and releases endorphins, which naturally improve mood. Even short bursts of activity throughout the day help.

- **Social connection**

Maintaining relationships or participating in community programs reduces isolation and provides emotional support. Group activities and volunteering benefit mental health while encouraging movement.

- **Sleep**

Consistent, restorative sleep helps regulate mood and maintain cardiovascular health. Simple steps like limiting screen time before bed and keeping a regular schedule improve sleep quality.

At PCHS, we provide resources to help clients manage mental health challenges, supporting overall heart health. Therapists, counsellors, and community programs can also offer guidance, and national organizations such as the Canadian Mental Health Association and the Heart & Stroke Foundation provide tools to manage stress, stay active, and maintain a healthy lifestyle (CMHA, 2026; Heart & Stroke Foundation, 2025).



**Taking care of your mental health is an essential part of caring for your heart. Small, consistent steps, like a daily walk, chatting with a friend, or practicing deep breathing, can make a meaningful difference over time. Heart Month reminds us that mind and heart go hand in hand, and nurturing both supports long-term well-being.**

Reference:

<https://www.heartandstroke.ca/heart-disease/risk-and-prevention>

<https://cmha.ca/find-help/how-to-get-help>

# Random Acts of Kindness Week

By: Neelam Bal, Community Support Work-Sahara Mental Health Program



This month, from **February 14 to February 20**, staff and community members are encouraged to participate in the annual **Random Acts of Kindness Week**. This week is dedicated to spreading acts of kindness to others with the purpose of fostering connection within the community, supporting mental health, and offering support to those in need. During difficult times, an act of kindness can be incredibly valuable, and the week encourages folks to give and receive support in different ways.

In many schools, youth are practicing their small acts of kindness by creating artwork that they will share with seniors in long-term care settings (Durán, 2026). At local libraries, the Tree of Kindness is being developed as a new kindness initiative, allowing community members to create a tree with words of hope and encouragement for those in need (Durán, 2026). These simple acts of kindness are an excellent way to connect with others and provide care in meaningful ways.

After a tragic and fatal incident occurred in Edmonton, one Canadian community member found value in replacing an act of violence with an act of kindness, creating a nationwide initiative for community members to participate in since 1994 (Tau, 2024). How can Punjabi Community Health Services (PCHS) support? From February 14 to February 20 (and onwards!), staff, volunteers, and students are encouraged to participate in the Random Acts of Kindness Week. Your participation in this special week can lift spirits during challenging times, promoting positivity in the face of adversity (Tau, 2024). People face many circumstances in their daily lives, and your small act can be enough to support them with pushing forward, managing their mental health, and reaching their goals.

**Here are some simple ways you and your team can practice small acts of kindness (Fletcher, n.d.):**

- Share a smile with others
- Ask a colleague about their day
- Make a tea/coffee for a colleague
- Donate unused or gently used goods to Value Village, Salvation Army, or your organization of choice
- Place coins in a grocery cart
- Open the door for others
- Allow someone to go ahead of you in line
- Say 'please' and 'thank you'
- Leave a kind note in a library book
- Shovel a neighbour's snow

**For additional ideas, please refer to this webpage for inspiration:**  
**<https://thecanadianhomeschooler.com/99-acts-of-kindness/>**

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# Understanding Habit Formation in Addiction



**By: Punit Punit – Addiction Case Manager**

**Addiction** is often misunderstood as a matter of willpower, but in reality, it is closely connected to habits that develop over time. Habits form when certain behaviors are repeated in response to familiar situations and emotions. When substances are used to cope with stress, emotional discomfort, or daily pressures, the brain begins to associate relief with that behavior.

Habit formation usually follows a predictable pattern. A trigger occurs, such as feeling anxious, overwhelmed, bored, or emotionally drained. This is followed by substance use, which may offer short-term relief or distraction. Over time, the brain remembers the relief more strongly than the negative consequences, reinforcing the behavior. With repetition, this cycle becomes automatic.

Many people describe substance use as something that happens without much conscious thought. Certain environments, routines, or emotional states can activate these learned patterns quickly. This automatic response can make change feel difficult and frustrating. Understanding that these habits were learned, rather than chosen intentionally each time, can help reduce shame and create space for change.

Breaking a habit does not mean simply stopping a behavior. It involves becoming aware of patterns and learning new ways to respond to familiar triggers. Paying attention to when cravings arise, what emotions are present, and what situations increase risk can help interrupt automatic responses. Awareness creates a pause, and that pause creates choice.

Replacing substance use with healthier coping strategies is often more effective than trying to eliminate the behavior without alternatives. If substances have been used to manage stress or emotional discomfort, developing other ways to cope can help meet the same need. This might include physical activity, grounding techniques, creative outlets, or connecting with supportive people. New habits take time to feel natural, but consistency allows them to strengthen.



# Valentine's Creative Events with Youth

## *A Month of Kindness, Creativity, and Connection*

**By: Disha Mehta – Newcomer Youth Worker**

February at the Malton Youth Hub focused on celebrating appreciation and connection through two Valentine's themed events that encouraged youth to express gratitude in creative ways.

### **February 7, 2026 – Valentine's Card & Craft Workshop**

On February 7th, youth gathered to create handmade Valentine's cards for parents, friends, teachers, and other important people in their lives. Using colorful materials, stickers, and decorative paper, participants thoughtfully designed personalized messages of appreciation.

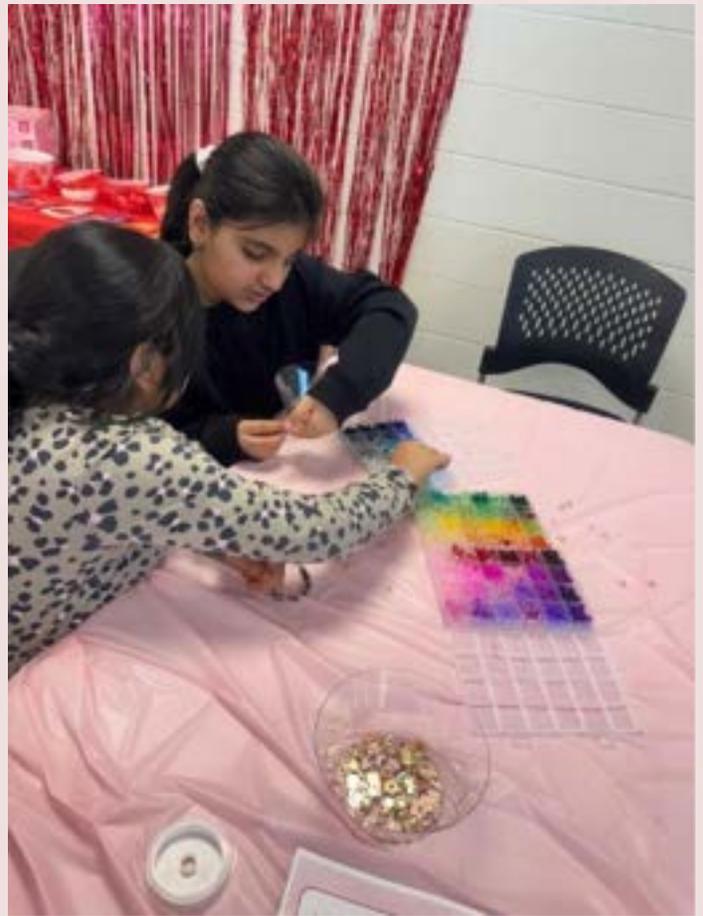
A highlight of the workshop was the wax sealing station, where youth learned how to seal their envelopes using melted wax and stamps. With support from the Youth Worker, participants enjoyed trying this unique technique, adding an elegant and meaningful touch to their cards. In addition to card making, youth created friendship bracelets and assembled "Candy Jar Cards," filling small containers with their favorite candies and attaching handwritten notes. These activities encouraged creativity, peer interaction, and meaningful gift-giving.



### February 11, 2026 – Valentine’s Lunch Drop-In

On February 11th, the Hub hosted a Valentine’s themed drop-in during the school lunch break. Youth decorated heart-shaped cookies with icing and sprinkles, creating a fun and relaxed environment filled with laughter and connection.

Participants also had the opportunity to make Valentine’s cards and use the wax sealing station. The flexible drop-in format allowed both new and returning youth to participate comfortably while strengthening peer relationships.



Both events provided newcomer youth with a welcoming space to express gratitude, build friendships, and explore creative activities. Through thoughtful crafting and shared experiences, participants left with handmade keepsakes and a strengthened sense of belonging within the Youth Hub community.

There were 18 Youth for February 7th and 15 youth for Drop in event on Feb 11th.

# Valentine's Day Celebration at PCHS Seniors' Group

By: Sheetal Nair, Caregiver Support Worker

**Valentine's Day** is often associated with romance, but at its heart, it is a celebration of love in all its forms, friendship, companionship, kindness, and connection. For seniors, it offers a meaningful time to reflect on the relationships that have shaped their lives, from lifelong partners to dear friends and family members. The day reminds us that love does not fade with age; rather, it grows deeper through shared memories, resilience, and gratitude. In a seniors' social group, Valentine's Day becomes an opportunity to honor stories, celebrate companionship, and strengthen a sense of belonging.



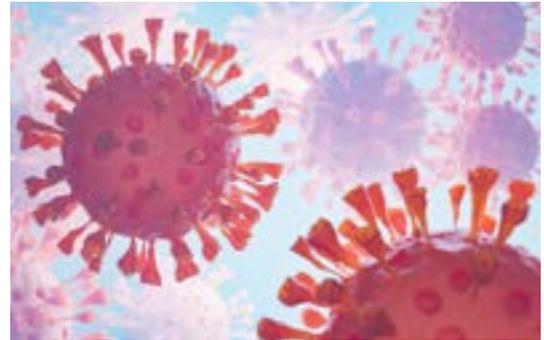
It was heartwarming to see our seniors embrace the celebration with such enthusiasm. Dressed in red, pink, and white, they shared what love means at this stage of life—reflecting on lasting marriages, treasured friendships, self-love, and inner peace. Laughter and nostalgia filled the room as memories were shared, and soon classic songs had everyone singing along.

The fun continued with Valentine's-themed games, music, and dancing. Smiles lit up the room as they clapped, cheered one another on, and moved to familiar tunes, creating a joyful and uplifting atmosphere.

More than a celebration, the day highlighted the strength of community within the group. Many shared how much they value these gatherings for the connection and support they bring—a beautiful reminder that love and companionship enrich our lives at every stage.

# Fight the Flu This Season!

The flu is back and making its way through our communities — but with a few smart habits, you can protect yourself and the people around you. Influenza spreads easily through coughs, sneezes, and contaminated surfaces, but don't worry... we've got Prevention & Control-approved tips to keep you flu-free this winter!



## 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.

## 1. Get Your Flu Shot!

Your best protection against the flu is the annual vaccine.

Reduces your chances of getting seriously sick

Protects older adults, children, and people with chronic conditions

Safe, quick, and available at most clinics & pharmacies



# 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!*

# Where Can You Get the Flu Shot?



## Where Can You Get the Flu Shot?

### Peel Public Health Clinic

Address: 10 Peel Centre Drive, Suite A & B, Brampton, ON L6T 4G4 Rehabilitative Care Alliance

Phone: 905-799-7700 or toll-free 1-888-919-7800 Peel Region

This is a regional public health office — you can call to check if they have flu vaccine clinic times.

### Peel Public Health Meadowvale (Mississauga) Clinic

Address: 7120 Hurontario St, Mississauga, ON L5W 1N4 Ligne Santé Centre-Ouest

Phone: Same as above, via Peel Public Health. Ligne Santé Centre-Ouest

### Pharmacies

Peel Region's website notes "participating pharmacies" can administer the flu vaccine. Peel Region+1

Because the list of pharmacies changes, call your local pharmacy (e.g. Rexall, Shoppers, etc.) to confirm they have the flu shot in stock



## Eligibility for the Flu Shot

**Everyone 6 months and older in Peel is eligible. Peel Region+1**

**No Ontario health card needed:** You can get the publicly funded flu vaccine even without OHIP. Peel Region

### Priority groups

(at higher risk) include:

Older adults (65+) Peel Region

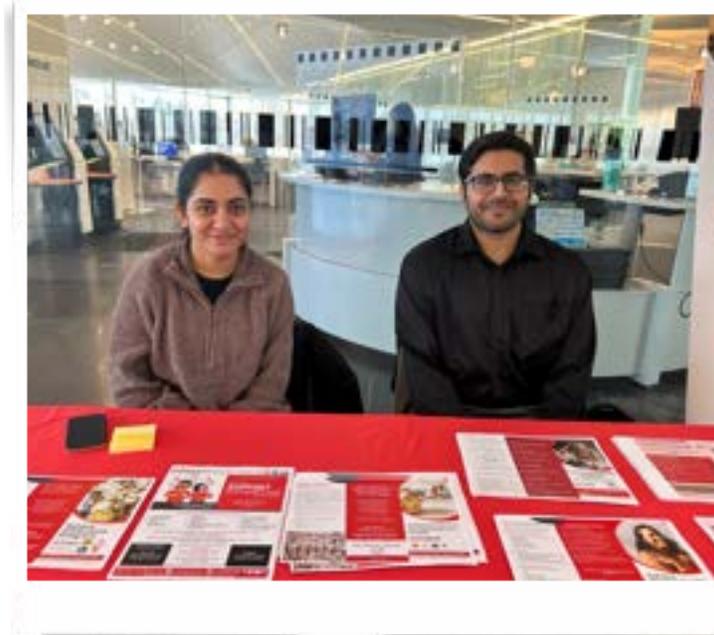
Pregnant people Peel Region

Children 6 months to 4 years Peel Region

People with chronic health conditions



# *PCHS In The Community*



*PCHS Staff at an outreach at Brampton Library -  
Springdale branch*



*PCHS Staff at Brampton South Seniors Fair  
Outreach*



HART Hub Brampton opened in January 2026.

The HART Hub Brampton is a new community-based hub offering integrated mental health, addictions, and housing-related supports for individuals in Brampton and surrounding areas. HART Hub Brampton is being delivered in collaboration with eight service delivery partners and in partnership with the Region of Peel. The hub will be located at **10 Peel Centre Drive**, allowing clients to access Region of Peel services in the same location, including housing supports, income assistance, and other social services.

The HART Hubs operate using a no wrong door approach, meaning individuals can access support without an appointment, and staff will help connect them to appropriate services based on their needs. Services are free and designed to be welcoming, accessible, and client-centred.

At the HART Hub, Punjabi Community Health Services (PCHS) staff provides culturally and linguistically responsive peer support, counselling, navigation, and transitional case management to help individuals and families feel safe, supported, and connected to care.

Through this collaborative approach, partners support individuals accessing the HART Hub and connect them to services that best meet their needs.

[Learn More](#)

Additional information about HART Hub Brampton, including services, hours, and how to access support, is available in the Frequently Asked Questions.

[[View the HART Hub FAQ link/button](#)]

If you have questions, please reach out to [info@harthubbrampton.ca](mailto:info@harthubbrampton.ca) or call 905-451-4278(HART)

## Media Release

### **PCHS Increases Operational Capacity**

#### **Thanks to \$34,100 OTF Grant from Ontario Government**

Brampton, ON – On Thursday, February 26, 2026, local MPP Prabmeet Sarkaria met with the team at Punjabi Community Health Services (PCHS) to celebrate a \$34,100 through a Capital grant they received from the provincial government's Ontario Trillium Foundation (OTF). The grant was awarded in 2025 to help PCHS to increase operational capacity by purchasing furniture and a smart board for their new location at Community Door – Brampton.

“Punjabi Community Health Services has been a trusted pillar in our community for more than 35 years, and this \$34,100 OTF grant will help them continue their important work for families and community members. By investing to increase the operational capacity at Community Door – Brampton, Ontario is protecting frontline services and ensuring residents have greater access to the health, settlement, and social supports they need,” said Prabmeet Sarkaria, MPP for Brampton South.

The grant supported the purchase of furniture and a smart board for PCHS' location at the Community Door – Brampton to help increase the location's operational capacity. Thanks to this support from OTF and the Ontario Government, vulnerable populations in Brampton can now access in-person services and participate in group programs and workshops. These programs help address health, social and settlement issues and help connect individuals and their families to supports, programs and help develop informal social networks.

“PCHS, for the last 35 years, has been providing health, settlement and social services. We realized that a lack of wrap around support, access to services and social engagement opportunities can have a negative impact on an individual or family's social and economic wellbeing. Thanks to the OTF Capital Grant we have been able to create a safe, accessible and inclusive space so that we can increase the accessibility to services and programs,” said Amandeep Kaur, Chief Executive Officer of PCHS.

PCHS is a health, social and settlement services agency providing services to communities in the Region of Peel. PCHS has been serving the communities of Peel Region for the last 35+ years. Their mission is to improve the well-being of the individuals, families and communities we serve using an anti-racism and anti-oppression framework. Our clients consist of newcomers/refugees, seniors, youth, and families/individuals that need health, settlement and social services. We also provide, a culturally appropriate, meals on wheels program called Langar on Wheels, to frail seniors. For more information on services and upcoming events please visit [www.pchs4u.com](http://www.pchs4u.com) or email us at [info@pchs4u.com](mailto:info@pchs4u.com). The Ontario Trillium Foundation (OTF) is an agency of the Ontario government with a mission to build healthy and vibrant communities across the province. Last year, OTF invested nearly \$105M into 732 community projects and multi-sector partnerships. Projects aim to enhance economic well-being, foster more active lifestyles, support child and youth development, provide spaces for people to come together and connect, and create a more sustainable environment. Visit [otf.ca](http://otf.ca) to learn more.

#### **For more information, contact:**

Amanjit Kahlon

Director of Community Development

905-677-0889

Email: [amanjit@pchs4u.com](mailto:amanjit@pchs4u.com)

# Client Testimonial

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*“Working with you was such a good experience for me. You always made me feel supported and understood, and I never felt judged, which made it a lot easier to be open. I really appreciated how you checked in with me regularly and helped me work through things at my own pace. The goals we set together felt realistic and actually helpful, and I always felt like you were genuinely in my corner. Even when things were tough, you brought a calm energy that made a big difference. I’m really grateful for the time we spent working together; thank you again for everything!”*

*Client: Sahara Mental Health Program*





# 24<sup>th</sup> Annual International Women's Day Gala

FRIDAY

MARCH | 27 | 2026

*Doors open at 6PM*



GRAND EMPIRE BANQUET & CONVENTION CENTRE  
100 NEXUS AVE, BRAMPTON, ON L6P 3R6

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For the Sponsorship Package, please call 437-243-2197 or email [bookkeeper@pchs4u.com](mailto:bookkeeper@pchs4u.com).  
PCHS will issue the donation receipt for the amount more than \$25

 [www.pchs4u.com](http://www.pchs4u.com)

 [info@pchs4u.com](mailto:info@pchs4u.com)

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

# 24<sup>th</sup> Annual International Women's Day Gala

Sponsorship Package

FRIDAY

MARCH | 27 | 2026

*Doors open at 6PM*



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Keynote Speaker

Rita Chahal

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

Ticket  
Price  
\$150

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# PCHS ANNUAL HEALTH FAIR



**CENTURY GARDENS RECREATION CENTRE**

340 VODDEN STREET, BRAMPTON, ON, L6V 2N2



**SUNDAY**  
**MARCH 8<sup>TH</sup>, 2026**  
- 10:30AM TO 2:30PM -



**Scan this QR  
code to register!**

OR

**437-243-3735**

- Free Admission
- Walk-ins Welcomed
- Open to All Ages
- Refreshments
- Raffle Prizes and Giveaways
- Meet and Connect with Other Community Resources

**For More Information, Call (437)243-3735 or Email [supportline@pchs4u.com](mailto:supportline@pchs4u.com)**

# SAHARA PARENTING GROUP

This support group runs every Wednesday from **5:00pm to 6:30pm**. Designed to raise awareness and provide education on building positive and healthy relationships, this group offers a welcoming space for parents and caregivers to learn and share together. Each session focuses on strengthening family connections through guided discussions and practical tools.



## LEARN MORE ABOUT:

- ✓ Strengthening parent-child relationships
- ✓ Bullying awareness
- ✓ Understanding cultural differences
- ✓ Developing healthy communication Skills
- ✓ Support with education and career planning

## PROGRAM LOCATION

**60 WEST DRIVE, SUITE 101  
BRAMPTON, ON L6T 3T6**

**WEDNESDAYS  
5:00PM TO 6:30PM**

## FOR MORE INFORMATION

*Alizeh Hassan*  
alizeh.hassan@pchs4u.com  
365-866-3320

# SAHARA

## YOUTH GROUP

Are you a youth between ages 12  
to 24?

### What our group offers:

Fun activities & games that build confidence,  
teamwork, and life skills

Homework help & study support in a relaxed,  
supportive environment

Workshops & discussions on real-life topics  
that matter to you

Meet new friends and connect with people  
your age  
Creative projects that let you express  
yourself



**Come join us for connection,  
shared activities, and building  
friendships.**

### FOR MORE INFORMATION:

*Alizeh Hassan*

[alizeh.hassan@pchs4u.com](mailto:alizeh.hassan@pchs4u.com)

Phone Number: 365-866-3320

**PROGRAM  
LOCATION**  
60 WESTDRIVE, SUITE 101  
BRAMPTON, ON L6T 3T6  
WEDNESDAYS  
3:30PM TO 5:00PM



# GRIEF COUNSELLING PROGRAM

SERVICES ARE  
PROVIDED IN PERSON  
AND VIRTUALLY  
Our Services Include:

- ✓ One-on-one and group grief counselling
- ✓ Support for grief and bereavement
- ✓ Trauma-informed and holistic care approach

For more information please contact:

**Jaslene Singh**  
**(416) 579-4142**  
Jaslene.singh@pchs4u.com



# 23<sup>rd</sup> ANNUAL IWD GALA SPONSORS

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humanendeavour.org

## Gold Sponsor



## Bronze Sponsor



Hardeep Mann CPA  
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In memory of RCMP Constable Harvey Dhami

## PCHS Locations

### Head Office:

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

### Brampton Office Location:

60 West Drive, Unit 202 and 101,  
Brampton, ON L6T 3T6

### Community Door:

7700 Hurontario St, Unit 1300,  
Bampton, ON L6Y 4M3

### Malton Youth Hub -

3545 Morning Star Drive, Jonathan  
Davis Centre, Mississauga, ON L4T  
1Y3

### Different Spokes:

8 Nelson Street West  
Brampton, ON L6X 1B7

### Southfields Community Center:

225 Dougall Ave.  
Caledon, ON L7C 3M7



 **905-677-0889**

 **info@pchs4u.com**

 **www.pchs4u.com**



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